



15 Must Do's on Ambergris Caye, Belize



Local Eats

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A top travel tip is to “follow the locals”, and no visit to Ambergris Caye is complete without stopping at one of the many taco stands or meat pie vendors around. Don’t despair if you see a long line leading to a hole-in-the-wall; it simply means the food will be well worth the wait.

Snap up chicken or pork tacos at 3 for \$1 BZ, or bite into a decadently flaky meat pie at \$1.50 each. Bite into a delicious fry jack stuffed with beans and cheese, maybe some chicken, or switch the fried dough for a burrito - whatever you crave that day. You will often see vendors with fresh-squeezed fruit juices that will complete your breakfast/brunch. Start your day eating like a local.



The Truck Stop



Belize's first food park & beer garden, The Truck Stop is home to three food containers: Rasa (Southeast Asian), Sol Fresca (Latin Fusion), Slice of Haven (New Haven-Style Pizza). Cool Cone offers up delicious ice cream treats and of course, their bar provides tasty beverages.

Weekly events include “Dinner & A Movie” under the stars, Trivia and more. They also plan fun events like their island version of the Amazing Race, the Potlicker Dog Show, Spelling Bees and even Family Feud! The Truck Stop has made its mark as the go-to place for a family-friendly and interactive social spot.

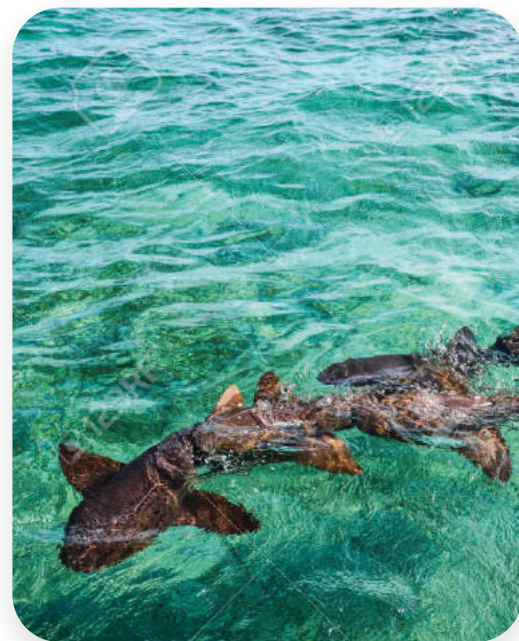




Snorkel Hol Chan & Shark Ray Alley 3

Easily the most popular tourist attraction in all of Ambergris Caye – this marine reserve covers almost 7 square miles of living reef! Just half a mile off of Ambergris Caye, a snorkel at Hol Chan is an enjoyable way to spend an afternoon. Marvel at the magnificent coral formations and enjoy the rich diversity of marine life including sea turtles, schools of fish and maybe a curious eel or two.

A short distance away is Shark Ray Alley, which is home to super friendly nurse sharks and stingrays. Exhibiting almost puppy-like behavior, the sharks congregate near the boats hoping for some chum. Fishermen would often clean their catch of the day in this spot, tossing waste overboard, and soon enough, the sharks and rays found their way and made it their home. Now they are a fantastic addition to the natural wonder of Belize.





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Authentic Fire Hearth Meals at El Fogon



Belize's variety of cultures includes the Maya and Mestizo, who count in their heritage the use of a fire hearth or fogon to cook most of their meals. Firewood fed flames cook up the best beans, chicken and meats, and tortillas taste all the better because of the extra smoke. Ambergris Caye has a unique restaurant called El Fogon (The Fire Hearth), which serves up traditional Belizean dishes cooked over their fire hearth that is proudly on display. The family-owned business has made it their mission to maintain the proud tradition of fogon meals. Your taste buds will thank you for this experience.

Indulge in a Spa & Massage experience

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A massage or full spa experience near or over the water is a true tropical treat! Experienced massage therapists will provide you with a gentle, deep tissue or hot stone massage, scrubs, facials, wraps, and manicures and pedicures.

Nothing beats an over-the-water spa experience, with the sound of waves lapping and a cool sea breeze blowing. For your convenience, mobile massage therapists can come to you and provide a poolside, beachside or indoor session. Give yourself the gift of relaxation – you deserve it!



Secret Beach



Even if it's not a secret anymore - it still offers some of the best fun around. Secret Beach was once the end result of a most adventurous trek. With smoothed roads this stretch of beach on the western side of the island is a charm to experience.

Many people pack a cooler full of Belikin beers and snacks for the adventurous ride up. There are lots of fun watering holes along the beach, made-to-order cocktails and snacks once there. The water is crystal clear and waist-high as far as you can walk - so remember to pack some sunscreen for your day out at Secret Beach.





Wine de Vine ⁷

With over 300 wines from around the world in stock, plus more than 50 imported meats & cheeses, Wine de Vine is a wine enthusiast's haven on the island. You can also count on their staff's expertise to help pair the right wine with cheeses and meats to prepare the perfect charcuterie platter. Whether it's bubbly, sparkling, whites, pinks or reds, Wine de Vine is sure to find your perfect match.



Parasailing Over the Island Blues

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While many prefer to take the plunge into the blues of the Caribbean Sea, some prefer to hover above, taking in the sights from a parasail. Strap in, listen to your guide's instructions, and with just a few steps, you'll be carried along by a speedboat, floating ever upward while taking in the breathtaking vistas below. This specialized activity is only offered by a few companies, one being Belize Parasail Plus, located at Fido's Dock.



Dive Into the Beautiful Blue Waters

Belize's waters are great for beginners and experienced divers alike, and there is a lot to explore under the sea. Beginners can have tons of fun diving the shallower sites and channels, building up for the big ones. The ultimate of course, is the Blue Hole. Made famous by Jacques Cousteau, it is now a UNESCO World Heritage site and is considered one of the top 10 diving sites in the whole world.



Old-School Sailing 10

With the glorious Caribbean Sea beckoning under a hot sun, it's hard to say no to a day sail. It's even harder to resist an old-timey wooden sailboat that has a fishing history and is manned by an amazing old salt, George Eiley. The Rum Punch II fits the perfect bill to pretend you're back in the olden days, your vessel powered by wind and taking you out for an idyllic ride to stop and swim and snorkel on some of the most gorgeous swaths of water. The signature rum punch flows steadily, and fresh caught fish or conch becomes a tasty lunch on the beach somewhere up north. It's a classic island adventure!

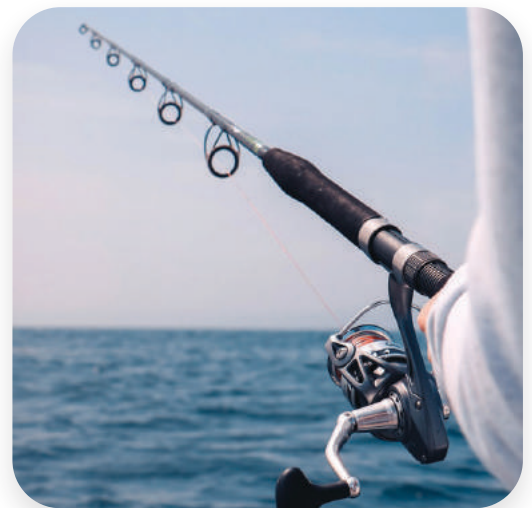




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Fishing for Dinner

You cannot go to an island and not try your hand at fishing. There is nothing quite so rewarding as a day out on the water, fishing pole in hand waiting for that nibble from a fat snapper, hogfish or jack. Maybe even jump in the water for a little spearfishing action, and aim for those lobsters. Afterwards, nearly any restaurant on the island will cook your fresh catch for you to enjoy.





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A Garifuna Culture Immersion at Black & White Cultural Center



One of the most dynamic cultural groups in Belize is the Garifuna, descendants of African slaves and Arawak Indians. A group of them arrived on Belizean shores on November 19, 1802, and in 1941, that date became an official national holiday. You don't need a holiday to celebrate their culture however, and on Ambergris Caye, the Black & White Cultural Center provides a full presentation on request.

While the center operates primarily as a restaurant, you can also enjoy live drumming, dances, traditional food displays, and even a short language immersion. Owner Julia is a proud Garifuna lady who takes joy in sharing her culture and foods with visitors, and she will warmly welcome you.

Farmer's Market Delights

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If you're awake early on a Tuesday morning, take a stroll over to the boat docks on the western side of the island. There, where many local fishing boats are docked, you'll often find fresh fruits, vegetables, meats, cheeses and eggs from local farmers and Mennonites. These fresh food purveyors sail over to Ambergris Caye from mainland Belize to bring some of the freshest goods to the island.





Take a Daytrip to 14 Mainland Belize

The mainland is just a short flight away, while a boat ride takes a little longer but brings its own adventure. Thus, we highly recommend that you head out for a day of adventures, like cave tubing, visiting the Belize Zoo or venturing out to Maya archaeological sites like Lamanai, Xunantunich, or Altun Ha. There are so many places to explore, and any number of tour operators can tailor a great itinerary for you that will give you a taste of mainland Belize.





Sit Back & Relax 15

Relaxation is the name of the game. Nobody will bat an eye if you choose to spend a day lying by the pool or beachside. For some, meeting the various locals and visitors during a quick beach bar hop is what cements friendships and a guaranteed return visit. It's all about what brings you enjoyment and relaxation.



Wish *You*
were *Here*



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