

My
Beautiful **Belize**
TRAVEL PUBLICATION

BELIZE
Every Day's an Adventure

November 2025 - January 2026

FREE

Vol. 11 #04

From the Editor: Tamara Sniffin



Field research, Belize style!
Tamara tests the Macal River
and the 'adventure every day'
theory!

Belize: A Journey of Connection

If there's one thing that makes Belize truly special, it's how every experience invites you not just to see our country, but to feel it. Whether it's through music, food, art, or nature, Belize offers hands-on ways to connect with its people, traditions, and the stories that bring the country to life.

You might start by feeling the deep rhythm of the Garifuna drums, each beat carrying the resilience of a people whose culture has thrived for generations. Step

into their circle and you're no longer just a spectator, but part of the dance, the laughter, and the living history that flows through every song and every bite of creamy *hudut*.

In the San Antonio Village, another cultural heartbeat awaits at *Upe Nai Cultural Center*, where "One Dream" becomes a shared table of fire-hearth cooking and storytelling. Grinding corn on a *mano y metate*, stirring pots of *k'ool*, and laughing under a thatched roof with new friends create an experience that nourishes more than the body. It builds a bridge between generations, preserving Maya traditions one tamale at a time.

Across the country, learning and playing go hand in hand. Painting parties invite travelers and locals to unleash creativity, while eco-adventures such as Chaa Creek's Day Pass allow you to hike, paddle, and explore Belize's living classroom of jungle, river, and butterflies. Even conservation becomes interactive at the Green Iguana Project, where science and storytelling inspire a new respect for the wild world.

This season, as our country fills with music, color, and holiday warmth, I am reminded that the most beautiful part of traveling in My Beautiful Belize is how it changes you. It happens with one drumbeat, one brushstroke, and one shared meal at a time.



Welcome Message
Gualberto "Wally" Nuñez
San Pedro Town Mayor

Welcome to our beautiful island of Ambergris Caye, La Isla Bonita.

San Pedro continues to shine with the warmth, resilience, and cultural pride that make our home so special.

November is a time of deep cultural meaning for Belize as we honor the rich heritage of our Garinagu. It is a celebration of strength, rhythm, and unity that reminds us of the diversity that shapes our nation.

We are also grateful to see our shores free of sargassum once again. After months of hard work and collaboration, our team is already preparing strategies to stay ahead of the challenge next year. Every lesson learned makes us stronger and more ready to welcome guests to our beautiful island.

As we approach the holiday season, our town comes alive with excitement and anticipation. Central Park will once again be the heart of our celebrations, and our team is working to make this year's lights as magical as ever. We are also thrilled to bring back our amazing Christmas Boat Parade, a tradition that lights up our coast and fills the island with joy.

Progress continues across San Pedro as we pave more streets and connect more neighborhoods, ensuring our growth benefits every resident with safer, prosperous communities.

We invite you to experience the heart of our island: our people, our traditions, and the beauty that surrounds us. Thank you for being part of our story and for choosing to make La Isla Bonita part of your journey.

Where do you Read



Rio de Janeiro

While attending a Belize Tourism Board Trade Mission in Rio de Janeiro, Brazil, Ambergris local Johayra Eiley travels with her copy of *My Beautiful Belize*.

Ms. Eiley participated in the Trade Show on behalf of her employer, the lovely Table Rock Jungle Lodge, which is in the Cayo District of Belize.



Calgary, Canada



Island friends from San Pedro Town, Ambergris Caye, and others from near and far made their way to **Calgary**, in Alberta, Canada, to celebrate the wedding of once-islander Cori and Laura Lee. They proudly brought along the Belize flag and a copy of *My Beautiful Belize* to share a touch of home on the special day.

(L-R) Eileen, Heather S., Heather B., Lara, Kathy, Kerry, Dennis, Adam, Cindy, Karen, Jackie, Bill

Have a great picture reading this publication? Send it to us at hello@mybeautifulbelize.com to be featured!



Dance along to the Heartbeat of the Garifuna

By Janelle Cowo-Gonzalez

Among Belize's many vibrant cultures, the Garifuna people stand out for their celebration of life through rhythm and dance. From the first beat of the drum, their music pulls you in. The melodies tell stories of ancestry, resilience, and community, blending African and Indigenous roots into something timeless and uniquely Belizean. It's hard not to smile or sway when you hear the steady drums, the laughter, and the call-and-response songs that seem to lift the whole room. The Garifuna people don't just perform; they invite you to share in their joy, to dance, to taste, and to feel their culture in motion.

Every November, that joy comes to life during Garifuna Settlement Day, a national celebration held on November 19th. The day honors the arrival of the Garifuna people to Belize in 1802 and is one of the most colorful and spirited celebrations in the country.

of the Garifuna people's arrival by sea. Boats glide toward shore as dancers sing traditional songs, recreating the moment their ancestors first landed on Belizean soil.

As the sun rises, the celebration continues with lively parades, drumming, and traditional dances that keep the energy high well into the night. The smell of coconut milk, cassava, and fresh seafood fills the air as families and visitors gather to enjoy classic Garifuna dishes such as hudut (fish cooked in coconut broth, served with mashed plantain) and sere (a savory seafood soup). The music, food, and friendly faces make it impossible not to feel welcome.

Visitors staying on Ambergris Caye don't have to travel far to experience this culture firsthand. The Black and White Garifuna Restaurant

Continued on Page 4

The Heartbeat of the Garifuna

Continued from Page 4

and Cultural Center in San Pedro keeps the spirit alive year-round. This locally owned gem is dedicated to preserving and promoting Garifuna traditions, offering visitors a taste of culture, community, and cuisine. Stop in for a plate of hudut or cassava bread, stay for a drumming session, and you might even learn a few Punta moves yourself! The center also hosts special events and cultural nights, giving guests a chance to connect with the Garifuna community in a fun and welcoming way.

Whether you join the Yurumein at sunrise, dance to the beat of the drums in the evening or enjoy a hearty meal at the Black and White Garifuna Center, one thing is sure: the Garifuna culture is meant to be felt. Their music, dance, and food are a joyful reminder that Belize's beauty isn't just in its beaches and reefs—it's in its people, their stories, and the rhythms that bring us all together.



The Ultimate
BEACH BAR
Adult's Only Destination!

SWIMMING POOL
KAYAKS
BEACH GAMES

PIZZA
COCKTAILS
BEACH

OPEN DAILY FROM 12 PM TO 9 PM

@moonbarbelize
501-610-8953
Located 6.5 Miles North

mangatavillas.com

FRIDAYS

GOLF CART
DRIVE-IN MOVIE
NIGHT @ 7 PM

OPEN DAILY FOR BREAKFAST, LUNCH, AND DINNER!
MONDAY TO WEDNESDAY - 7AM TO 9PM / THURSDAY TO SUNDAY - 7AM TO 11PM

FIND US ON FACEBOOK!

Best Western Grand Baymen Resort
Hurricane Street
San Pedro Town, Belize

HAPPY HOUR
1PM - 4PM

Cooking the Maya Way at Upe Nai

by Tamara Sniffin



Nestled within the rolling green hills of San Antonio Village in the Cayo District, Upe Nai Cultural Center, meaning “One Dream” in Yucatec Maya, is a family-run gem that grew from humble Sunday dinners into a full-fledged culinary and cultural experience. Founded by Leonila “Mama Nila” Mai and her daughter, Stephanie Martinez, Upe Nai invites guests to savor authentic Maya and Mestizo dishes cooked over open-fire hearths, from bubbling pots of Caldo de Gallina to citrus-marinated Poc Chuc.



Continued on Page 6

SMELLY PEOPLE WANTED



Belizean Breezes
Soap Co.

Barrier Reef Drive
Next to Holiday Hotel
San Pedro Town

Some people liked to
be wine and dined.



We like to be fajita'd
and margarita'd.



Chicken Breast Pasta



Conch Ceviche



Mayan Fish



Triple Sere



ROYAL KAHAL
Beach Resort

9 Coconut Drive, San Pedro, Ambergris Caye
501-226-5863

Cooking the Maya Way at Upe Nai

Continued from Page 5



Last year, we had the pleasure of experiencing the fabulous food and warmth of this remarkable family firsthand, and the memory of those smoky, love-filled meals still lingers. What could be better than returning to learn how to cook some of their signature dishes over a fire hearth, just as their ancestors did?

Our morning begins with a warm welcome from Stephanie, under the shade of a covered open-air kitchen surrounded by jungle, where busy chickens forage for food. Before long, you're learning to prepare



traditional Maya dishes much as they have been for centuries, using timeless techniques, tools, and fresh local ingredients. First, we fashion a hand broom from the dried leaves of a corn cob, because you "Always have to keep your tabletop clean." Next, we shell the hard kernels from the cob, winnow the chaff, (gently tossing the corn kernels in a basket to remove the outer seed coverings) and then grinding the corn (after it's been boiled in food-grade lye) by hand with a stone "mano y metate" (mano is the handheld stone used for grinding,

Leave Your World Behind. Find Serenity in Ours.

Phone: (011) 501-226-2067
Open Daily

VICTORIA HOUSE
RESORT & SPA ~ BELIZE

Traditional & Authentic Cuisine
One of a Kind

HUDUT a must try!!!

Across from S.P Hardware Store
For Reservations: +1 (501) 605-2895 || +1 (501) 625-5204



while the metate is the larger, stationary stone with a concave surface against which the mano is worked) until a soft “masa” dough forms. As we go about our prepping, Steph shares stories about Maya traditions and how food plays a central role in community life, ceremonies, and family gatherings. We even learn the lively Corn Dance, as Steph engages us in the moves while multitasking and tending to the open-hearth fire. The air fills with the scent of roasting corn and wood smoke, the hallmark fragrance of a Maya kitchen.

Corn masa is the soul of Maya cuisine, and from it, many dishes are made. After taking some additional steps for each dish, we form small balls

from the dough, which we later press flat to form salbutes. Some of the masa is diluted with broth and cooked to the consistency of mashed potatoes, which, once cooled, is used in the tamales. Meanwhile, some masa is added to thicken the broth of the delicious chicken stew we prepare, creating the creamy “k’ool” that’s part of the tamale filling.

Continued on Page 8

Mention this ad, get a free gift!

12

WE HAVE
MOVED

- Skin/Hair Care & Itch Relief
- Leather Goods
- Bags & Purses
- Spices & Sauces
- Home Decor
- Dolls & Toys
- Books & Puzzles

+(501) 670-5272
info@12belize.com

Carefully curated collection of the finest items everything made in

Belize

Find us at

CORONA del MAR
SAN PEDRO

on Coconut Drive

Monday thru Friday
10AM - 3PM

Find us on @12 BELIZE

TABLE ROCK
JUNGLE LODGE

Table Rock Jungle Lodge

ADVENTURE STARTS WHERE THE JUNGLE MEETS YOUR DOORSTEP.

GET **10% OFF YOUR STAY** WHEN YOU USE CODE **TBR SUN10** TO BOOK DIRECT

+501 672-4040

WWW.TABLEROCKBELIZE.COM

MILE 5 CRISTO REY ROAD, CRISTO REY VILLAGE, BELIZE

*Valid from November 3 to December 19, 2025, and from January 3 to 31, 2026. Terms Apply.

SCAN THE QR CODE TO BOOK!

LOCATED OVER THE WATER ON DREAMCATCHER PIER

BREAKFAST

LUNCH

SEAFOOD OPTIONS

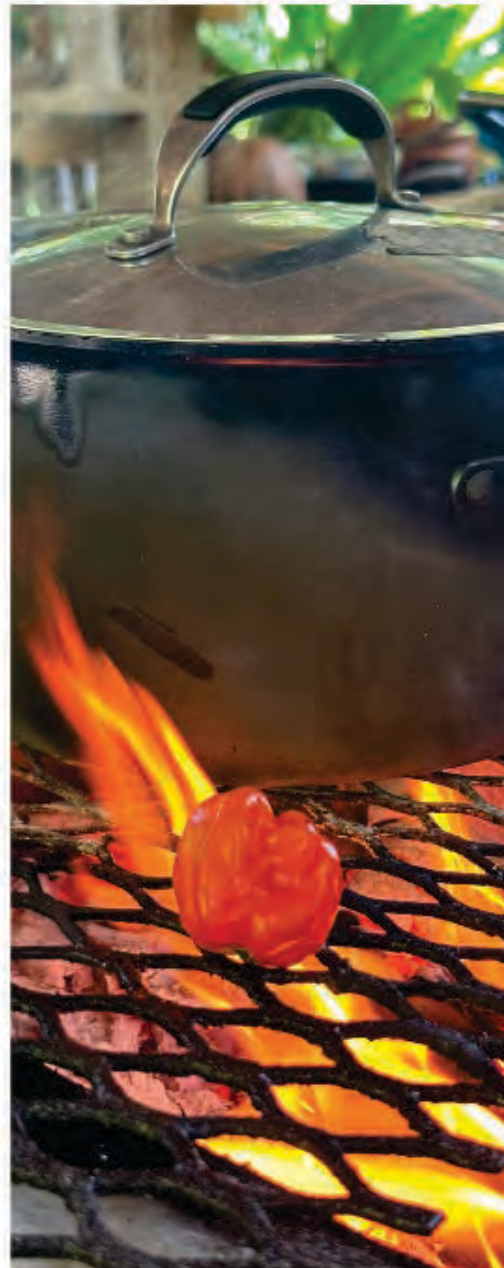
SUSHI SPECIAL

COFFEE'S & MOCKTAIL AND COCKTAILS MUCH MUCH MORE !

SCAN FOR MENU

USE THE CAMERA ON YOUR PHONE

+501-621-6945





Cooking the Maya Way Continued from Page 7

Beyond the laughter and storytelling that fill the open-air kitchen, there's a deeper purpose. Stephanie's classes preserve ancient knowledge that was once passed only from mother to daughter, ensuring it continues to nourish both Maya families and curious travelers. After a few hours of shelling, grinding, kneading, chopping, pressing, wrapping, seasoning, and a little dancing, we are the proud chefs of tamales wrapped in banana leaves, filled with stewed chicken in a creamy k'ool, and puffy, crisp salbutes toasted on a hot comal over the open fire (a flat, round griddle made of cast-iron or pottery), mounded with shredded stew chicken and a variety of toppings and spicy, fire-roasted habanero salsa we've prepared.

We sit together as new friends, enjoying our well-earned meal. There's laughter, conversation, and a quiet sense of gratitude that settles over the table. It's a meal shared not in a restaurant, but in a home, and it feels profoundly special.

This hands-on cooking class includes lunch and beverages. It usually begins at 9AM and lasts three to four hours. They are happy to accommodate food allergies, dietary restrictions, and vegetarian preferences. Children and families are welcome, too, making it an ideal hands-on experience for curious young travelers.

Classes are offered Monday through Friday by reservation. Please call/ WhatsApp +501 6387046 or email: Upe.nai.belize@gmail.com to make arrangements. You can also visit their Facebook page @UpeNai.

November 2025 - January 2026



The Bamboo Artist

GALLERY

- Original Bamboo Art Creations -

41 BARRIER REEF DRIVE, SAN PEDRO BELIZE.

"Bamboo Art Class"



- Explore Your Creativity -

Join us for creativity, refreshing mock tails, tasty bites, & great company as you create your own one-of-a-kind bamboo art piece.

SCAN CODE TO REGISTER



+501-637-4767

omo@bambooartist.com | www.bambooartist.com

Family-Friendly Paint Parties on Ambergris Caye

By Tamara Sniffin

You may have tried paint parties before, but experiencing one with a Belizean twist offers something special: a chance to connect with local culture and creativity, guided by talented island artists. These gatherings invite locals and visitors alike to slow down, unwind, and see Belize through a new lens. From seaside patios to cozy cafés, participants of all ages, from kids to grandparents, can enjoy a relaxed, inclusive experience that is as fun as it is memorable. Instead of just snapping photos, guests create a hand-painted keepsake that reflects both their trip and Belize's vibrant spirit.

On Ambergris Caye, two standout experiences, Paint N Splash by Belizean Melody and Sip & Paint by KV Creations, are turning blank canvases into colorful souvenirs. Both celebrate Belize's easy-going, welcoming nature, offering a creative twist for anyone looking to add art and laughter to their island adventure. Whether you join a class on a rainy afternoon or during a golden sunset, you will leave with paint on your hands, a smile on your face, and a story worth framing.



GEORGETOWN TRUST, LTD.

**The leading experts
for your financial
freedom and security**

**YOUR ONE-STOP BOUTIQUE
IN BELIZE FOR
INTERNATIONAL
FINANCIAL SERVICES.**

Designed to Support Your Current
and Future Lifestyle

- Asset Protection
- Global Investment Options
- Corporate & Banking Services



**Get Customized International Services to Gain
Financial Freedom & Security**

**GEORGETOWN TRUST HAS 20 YEARS OF EXPERIENCE
HELPING INDIVIDUALS WITH INTERNATIONAL SERVICES
SUCH AS ASSET PROTECTION AND GLOBAL INVESTMENTS.**

Established in 1999 in the jurisdiction of Belize, Georgetown Trust, Ltd. is a one-stop financial services boutique offering you the best in customized international structures such as asset protection and management, international corporations and other international investment opportunities designed to create and preserve your wealth. With our global network of affiliate partners, and the backing of the strong legislation of Belize, we are an unmatched gateway to the world's equity and debt markets.

As part of Belize Advantage, a business team of international financial experts that specialize in international asset protection and international investments, Georgetown Trust provides efficient, professional and comprehensive international services in an atmosphere that respects your privacy with strict confidentiality.



Talk with us today!

Belize: (+501) 226-3569
Cell: 625-9043 (Whatsapp)
Email: georgetown@btl.net



Paint N Splash is a fun, family-friendly art experience open to residents and visitors alike. Hosted by artists Melody and Debbie, who have led paint parties for over a decade, the studio has even trained young artists who now teach across the island. Guests can visit the North Studio, located across from Belizean Shores, for walk-in sessions at \$25 USD per person, which includes all necessary supplies. Advance booking is encouraged.



Private group events are also available for birthdays, family gatherings, or special occasions, and can be held onsite anywhere around the island. Public sessions take place weekly at popular venues, including The Nauti Crab (Thursdays at 2 PM), Mesa Café (Fridays at 12 PM), and Wayo's Beach Bar (by appointment).

Each class is guided step by step, making it easy for anyone to create a painting they will be proud to take home. To reserve a spot, email paintnsplash@gmail.com or WhatsApp +501 614-2787.

PARADISE FOUND

Ambergris

SEASIDE REAL ESTATE

ambergrisrealestate.com

+501 225 4545 info@ambergrisrealestate.com



South Ambergris Caye

Caye Bank International - Easy access to your private – personal or corporate bank accounts with no taxes applied within the leading international jurisdiction for banking in Central America. Offering a full range of traditional and non-traditional banking services as well as accounts in multiple currencies. Email servics@cayebank.bz



Georgetown Trust Ltd. - One-stop financial services offering the best in customized international structures. Asset protection and management, international corporations, and other international investment opportunities. Contact 226-480.



Best Western Grand Baymen Gardens Resort, Ambergris Caye, - Offering a serene, tropical escape. This rare find boasts lush gardens, scenic views, and is an ideal location for vacation or a rental property. <https://www.grandbaymen.com>

The Galleon Building - at the Best Western Grand Baymen Gardens is the 6th building in queue featuring 5-stories, and stunning garden views of the compound. The Galleon building will feature a rooftop bar with stunning 360-degree views of the beautiful island of Ambergris Caye.



Marriott® Residences Belize Ambergris Caye - Experience beachfront living at its finest. Coming soon to San Pedro, Belize. Your oceanfront dream awaits. Secure your ocean view residence today! <https://ecidevelopment.com/community/belize-marriott-residences/>



Jack's Poolside Bar & Grill - Dive into relaxation at Jack's Poolside Bar & Grill — the largest public pool in San Pedro! Enjoy refreshing swims, delicious food, and cool drinks in a vibrant atmosphere. Located at the Best Western Grand Baymen Resort – open Monday to Wednesday 7AM – 9PM, Thursday to Sunday 7AM 11PM



12 Belize - Lifestyle boutique featuring Belizean-made products. Mention this ad and receive a gift! Located at Corona del Mar on Coconut Drive, San Pedro Town. Open Monday through Friday, 10AM – 3PM TEL: 501-670-5272 Find us on Facebook @12Belize



The Beach Bar @ Caribbean Villas – Full restaurant and bar. Enjoy our beachside location! Serving island favorites and cool libations. Open daily 7am – 10pm. 622-1857



Hidden Treasure – Tucked away on a back street in the Escalante residential neighborhood south of San Pedro Town, discover fine dining in a rustic yet elegant and romantic setting. Specializing in Latin American and Caribbean Cuisine. Opening Wednesday through Monday from 5pm – 9pm; TEL: 501-226-4111



The Palmilla Restaurant at Victoria House - Romantic and comfortable ambiance, serving a unique mix of island seafood and continental cuisine. Admiral Nelson Bar is beachside-casual, offering breakfast, lunch, and dinner with magnificent views. Reservations recommended: 226-2067

Black Orchid Restaurant and Lounge - Serving outstanding meals, offering private dining booths and cocktails. Open Tuesday through Saturday, Happy hour & appetizers 3 – 5pm Dinner 5:30pm – 9pm TEL: 501-206-2441



REEL Belize - Discover unparalleled fly-fishing experiences at REEL BELIZE Fly Shop in San Pedro. Expert guides, top-notch gear, and breathtaking Belizean water await. Located at The Commons, Coconut Drive, San Pedro Town, find us online at www.reelbelize.com or call/WhatsApp: +501-610-5182



Royal Kahal Beach Resort offers luxury beachfront living with panoramic Caribbean views. Enjoy two saltwater pools, a cafe delicatessen, and exceptional service in an exclusive, tranquil retreat surrounded by Belize's breathtaking natural beauty and island charm, located on Coconut Drive, south of San Pedro Town, Ambergris Caye.



Black and White Garifuna Restaurant - The heart of Belizean Culture - One of a kind restaurant serving traditional and authentic cuisine, live drumming, dance, and buffet on request. We specialize in seafood, and hudut is a must-try. We serve oxtail, jerk, stew, and curry. Kindly call in for breakfast. Open 10AM to 9PM Phone: 639-9855 or 625 5204 E-mail: gariculenter@gmail.com



Elvi's Kitchen – The most famous kitchen in San Pedro! This award-winning restaurant serves Belizean, International, Mexican, Caribbean and seafood cuisine with vegetarian, vegan, and gluten-free options. Mayan Buffett on Fridays (seasonally) Open Monday – Saturday, 11am – 9:30pm. WhatsApp 610-3584 or 610(ELVI) E-mails: reservations@elviskitchen.com | info@elviskitchen.com

Paradise Cream - Paradise Cream Parlor offers its customers a variety of over 30 flavors of homemade ice cream. Open Daily, 11am - 9:30pm; TEL: 501-226-5959



Tiburon Rum - Tiburon rum is a hand-crafted, aged, premium rum. Our family-owned distillery is near the shores of the Caribbean Sea in Belize. Visit our tasting room in San Pedro! Web: <http://WWW.TIBURONRUM.COM/>. E-mail: basil@sharkbaitco.com



Nestled in the heart of San Pedro Town, **Havana Cigars Bar** offers a selection of fine handmade cigars. Walk-in humidor stocks some of the finest premium cigars from Cuba, Central America, and the Caribbean. Open Tuesday thru Saturday noon to midnight; Tel: 501-632-2538



The Bamboo Artist – Original bamboo art creations, custom picture framing, bamboo art classes, gift shop, and more. Located at 41 Barrier Reef Drive in the center of San Pedro Town. Phone/WhatsApp (501) 637-4767. Open 9AM-6PM – Monday through Saturday. Find us on Facebook @thebambooartist



El Fogon Restaurant - "The Firehearth," located in the heart of downtown, specializing in authentic Belizean cuisine. Our menu consists of a diverse selection of dishes that represent our Belizean culture. Air conditioning. Follow us on Instagram and Facebook at @elfogonbelize. Tel +501-673-2121.



SP BTIA Tourism Information Center – Hosted by the Belize Tourism Industry Association San Pedro Chapter, providing information on all things tourism on Ambergris Caye and beyond. On Almond Street, next to the Artisan Market. <https://www.facebook.com/spbtatic/> for hours.



The Cork & Cooperage - The only Wine and Bourbon Bar in San Pedro focusing on premium, current vintage, New World Wines and Spirits. On Pescador Drive across from Caramba in the center of town. Open 10am-10pm daily. Facebook. [com/corkandcooperage](https://www.facebook.com/corkandcooperage)



Palapa Bar and Grill - Belize's original over-the-water beach bar. Float in our innertubes, enjoy the sundeck, and savor delicious food and cocktails. Live music daily. Open daily from 10 am - 11 pm; TEL: 501-615-8811



Avis Cart Rentals - Offering a top-notch rental experience from online booking to the newest golf carts on the island. Customize features and some of the lowest pricing together to provide you with great rentals for that special vacation in Belize. Contact +501-226-4422 or +501-627-5257



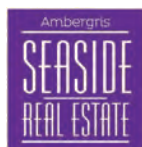
Cool Beans Café - Sunlight dances on turquoise waters as you step onto Dreamcatcher Pier. Enjoy vibrant, homemade island dishes, fresh seafood, and our famous Wednesday sushi. Sip 2-for-1 margaritas Saturdays and Sundays. Open daily 5:30 a.m.–5:30 p.m. Call 621-6945 and savor authentic island flavor right over the water.



Belizean Breezes - Natural soap, bath, facial, and body care company. Located on Barrier Reef Drive (Front Street), next to Holiday Hotel.



...and more



Ambergris Seaside Real Estate - Your trusted real estate experts in San Pedro since 2000. Whether buying, selling, building, or relocating, our experienced team guides you every step of the way—with integrity, market knowledge, and ongoing support.

www.AmbergrisSeaside.com +501-226-4446



Crystal Auto Rentals – #1 auto rental in Belize! Offices conveniently located at 5 Miles Philip Goldson Highway, Belize City, and at the Phillip Goldson International Airport. Open seven days a week. www.crystalautorentalsbelize.com – US Line: (936)-307-1325, Belize Line: (501)-223-1600, Belize Phone/WhatsApp: (501)-670-7617



Table Rock Jungle Lodge – An award-winning ecolodge on a 105-acre jungle reserve along the Macal River, offering eco-friendly cabanas and farm-to-table cuisine. Located Mile 5 Cristo Rey Road, San Ignacio Town. WhatsApp at +501-672-4040.



Caribbean International Brewery - based in Carmelita, Belize, produces bottled purified water, soft drinks such as My Cola, and beers including Mine Beer, R&B, and CIB. Established in 2014, it proudly serves Belizeans with refreshing beverages crafted for even the most discriminating taste buds. <https://www.cibbz.com>



RE/MAX Real Estate Group - Discover your dream property in Belize with Jason Turley at RE/MAX. Specializing in Ambergris Caye real estate, Jason offers expert guidance and local insight. Contact: +1 740-525-8859 | jason.turley@remax.net | belize-property.com/en/

Important Information

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.

ACES Wildlife Rescue: Don't take matters into your own hands. Call 623-7920 for wildlife conflicts and rescue.

Al-Anon Meetings: Wednesdays, 5:30PM, SP Catholic Church Hall islabonitaalanon@yahoo.com

Ambergris Caye Masonic Lodge: ambergriscayemasoniclodge@gmail.com 672-2265

Belize Hotel Association: 223-0669, bha@btl.net

Belize Tourism Board: 227-2419

Belize Tourism Industry Association (BTIA): 227-5717

Dr. Otto Rodriguez San Pedro Poly-Clinic II: 226-2536

Emergency Veterinarian care: 610-3647

Hope Haven: 226-2333

Island Emergency Services: Certified medical emergency service. Call 615-2998

Narcotics Anonymous: By request at 623-0316.

National Aids Commission Island Committee (NACIC): HIV Testing/ Treatment/Stigma and Discrimination and Pre and Post Test Counseling. 650-7021.

Rotary Club of Ambergris Caye: Join Rotary at our weekly meetings Wednesdays at noon at EL FOGON, on the second floor. Find us on Facebook!

RRR Response: Emergency response team Call 627-1117

Saga Society: A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

San Pedro Police Department: 206-2022

San Pedro Fire Department: 206-2372

San Pedro Tourist Guide Association: 226-2391

SP Post Office: 206-2260.

SP Town Library: 206-2028

North Ambergris Caye

©2023, Map not to scale

3.4 miles to Secret Beach

...where a new subdivision awaits

6 miles

Moon Bar @ Mangata Villas

Portofino Restaurant

Island Emergency Services

Sir Barry Bowen Bridge

ADVERTISE ON OUR MAP!

My Beautiful Belize Central San Pedro Town

Caliente - An Island favorite, family owned and operated restaurant on the lagoon in the center of San Pedro, serving a delicious combination of Mexican and Caribbean cuisine, open Tuesday through Sunday from 11 am - 10:30 pm, Tel: 501 226 2730

Blue Water Grill - Beachfront restaurant in the heart of downtown San Pedro since 2005, serving breakfast, lunch, and dinner. Great food, infinite views, and beautiful views over the ocean. Open Tuesday and Friday. Opening daily from 7 am - 9:30 pm, Tel: +501 226 3447

Elvi Kitchen - The most famous kitchen in San Pedro! This award-winning restaurant serves International, Mexican, Caribbean, Seafood, and Central American cuisine with vegetarian, vegan, and gluten-free options. Major buffet on Fridays (seasonally) Open Monday - Saturday, 11am - 9:30pm. Phone: +501 226 2614 or +501 226 2614. 8 miles west of San Pedro. Email: info@elvikitchen.com

Palapa Bar and Grill - Belize's original over-the-water beach bar. Beachfront location, enjoy the sunsets, and savor delicious food and cocktails. Live music daily. Open daily from 10 am - 11 pm, Tel: 501 625 1881

Paradise Cream - Paradise Cream Pies offers its customers a variety of over 20 flavors of home-made ice cream. Open Sunday through Sunday, 11am - 9pm, Tel: 501 226 3998

32 Belize - Lifestyle boutique featuring handcrafted products. Affordable like all, get a free gift! Located at The Bridge House right before the Bridge. Hours: Tuesday, Thursday & Friday, 11am - 5pm, Tel: 501 610 9272

Digi Belize - The leading Mobile Service Provider with the only 4G LTE Advanced Network in Central America. Stay connected and check out our Tourist Card package! <https://www.digibel.com/belize/tourist-card>

Traveler's Support - Travelers offer a digital range of quality products for all tourists, locally and internationally. Open Monday to Friday from 9am - 6pm, Tel: 501 610 8182

Crunchy's - Locally crafted handcrafted and multipurpose products. Hats, bags, shoes, and outdoor furniture. Tel: 501 610 8182

Need to be in the heart of San Pedro Town? Historic Cigars Bar offers a selection of fine handcrafted cigars. Cigars from Cuba, Central America, and the Caribbean. Open Monday through Saturday from 11am - 1am, Tel: 501 625 0148

Real Belize - Discover unparalleled Belizean experiences at 100% authentic prices. Open Monday through Saturday. Expert guides, top-notch gear, and breathtaking views. www.realbelize.com 501 625 5182

The Clerk & Company - The only clinic and pharmacy in San Pedro. Offering prescriptions, lab tests, and more. Open Monday through Saturday. Tel: 501 625 5182

San Pedro Beachfront Hotel and Restaurant - 100% local, fresh produce, burgers, we get it all! Enjoy from our beachside view or in our indoor AAA - awarding daily. Call, Facebook message or visit our website. Book us now, +501 226 2008 - www.sanpedrohotel.com Facebook.com/sanpedrohotel

Neat Cafe - Located at San Pedro Beach, Boca del Rio, Open Monday to Saturday, 11:30am - 11pm, Sunday 9am - 11pm. Email: info@neatcafe.com

SP BTA Tourism Information Center - Housed by the Belize Tourism Industry Association (Belize Tourism), providing information on all things tourism in Ambergris Caye and beyond. Oh, Around town - near the Belize Market.

Open Monday - Saturday, 10am-5pm, Call +501 226 9192 or email: info@bta.org

My Beautiful Belize TRAVEL PUBLICATION
August - October 2025 FREE Vol. 11 #03

The Heart of Belize Culture, Cuisine, and Carnival

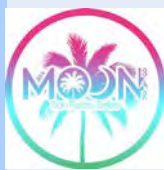
\$450/per quarter

My Beautiful Belize TRAVEL PUBLICATION

For ad rates and story opportunities, e-mail us at:
hello@mybeautifulbelize.com

*Display advertisers get a free listing!

North Ambergris Caye



at Mangata Villas. 501-610-8953.



5096 or Whatsapp: +501673 5096. Email: info@portofinobelize.com

Calendar of Events

Navigate your way through the holidays in Belize. Don't Miss a Thing!

Scan the QR code to explore our full event calendar and ensure you're part of every unforgettable moment.



KV CREATIONS:

BRINGING ART TO LIFE ON
AMBERGRIS CAYE

Founded by local artist Karissa Vasquez, KV Creations is a woman-owned Belizean business that combines art, community, and island charm. From lively sip-and-paint nights to family sessions, Karissa welcomes participants of all ages to relax and explore their creative side.



Regular events are held on Wednesday evenings at Blue Water Grill, blending social fun with artistic expression.

Beyond the easel, KV Creations offers hand-painted canvases and take-home kits, ideal souvenirs for travelers who want to bring a touch of Belize home. Themed nights, such as Pumpkins, Paint and Good Vibes, or Sushi and Paint, keep things fresh, with prices ranging from \$60 BZ to \$90 BZ, depending on the event. Follow @kvcreations.bz on Instagram or Facebook, or WhatsApp +501 614-8800, to join the next creative celebration of color and Caribbean charm.



The
Galleon
Residences

NOW UNDER CONSTRUCTION

**Affordable Island
Ownership in
Ambergris Caye**

STARTING FROM
\$147,900

Grand Baymen Gardens Resort
San Pedro Town, Ambergris Caye, BZ
Baymen @ Eci Development.com | +1 800-290-3028



**Reel
Belize**

Make your connections count!

Reel Belize Fly Shop & Guide Service

NEW
LOCATION

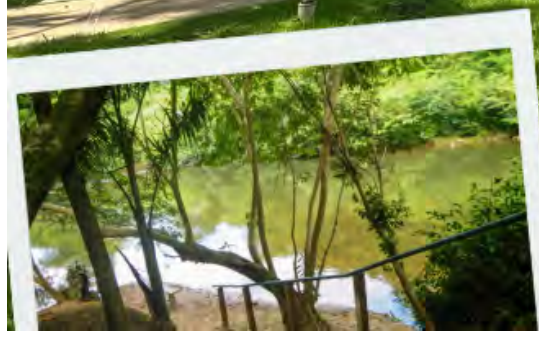
The Commons

COCAIN DRIVE - SAN PEDRO TOWN



011 501 610-5182

WWW.REELBELIZE.COM - FISH@REELBELIZE.COM



By Tamara Sniffin

Money can't buy happiness, but it can buy beachfront so smooth it should come with a warning label: Sunsets Included.



Want Need Some Happiness in Your Life?

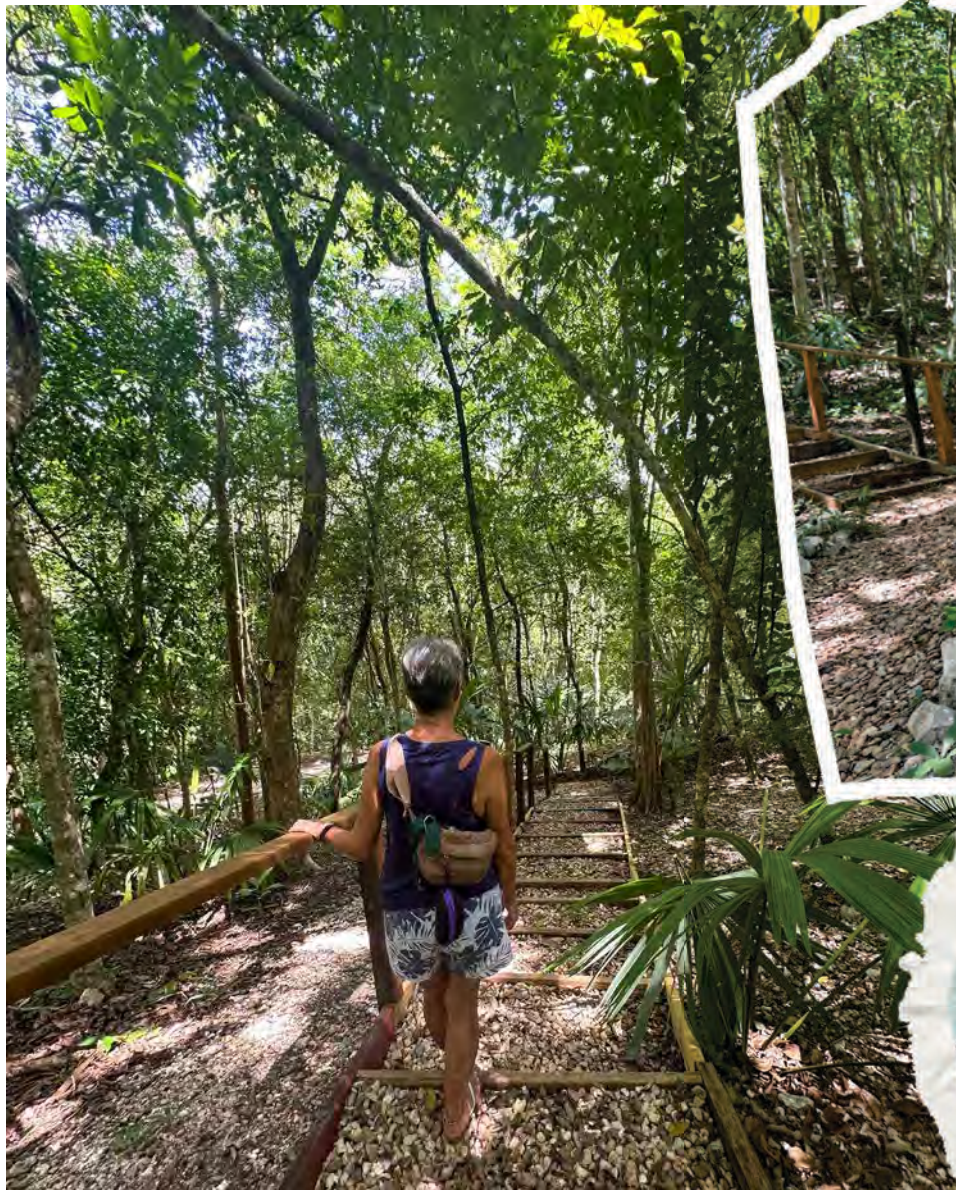
Jason.Turley@remax.net

+1(740) 525-8859



Set within a 400-acre private nature reserve in Belize's Cayo District, The Lodge at Chaa Creek blends luxury, nature, and culture in perfect balance. Just a few miles outside San Ignacio, this award-winning eco-lodge invites guests to enjoy its Day Pass Experience. This flexible option allows you to explore the jungle for a day without an overnight stay. Whether you're seeking relaxation, adventure, or a mix of both, every visit can be tailored to your interests.

Flexibility is what makes Chaa Creek's Day Pass so appealing. Visitors can shape their day to match their pace and preferences. Start your morning with a guided nature walk, followed by a spa treatment and a leisurely lunch, or opt for a more active itinerary that includes canoeing and exploring the lodge's educational attractions. The resort's friendly team helps guests create a personalized plan, ensuring every moment feels just right.



For those eager to connect with Belize's wild side, begin along the Nature Trails that wind through rainforest alive with birds, orchids, and butterflies. Explore the Medicinal Plant Trail, where guides explain how the ancient Maya utilized native flora for food, medicine, and ritual purposes.

Next, step inside the Natural History Centre, one of Belize's most respected small museums. Its engaging exhibits showcase the country's biodiversity, Maya heritage, and conservation efforts, offering a fascinating look at how nature and culture intertwine.

Nearby, the Blue Morpho Butterfly Exhibit enchants visitors with hundreds of brilliant blue butterflies fluttering through a lush enclosure. Guests can observe every stage of their life cycle, from tiny eggs to shimmering adults, and even witness new butterflies emerging.

For something more active, glide down the Macal River by canoe. This calm, scenic paddle offers a tranquil way to see wildlife and rainforest from a new perspective. Iguanas bask on low branches, kingfishers dart across the water, and the dense canopy hums with life. If you're lucky, the distant call of howler monkeys echoing through the treetops adds a touch of wild jungle magic to the experience.



Continued on Page 18

The Only Wine and Bourbon Bar in San Pedro focusing on premium, current vintage, New World Wines and Premium Bourbon.



10% off with \$125 usd or 15% off with \$250 usd Wine Purchase.

Convenient Location:

Middle street across from Caramba in Center of town.

Come relax on our outdoor Patio!

We feature Eagle Rare 10, Blanton's, Buffalo Trace, 1792, Bakers 7, Basil Hayden, Woodford Reserve, Whistlepig Rye, Elijah Craig, Buchanan 12, Bulleit, Glenfiddich Select, Hendricks, Angels Envy, Makers Mark, Garrison Bros, TX Yellow Rose, Four Roses, Titos, Grey Goose, Gentleman's Jack, Beam Black, Monkey Shoulder, Macallan 12, WH Weller and more.

www.corkandcooperage.com/shop
facebook.com/corkandcooperage



Over 125 Wines incl—

Caymus, Quilt, Silver Oak, Duckhorn, Stags Leap, Daou, The Prisoner, Decoy, Orwin Swift, Frank Family, Cakebread, La Crema, Sonoma Cutrer, Mer Soliel, Kim Crawford, Matua, Bella Glos, Austin Hope, Veuve Clicquot, plus many Boutique Brands.

OPEN 7 Days 10 AM – 10 PM



Play for a Day at Chaa Creek

Continued from Page 17



After your outdoor adventures, unwind at the Hilltop Spa, where open-air treatment rooms overlook the Macal River Valley. Therapists use locally inspired botanicals to soothe and rejuvenate, while a dip in the infinity pool, surrounded by tropical greenery and the sounds of birdsong, completes the sense of renewal.

Lunch at the Mariposa Restaurant is an experience in itself. Overlooking the rainforest canopy, this open-air venue serves "jungle cuisine" crafted from ingredients grown at the on-site Maya Organic Farm. Enjoy dishes such as grilled snapper with tropical salsa or garden-fresh salads paired with fruit smoothies or fine wine.

A Day Pass at Chaa Creek is more than a visit; it is a customizable escape that reveals Belize's wild beauty and warm hospitality. Whether your ideal day includes hiking, paddling, spa relaxation, or farm-to-table dining, Chaa Creek transforms a single day into an unforgettable journey through nature, culture, and comfort.

Reserve your personalized Day Pass at www.chaacreek.com, email reservations@chaacreek.com, or call +501 824-2037 / WhatsApp +501 610-2734 for details on packages and activities.

CRYSTAL

Auto Rental Belize

A Trusted Name since 1989!

International Airport & 5 Miles Philip Goldson Hwy, Belize City

Free Pickup & Dropoff anywhere within Belize City and Ladyville

www.crystalautorentalsbelize.com

US Line (936)-307-1325
 Belize Line (501)-223-1600
 Belize Phone/WhatsApp (501)-670-7617

Rentals allowed to Tikal, Guatemala

Slow mornings. Ocean air. Your kind of escape at Grand Baymen, Belize.

USE CODE
GRANDBSUN
FOR 10% OFF

Book direct and save 10%, with breakfast included.

Belizeans enjoy a free upgrade when available.

www.grandbaymen.com | reservations@grandbaymen.com | +501 226-4712



OWN A PIECE OF PARADISE

WHO WE ARE

If you're looking to bank in Belize, invest in real estate, or buy a future home in Belize, we're here to help you every step of the way. Caye International Bank (CIB) is an award-winning bank located on Ambergris Caye island. We specialize in serving international clients and are committed to providing exceptional service to meet our clients' needs.

DEPENDABLE

Keep your money safe in Belize, with one of the highest liquidity ratios in the world and a dependable bank that has been in business for over two decades. CIB started off as a mortgage company in 1996 and became an international bank in 2003.

WHAT WE DO

At CIB, we provide a wide range of financial services to help our clients manage their money and achieve their financial goals. Our services include private and corporate banking, investments, international wire transfers, and mortgage loans for properties in Belize, Nicaragua, Costa Rica, and Panama.

CONVENIENT

With a wide range of services, including mortgage loans, wire transfers, debit cards, term deposits and the option to bank in multiple currencies, Caye International Bank is a convenient option for those who want to explore international banking.

We understand that investing in a foreign market can be challenging, which is why we offer personalized support to our clients. We can provide the banking services you need to succeed financially offshore.

CONTACT US



4th Floor, Caye Financial Center,
Coconut Drive, San Pedro,
Belize, Central America



services@cayebank.bz



+ 501 226-2388



www.cayebank.bz

LOANS DEPARTMENT



loans@cayebank.bz



+ 501 609-1131



restaurant & bar
serving island favorites
& cool libations!

@ **Caribbean Villas**
HOTEL

SEAGRAPE DRIVE ON THE BEACH
622-1857

OPEN DAILY
7AM - 10PM



YOU NEED A GOLF CART RENTAL FOR YOUR TRIP?

YOU CAN CONTACT US

+501-226-4422, 501-6275257
WWW.SANPEDROGOLFCARTS.COM

Homemade ice cream, shakes, and malts. Choose from dozens of flavors!



Paradise Cream
Homemade

Open Daily 11am - 9:30pm
226-5959

Located on Coconut Drive next to Carlo & Ernie's Runway Bar ~ San Pedro Town



www.mybeautifulbelize.com



Unwrap the Magic of Belize this Christmas!

by Janelle Cowo-Gonzalez

Ahhh... Christmas in Belize! The lights are twinkling, Paranda and Brukdown are playing on the radios, and the smell of black fruit cake and rum popo fills the air. Whether you're in the city, the villages, or out on the cayes, there's an exceptional warmth that makes a Belizean Christmas feel like no other. Families gather for ham dinners, kids wait excitedly for Santa, while the grownups toast with a cold Belikin.

So, what better way to celebrate the season than by giving gifts that are truly Belizean? Here are some fun ideas to add a little Belizean magic to your holiday—or any day!

Raise a Glass of Belizean Cheer

Forget imported wine, go local and bold with a bottle of **Tiburón Rum** or **FIN Tequila**. Tiburón Rum is handcrafted, aged in bourbon barrels, and smooth enough to sip on a breezy evening. It captures that easy island feeling in every pour. Prefer something with a kick? FIN Tequila's got you covered, perfect for those holiday margaritas under the palm trees.



Handmade, Heartfelt & 100% Belize

For thoughtful gifts that tell a story, check out **12 Belize**. Everything here is made by Belizean hands, from stylish leather purses for the ladies to adorable cultural dolls and storybooks for the kids. You'll also find candles, soaps, and all sorts of goodies that showcase local creativity. It's a one-stop shop for gifts that say Made in Belize with pride and love.



For the Creative Soul

Add a little art and originality to your gifting with **The Bamboo Artist!** Known for their beautiful bamboo creations —from picture frames and home décor to intricate custom designs —every piece carries Belize's tropical touch. Want something even more personal? Join one of their fun art classes and craft your very own bamboo masterpiece. It's the perfect way to make (or give) a one-of-a-kind Belizean treasure.



Give the Gift of Relaxation

Sometimes the best gift is doing absolutely nothing, and nobody does relaxation better than Victoria House Resort & Spa. Treat someone you love to a dreamy massage by the sea, surrounded by swaying palms and ocean breeze. It's pure paradise in a bowl!



...Or Go Big — Give the Gift of Belize!



Want to go all out? Surprise your favorite person with the ultimate experience, a trip to Belize! Imagine ringing in the New Year snorkeling at Hol Chan, exploring Maya temples, or just swinging in a hammock with a rum libation. It doesn't get better than that.

From handcrafted treasures and bamboo art to a bottle of golden rum or a sunset massage by the sea, Belize has the perfect gift for everyone on your list. Because no matter what you unwrap this Christmas, if it's from Belize, it's bound to be magical.

Visit the world famous

PALAPA

BAR & GRILL

Live Music Nightly

Float In The Tubes

Enjoy Our Sun Deck

Great Food & Drinks

Visit Our Gift Shop

Located IN TOWN at the
beginning of
Boca Del Rio Beachfront

For Menu, Music schedule
and more, visit us online:
Palapabarandgrill.com

www.facebook.com/PalapabarBelize[@PalapabarBelize](https://www.instagram.com/PalapabarBelize)

Did You Know?

Hot Science, Cool Lizards: Inside Belize's Green Iguana Project

By Tamara Shiffin



Situated within the tropical grounds of the San Ignacio Resort Hotel in Belize's western Cayo District, the Green Iguana Conservation Project demonstrates that conservation can be both exciting and enjoyable. Since 1996, this award-winning program has been working to protect and restore the green iguana (*Iguana iguana*), which was once threatened in the country, while also providing visitors with the opportunity to interact with one of Belize's most charismatic reptiles.

On a guided tour, guests step inside a shaded habitat filled with bright-green iguanas of all ages, from tiny hatchlings to impressive adults lounging on branches. Knowledgeable guides share insights into the species' life cycle, its importance to Belize's ecosystems, and the threats it faces in the wild. You can even feed or gently hold an iguana for a one-of-a-kind photo opportunity.



But what really sets this project apart is its innovative temperature-controlled incubation program. The team doesn't just raise iguanas; they use science to influence the sex of the hatchlings. In green iguanas, cooler incubation temperatures (around 28–30°C / 82–86°F) produce females, while warmer ones (above 31°C / 87+°F) produce males. By maintaining conditions in the cooler range, the project intentionally hatches more females, a crucial strategy for rebuilding wild populations.

Why females? Because they're the future. Each female can lay up to 40 eggs per season, dramatically increasing the number of hatchlings that can later be released into Belize's forests and riverbanks. Focusing on females not only accelerates population recovery but also restores balance to ecosystems where iguanas were once heavily hunted for meat and eggs.

It's a perfect example of conservation powered by curiosity and proof that sometimes, saving a species comes down to just a few degrees of difference.

For more information, please visit www.sanignaciobelize.com.

Black Orchid
Restaurant & Lounge



Fine Dining at its best
Social Hour 3PM to 5PM
Friendliest Staff on the Island

2.5 Miles South Open Tuesday to Saturday Reservation Recommended (501) 613-5039

**LATIN AMERICAN & CARIBBEAN CUISINE**



Serving Dinner: Wednesday - Monday
Join us for live music on Thursdays, Fridays, & Saturdays
South of San Pedro Town, Escalante Area
Call 226-4111 / 226-4236 reservations recommended



TASTE YOUR WAY ACROSS BELIZE.

Stop by our Tiburon Tasting Rooms in San Pedro, Placencia Village, and Cayo.

Three Towns. One Toast.

Tiburon Rum's tasting rooms are a must-sip. Find us in Placencia Village, Cayo, or San Pedro for exclusive rum & tequila tastings with our friendly crew—or pop in for a tee and a to-go bottle.

We're open everyday from 10am-8pm

Placencia Village

Located right on Placencia road

Cayo

Located in The San Ignacio Welcome Center in the Cayo District.

San Pedro

Located on Barrier Reef Drive next the Belize Bank

Tiburonrum.com | basil@sharkbaitco.com | 847-309-7700



**“Flavorful, Loved by Belizeans.
Manna Instant Noodles.”**



Belizeans' Favorite!

MANNA

CALL US:



+501-322-1119

WWW.COFBZ.COM

CARIBBEAN ORGANIC FOODSTUFF CO. LTD.

1900-1 BLOCK 4, CARMELITA VILLAGE,
ORANGE WALK DISTRICT, BELIZE C.A.

email: bzbzfood@gmail.com

**“Brewed with Pride.
Enjoyed by Belize.”**



CALL US:

+501-322-1118

WWW.CIBBZ.COM

CARIBBEAN INTERNATIONAL BREWERY CO. LTD.

1900 BLOCK 4, CARMELITA VILLAGE,
ORANGE WALK DISTRICT, BELIZE C.A.

email: bzciboffice@gmail.com