



Adventure Vacations



Belize Jungle Dome
Tel :: (501) Belize 822 2124

Welcome to the Belize Jungle Dome

We hope you will enjoy your stay with us. To help you get your bearings; The Belize Jungle Dome is located 45 miles west of Belize City just 3 miles from Belmopan, the Capital City of Belize. The town of San Ignacio is 22 miles towards the West (on your way to Guatemala). The Guatemalan border is only 30 miles from the Belize Jungle Dome

The Belize Jungle Dome's facilities include the Swimming Pool, which you should have noticed already (check out the Belize River, which you can see from the end of the pool) upstairs we have the Tree-Top Café. Here we serve Alcoholic Drinks, Smoothies, Fruit Salads, Ice Cream and snacks. Fresh Chilled water is available free from our cooler in the Tree-Top Café

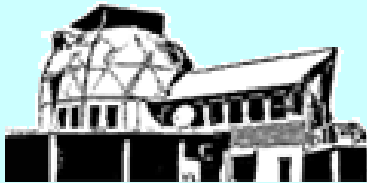
We serve meals in a relaxed manner in a choice of several locations. You can have your meals delivered to your room, taken outside on the Pool-Side Terrace or upstairs outside the Tree-Top Café. Our Mayan Cooks serve a variety of dishes mixing their traditional Mayan meals with American and European influenced meals. Please be sure to advise us of your desired meal times and any specific dietary requirements you may have

Our Lodge is also a Wireless hotspot. This means that if you have a laptop with a wireless connection you can connect to the Internet from anywhere around the Lodge, including Poolside, Tree-Top Café, Swimming Pool and your Rooms. The Tree-Top Café has an Internet ready Computer that is free for our Guests

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Belize Jungle Dome

An independent Tour Company called River Rat Expeditions operates our Tours. Our guides are all certified by the Belize Tourism Board and the Institute of Archaeology. You will be advised of your departure times for your Tours in the evening at your meal. We hope you take lots of Digital pictures on your Tours and would be delighted to add them to our Image Gallery

Also at our grounds are the Organic Orange Grove and Vegetable Garden, where we get a lot of our Fruits and Vegetables for your meals. We grow Papayas, Pineapples, Grapefruits, Mangos, Coconuts and many other Tropical goodies

Occasionally we experience Black outs in Belize (Power Cuts). We have installed a Battery back up system, which provides all our emergency Electrical requirements, and you will still have the use of all your Power sockets, Ceiling Fans and water. The only effect you will notice is the Air Conditioners will fail to operate

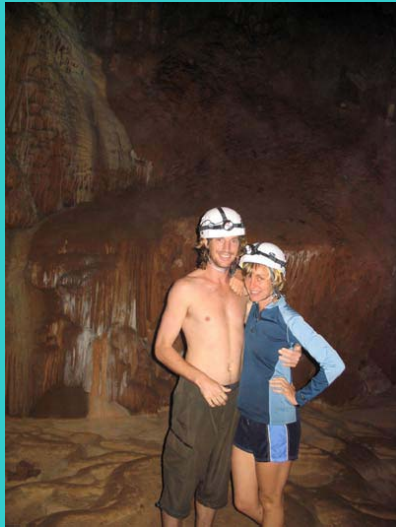
In your Rooms there is a Guest Comments Book. We really appreciate feedback from our Guests on their favourite Tours and experiences, plus any problems and improvements to the service we provide.

Welcome once again and have a great stay in Belize!
Andy, Simone and the Belize Jungle Dome Staff

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Caving and Archaeology



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Actun Tunichil Muknal

Actun Tunichil Muknal "Cave of the Stone Sepulcher" is one of the most impressive caves in the Maya Lowland. Located in the heart of the Belizean Rainforest, this cave was a sacred place to the prehistoric Maya of Belize, who first began to use the entrance during the early classic period (300-600AD). It was not until the late terminal classic period (700-900AD) that the Mayas traveled deeper into the Cave to conduct their ceremonies

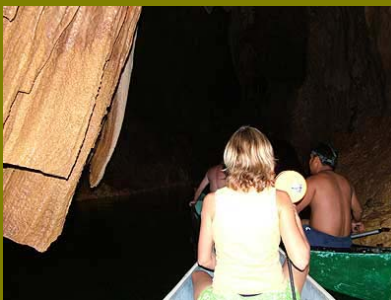
The cave system consists of a series of chambers, ending in a 300 by 50 meter Cathedral where sacrificial ceremonies once took place. Here you will be exposed to the individuals sacrificed to the gods of the underworld. Visitors to this cave have the opportunity to travel into the Maya past and witness a living museum where the human sacrifices and artifacts can be viewed in their original context

After an exciting drive, you will trek for 45 minutes through dense Jungle in the Tapir Mountain Nature Reserve and wade across three streams, where you will learn about the plants and animals of the Jungle. At the entrance of the Cave you will be outfitted in the necessary equipment preparing you for the Caving Adventure ahead. Some swimming will be required and also climbing and Caving activity. This is a first class Caving and Archaeological experience. Time in the Cave is 3 hours before returning back to base camp

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Cave Kayaking and Falls



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Barton Creek Caves

Barton Creek is in Amish territory deep in the hills and valleys of Belize. A great day trip for families, groups and individuals, this tour offers something for everyone. Equipped with Canoes and high powered lights you will gently paddle into the Xibalba (she-bal-ba), Maya for underworld

Stalactites and Stalagmites hang high overhead as you float past impressive calcite crystal formations. Knowledgeable guides discuss the relevance of the cave to the ancient Mayan people and the archaeological significance of this 7.5km limestone Cave system

For the free-spirited adventurer there is an option to venture deep into the cave for excellent swimming in the far chambers. This is a real treat with a natural mud bath to cleanse your skin



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Mountain Biking in Belize



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Jungle Biking Tour

We offer 2 Guided Biking Tours through the lush Jungle, exploring the riversides, local communities and rough terrain of the Cayo District of Belize. Our Biking Tours are great for adventure, seeing the local wildlife, flora and fauna and meeting the local people of Belize

Valley of Peace Tour

Leaving the Belize Jungle Dome on mountain bike, we will ride along dirt tracks, surrounded by the beauty of the lush jungle to the beautiful little village of “Valley of Peace”. There we will take a little tour of the village, experiencing a small piece of the lives of the local people, and stop for a cool drink at one of the local shops. From there we will continue our ride through the jungle where we will come across some tough terrain, perfect for those seeking a little adventure as well as a great workout

Jungle and City Tour

Leaving the Belize Jungle Dome on mountain bike, we will ride along dirt roads surrounded by the beauty of the lush jungle until we come to a hammock bridge high above the Belize River. Crossing this bridge will bring us to the road leading into Belmopan, the smallest capital city in the world. Here we will stop at the Art Box gift shop where you can shop for authentic Belizean souvenirs, which purchases will be held there for us to pick up for you later. Then it is off to the center of the city to the market where we will have an authentic Belizean lunch. After lunch we will continue our journey back to the Belize Jungle Dome where you can enjoy a refreshing dip in the pool

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Do you dare???



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Black Hole Drop

The “Mother of all Caves” .. Actun Loch Tunich ! This expedition starts off with a vigorous hike into the foothills of the Maya Mountains. The edge of the Actun Loch Tunich sink hole sits over 300 feet above the basin below, 200 feet above the rainforest canopy that grows out from the sink hole basin

Fully trained caving guides rig a system of rappelling ropes for your decent to the basin below. The first 10 feet provides the adrenaline, the next 200 feet provides an unforgettable experience and sights to behold, the last 100 feet takes you down through the rainforest canopy

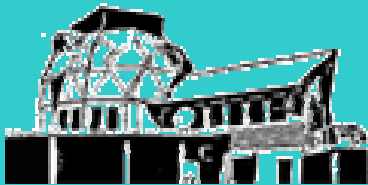
Once you have reached the Jungle floor you will be served a lunch. Then its off to explore the Jungle and Caves as you make your way back up the mountainous terrain to return to Base Camp



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Ancient Mayan City



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Caracol Mayan Temples

Covering 30 miles of thick Jungle and only discovered in 1938. At its peak in 700AD this site has numerous pyramids, 5 Plazas, 2 ball courts and an ancient astronomic observatory

Currently in the state of excavation and restoration Caracol is the largest known Maya center in Belize. The largest pyramid in Caracol, "Canaa" (Sky Place), rises 143 feet high, making it is the tallest man-made structure in all of Belize. Since Caracol is located in the Chiquibul Rain Forest, there is a plethora of flora and fauna to enhance the true beauty of this magnificent Maya center

The ruins of Caracol are located in the Vaca Plateau of the Cayo District. Caracol Camp, adjacent to the ruins, is located at approximately Mile 46 of the Chiquibul Road which connects the Western Highway with the western slopes of the Maya Mountains. This is a full Day Trip with a Registered Tour Guide



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Fun in the Caves



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River Cave Tubing

Tubing along underground waterways, cave walls glistening, showing off their crystal formations. The Mayans used these caves a thousand years ago and fascinating artifacts remain. Beautiful stalactites, stalagmites, and the very immensity of the cave itself will take your breath away. Lunch included

Day Trip is suitable for all ages and you will be guided by experienced Local Belizean Caving Tour Guides, informing you of the history of the Caves and the traditions of the ancient Mayan people who used these Cave systems

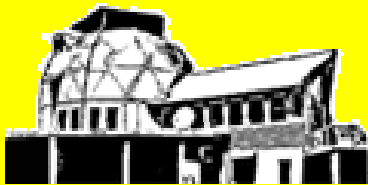
This is a great day out for all the family and will provide everyone with an enjoyable experience in the ancient Caves



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Mayan Adventures



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Cayo Two Temple Tour

Cahal Pech is located on the southern outskirts of San Ignacio Town in the upper Belize Valley region of the Cayo District, Belize. The site center sits on the crest of a steep hill on the west bank of the Macal River. The central acropolis, approximately 900 feet above sea level, provides a commanding view of the Maya Mountains to the south and the fertile valleys of the Belize River to the northeast

Cahal Pech is a site with an unpropitious Maya name meaning "Place of the Ticks." This ceremonial center includes pyramid temples, palaces, and a ball court. Five stelae and an altar (plain) show presence of the stela cult. Some major buildings were roofed with the Maya vault, some apparently not. There was a gradual architectural growth, the occupation probably running through the entire Classic Period

Xunantunich means "stone woman" in Mayan. Xunantunich was a thriving city near the end of the Classic Period (300-900 A.D.) with large plazas ringed with pyramids. The tallest is the 130 foot "El Castillo," which is large by Mayan standards and is only exceeded by the Caana pyramid at Caracol

The center of Xunantunich occupies an area less than a square mile. The center is composed of six major plazas surrounded by more than 25 temples and palaces. The large pyramid, El Castillo, is well known for the frieze or band of stucco decoration which at one time extended around the entire temple.

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Dry Cave Exploration



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CheChem Ha Caves

A dry cave located in the Maya Mountain range of the Cayo District, Chechem Ha is one of Belize's premier caves to visit. Set high on the plateau of the ancient Macal River valley, Chechem Ha offers a unique experience to the archaeological fanatic

Ancient altars, ceremonial rooms and artefacts undisturbed for the last 2000 years can be seen left behind by the Mayas that once occupied these sacred places

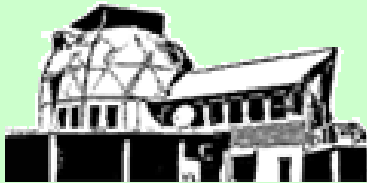
This is a ½ day tour followed by a visit to Xunantunich Mayan Temples. Xunantunich was a thriving city near the end of the Classic Period (300-900 A.D.) with large plazas ringed with pyramids. The tallest is the 130 foot "El Castillo," which is large by Mayan standards and is only exceeded by the Caana pyramid at Caracol. Must be physically active for this tour



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Jungle Adventure



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Jungle Horseback Riding

Horse Riding Adventures from the Belize Jungle Dome take you through Jungle Trails, Rivers, Teak Tree Plantations on an Adventure you will never forget. Miles of jungle and riverside trails await you. The largest herd of horses in Belize (130 horses and counting) and 20 years plus experience in running Equestrian Vacations make our venue the ideal location

Horseback Riding Day Trips last from 2 1/2 hours with longer Rides on request. Our cowboys are trained to deal with the complete novice but if you are an experienced rider and want to gallop the trails then we encourage you to do so

We also offer a Full Day Horseback Riding. Pack a lunch, saddle up and head off into the wilderness for a days adventure through the Jungle. You will experience the Local "Valley of Peace" community, the wildlife of Belize, diverse culture and excitement of an all day ride .



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Mopan and Macal Rivers



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Kayaking

Kayaking Trips on the Macal and Mopan Rivers are great fun from our Jungle Lodge. We offer a variety of Kayaking Trips and Adventures with instructional assistance to beginners, and excitement for people with all levels of Kayaking experience

This exciting half day Kayaking Vacation Trip on the Mopan River run ending at Calla Creek is loaded with class 2 and 3 runs. Between the rapids, this stretch of river offers the tranquility of lush rainforest, vibrant flora and active fauna that you expect to encounter in a sensitive intact eco-system. Half Day Kayaking Trip

This longer Mopan River Kayaking run combines the Clarissa run with Paslow Falls arriving in Bullet Tree Falls Village. This is a full Kayaking Day Trip combining rapids with plenty of calm water. the first part of the Kayaking trip includes lunch at Clarissa Falls Resort where you will swim below Clarissa Falls. From there you will embark on a Full Day Kayaking Vacation Adventure

The Ultimate Kayaking River Vacation Adventure for rapid enthusiasts and water fall lovers. The Vaca Falls Kayaking run is a stretch on the upper Macal River where you will awe in the natural beauty of the landscape and intact eco-system. This pristine river passes through remote and exceptionally impressive areas of the Maya Mountains where few venture. Full Day Kayaking Trip

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The World of the Maya



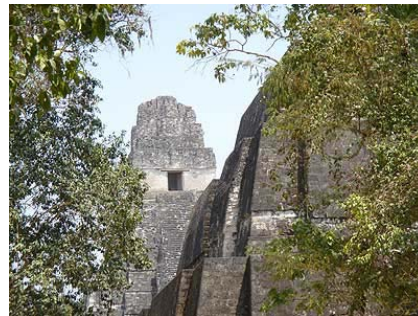
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Tikal Mayan Temples

Tikal in its heyday ca 700 AD, was the capital of a vast Mayan empire. Today, the site is one of Guatemala's premier tourist attractions. Its unspoiled jungle setting makes it special for discerning travellers, particularly Archaeologists, Naturalists and bird watchers

Early Breakfast prepares you for the Days Adventure. A drive to the Belize/Guatemalan border where you will receive personal assistance through the Border and on too your waiting vehicle. The Tour continues with a drive through Guatemala until you reach Tikal. Your English speaking guide who accompanies you all the way, will lead you through the 5 major temples built around 700AD. Walking tour lasts 4-5 hours. Lunch included.(Not included is Departure Tax from Belize)

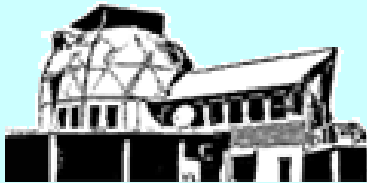
After a 4 hour Guided Tour of Tikal you will re-trace your steps back to Belize, where your English speaking guide will return you to the Belize Jungle Dome where you can share the days adventure with other guests



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Beach, Sun and Surf



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Tropical Islands

Tropical Islands of Belize offer a great extension to your mainland Vacation. Why not add a few extra days to your Vacation with a Tropical Island Adventure on San Pedro, the premier watersports center in Belize. We will accommodate you in Beach front Rooms where you can choose to unwind on the beautiful beaches of Belize or participate in the numerous watersports available. Day Trips include Scuba Diving, Snorkeling, Swimming with Sharks and Manatee Watching

The adventure starts from the moment you leave the mainland with a short 15 minute flight over the Tropical seas from the Belize Municipal Airstrip, before landing on San Pedro, your tropical Island Destination



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Wild Animals of Belize



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Belize Zoo

The Belize Zoo is settled upon 29 acres of tropical savanna and exhibits over 125 animals all native to Belize. The zoo keeps animals which were either orphaned, born at the zoo, rehabilitated animals, or sent to The Belize Zoo as gifts from other zoological institutions

The Belize Zoo believes that by bringing the people of Belize closer to the animals which are their natural heritage, they will feel proud of these special resources, and want to protect them for future generations

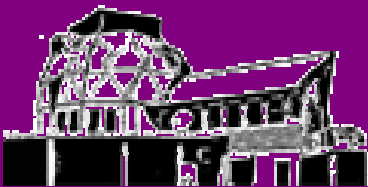
You will have the opportunity to see Crocodiles, Black Jaguars, Ocelot, Puma, Otters, Kinkajou, Peccary, Deer, Howler Monkeys, Spider Monkeys, Harpy Eagle, Jabiru Stork, Scarlet Macaw and many many more of Belizes Local inhabitants



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Awaken your Spirit



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Daily Yoga Sessions

"I've never experienced a more memorable session than the one Karen led in the Belizean jungle....."

Awaken your mind, body and spirit in this sacred Mayan land through the gentle practice of Hatha yoga in stunning natural surroundings. Become one with nature and re-discover your connection to the intricate web of life

Start your day with a serenely invigorating yoga session, whilst you enjoy the sight of the early morning mist rising over the jungle and the Belize River and listening to the sounds of the parrots and howler monkeys waking up in the surrounding trees.

Our on-site Yoga and Pilates instructor Karen Turner will be leading our sunrise group yoga sessions and also be available for private tuition, whether that be yoga, pilates or fitness instruction.



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