

*A World of Sophisticated Journeys and Retreats*

160 Oakland Street

Suite A

Rochester

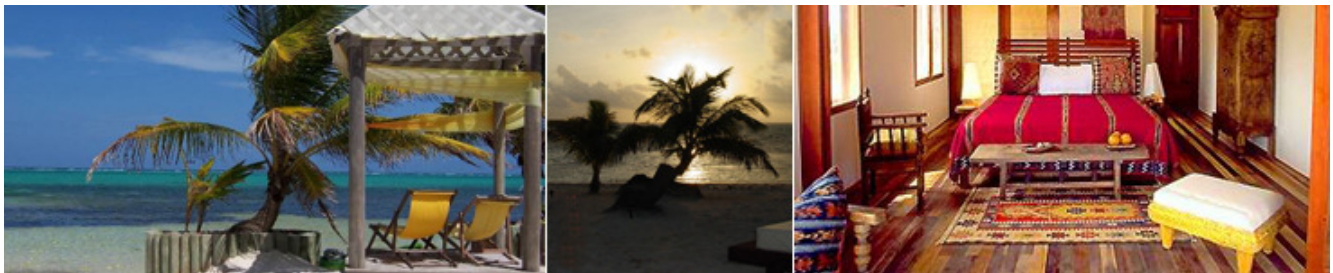
NY

14620

info@luxworldtravel.com

## **Belize: Jungle and Sea**

Package Sample: Private Holiday 2010-11



### **Highlights**

A 7-Night Belize Vacation Package with your choice of 3 and/or 4 nights stays at either resort including hotel tax, general sales tax, and service charge.

### **Overview**

As a private 365-acre nature reserve set along the banks of the Macal River in the foothills of the Maya Mountains, lies a unique rainforest experience, which maintains an unspoiled ambience. The Inland Expeditions caters to the traveler looking for both physical and intellectual challenges, and the range of programs and activities has been designed to stimulate interest in the environment, culture, natural history, and archaeology of Belize.

The jungle lodge has 23 comfortable palm-thatched cottage rooms including two Garden Suites or a Complete Garden Suite with Jacuzzi, two Tree Top Jacuzzi Suites, an Orchard and Spa Villa and a

Macal Cottage with Jacuzzi, all nestled along the riverside in a setting of unmatched beauty and tranquility. Travelers share stories and relax at our verandah bar before enjoying delicious meals in the restaurant. Guests interact with nature while exploring the river, miles of well-maintained forest trails, Maya temple sites, and through activities such as hiking, canoeing, horseback riding, mountain biking and bird watching.

**The JUNGLE WELLNESS RETREAT portion of the package** incorporates Maya temple sites, eco-adventure, jungle spa treatments, guided-naturalist experiences, organic food, and luxurious accommodations in a tranquil, rain forest atmosphere that promotes the healing and healthy aspects of this pristine eco-system. The Rainforest Wellness Retreat is designed with the physical, mental and spiritual being in mind and takes guests to new levels of core inner health and well-being.

One of the retreat highlights is a trail ride on horseback to the onsite Maya ceremonial temple, Tunchilen. Here guests will learn of the history of this site, and about the Maya who occupied this area in 950 AD. Also on property is the Rainforest Medicine Trail, conceived by Dr. Rosita Arvigo and featuring a variety of herbs, plants, flowers and trees used by native Shamans to treat and heal villagers. At the resort's Blue Morpho Butterfly Farm, a naturalist will explain the stages of development for these rare butterflies that are released into the rainforest on a daily basis.

The Rainforest Wellness Retreat package includes luxurious treatments at the spa, which is decorated daily with exotic Torch Ginger, Heliconias and Birds of Paradise, plus intricate mosaic designs of fresh flower petals. Some treatments here use locally-made hand-pressed aromatic oils infused with lemongrass or ylang-ylang. Maya chocolate is also incorporated into a number of treatments, from the Chocolate Fondue Wrap to the Cocoa Massage, Maya Chocolate Polish and Lovers Peppermint Chocolate Pedicure.

The package includes a facial, body wrap, massage, manicure and pedicure. Guests can book outdoor massages in a thatched palapa overlooking the Macal River Valley, and be soothed by the ever-present sounds of the tropical rainforest. Private yoga lessons are also available on request.

In addition to spa treatments, you will enjoy such guided jungle experiences as a sunset canoe ride on the Macal River, morning bird walks, nighttime safaris, horseback riding and mountain biking on miles of forested trails within the reserve.

Healthy cuisine is ensured at the resort by the on-property organic Maya farm where vine-ripened produce is harvested daily. The open air, thatched roof restaurant serves Caribbean, Mexican and Belizean specialties. Always available at the lodge is homemade and flavorful Flor de Jamaica ice tea which is full of antioxidants. The chef will be happy to design a menu that caters for personal dietary requests for the breakfast and dinner options available with the package.

**The SEA portion of the package includes** accommodations in SeaBreeze Bungalow with king bed, a welcome cocktail, round-trip domestic airfare between Belize City and San Pedro, full meal plan, round trip boat transfers between San Pedro airstrip and the resort, one hour Aromatherapy massage at Jade Spa, a snorkeling trip to Hol Chan and Shark Ray Alley and use of sea kayaks and snorkeling gear.

Please note that a government hotel tax, sales tax and 10% service charge is included in this package. Upgrades available, please inquire for details. Prices are based on a minimum of two persons and include all accommodations, meals, tours, transfers, local flights, taxes and service charges.

**7 Night Land Pricing per Person from**  
*Based on Double Occupancy*

**\$2063.00 pp**



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