



## **T.R.E.E.S Hosting Center - Activity Guide**

### **Early Morning Bird Walk – 6:30 am to 8:30 am**

Join the T.R.E.E.S resident biologist(s) and guide(s) to see and identify birds by sight and sound along forest trails and in open orchard habitat. Sightings of impressive species like Toucans, Trogons, White Hawks, and King Vultures are not rare here. It is a birder's paradise at T.R.E.E.S!

Scope provided, but guests must bring their own binoculars.

Price: Minimum price for activity \$75 US for groups of up to 8 people. Add \$5 US/person for every additional person.



### **Night Walk – 7:30 pm to 9:30 pm**

Join the T.R.E.E.S resident biologist(s) and guide(s) to look for mammals, amphibians, reptiles and other night-active creatures and learn about their behaviour and ecology. You will walk riparian forest trails to spotlight for animals like paca, kinkajou, skunks, possums, and armadillos. Then you will head off into the river to search for frogs, snakes, turtles, and sleeping lizards and birds.

Spotlights provided but guests must bring their own flashlights/headlamps (preferred so you have your hands free to grab things!)

Price: Minimum price for activity \$75 US for groups of up to 8 people. Add \$5 US/person for every additional person.

### **Bird Banding Workshop – half day**

Strengthen your bird identification skills by studying birds like the real ornithologists do – catching them in mist-nets, identifying them and taking notes on their plumage, moulting patterns, and condition, and putting bands on them for future tracking and individual identification. This workshop is a must-do for bird lovers because when else do you get to hold these lovely creatures in your hand (using the proper bander's grip of course!).

All equipment provided. Note that for the bird's safety, participants will likely not extract birds from nets (unless experienced).

Price: Minimum price for activity \$125 US for groups of up to 8 people. Add \$15 US/person for every additional person.



### **Mammal Tracking Workshop – half day**

Curious about the mammals traversing the jungle trails? Want to learn about how to identify their signs? In this workshop you will learn techniques for studying the elusive mammals – camera trapping (check to see what traveled the paths the night before), identification of tracks and other tell-tale signs of presence, and how to make plasters of tracks. Fun for nature enthusiasts and forensic science enthusiasts alike!

All equipment and materials provided.

Price: Minimum price for activity \$150 US for groups of up to 8 people. Add \$15 US/person for every additional person.



### **Stream Ecology Workshop – all day**

In this workshop you will be wading through the waters of Dry Creek to learn about the creatures that call the stream “home”. Learn real ecological field techniques from T.R.E.E.S resident biologists including habitat characterization, benthic macroinvertebrate sampling using dip nets, and fish and tadpole sampling using minnow traps. You will also learn to identify your catch in the lab using lab techniques and dichotomous keys.

All equipment provided.

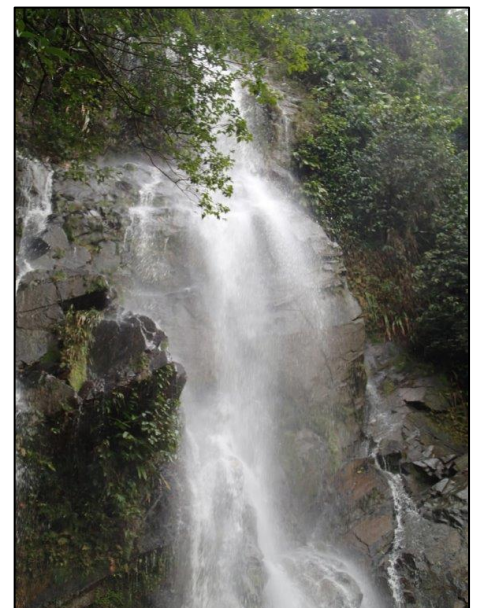
Price: Minimum price for activity \$200 US for groups of up to 8 people. Add \$25 US/person for every additional person.



### **Waterfall Hike – all day**

T.R.E.E.S is proud to have one of the largest waterfalls in Belize in their very own backyard! It is an all-day hike to get to these beautiful falls through a rugged mountain trail. You may get to see birds like the Crested Guan, Tody Mot-Mot, and Black Hawk. You are also likely to tread on jaguar and peccary tracks, and if you are very lucky you might even get a chance to see a tayra, agouti, or pack of coatimundis. Our guide is very knowledgeable about local trees and plants and their uses, and is a great bush-tracker who will certainly make sure you won't miss anything and is certified in Wilderness First Aid. Of course bring your swim suits because you will not want to miss swimming in these refreshing waterfall pools!

Price: Minimum price for activity \$150 US for groups of up to 8 people. Add \$20 US/person for every additional person. \*\* Rappelling on the waterfall can be arranged through Maya Guide Adventures. Contact us with details on your group for pricing.





### **Traditional Maya Weaving Workshop – full day**

The Maya people of Central America continue to be very active in the art of weaving. Using natural materials found in the jungle, artisans create beautiful furniture, baskets, lamp shades, and vases. In this full-day workshop you will learn how it is done and make your own small basket to take home. Start off by going for a jungle hike to find the necessary plants. You will learn about how and where they grow, how to remove their formidable spines (for these are some of the spikiest jungle plants!), and prepare them for weaving. Then you will get to weave your own basket or vase with guidance from a master weaver.

All materials provided.

Price: Minimum price for activity \$150 US for groups of up to 8 people. Add \$20 US/person for every additional person.

### **Local Village Tour – half day**

T.R.E.E.S is happy to be located adjacent to the lovely village of Mile 28, a traditional Central American village full of welcoming people. Most are subsistence farmers and grow their own fruits and vegetables to sell at little road-side stands. Ever wonder how pineapples grow, or where sugar comes from? See and taste the unique fruits that are grown in the villager's yards, have the children take you to their favourite swimming hole, or play a little game of soccer with the kids!

Price: Minimum price for activity \$50 US for groups of up to 8 people. Add \$5 US/person for every additional person.



### **Belizean Cooking Workshop –full day**

Ever wonder why you pay so much for store-bought tortillas full of preservatives when you can make them yourself with only a bit of effort and a couple of cups of flour? What makes Belizean stews so darn delicious? Spend some time with our cook(s) and you will learn the secrets of the trade! You will learn to make the basics like flour and corn tortillas, stews using the all-important Belizean Ricardo paste, and traditional Maya, Garifuna, and Kriol dishes using staple local fruits and vegetables like plantains, coconuts, and cassava, to name a few. Together you will prepare a delicious feast to enjoy!

All cooking supplies and food provided.

Price: Minimum price for activity \$150 US for groups of up to 8 people. Add \$15 US/person for every additional person.

### **Painting Workshop – full day**

Rimart Diego, who lives just down the road from T.R.E.E.S, is an amazing artist hailing from Honduras and is trained in the myriad styles of Central American painting. Learn traditional CA painting styles and techniques from a master painter. You will also hear many unusual and fantastic stories from this proud Garifuna man, a true storyteller! Diego is just a fun guy to be around!

All materials included.

Price: Minimum price for activity \$200 US for groups of up to 8 people. Add \$25 US/person for every additional person.



### **Kriol Drumming Sambai – 7:00 pm to 11:00 pm**

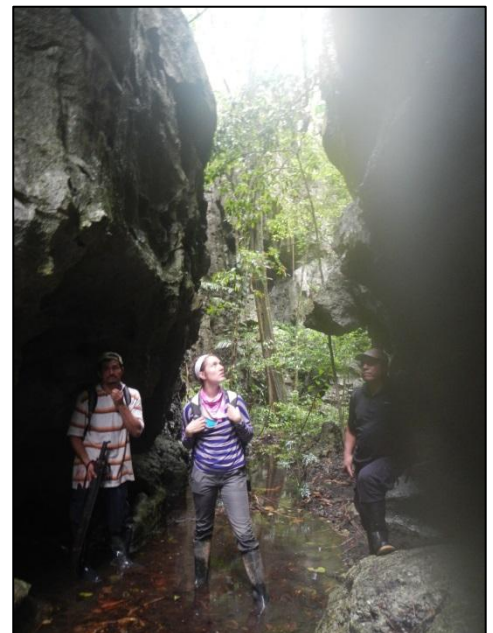
Djembe master Emmeth Young and his band the Talla Walla Vibrations will thrill you with their rhythms and energy. Learn about traditional Kriol drumming culture and its roots in Belize. Dance the night away to West African and Kriol rhythms the traditional “sambai” way in a circle around the fire.

Price: Minimum price for activity \$300 US for groups of any size staying on site at T.R.E.E.S Hosting Center. For groups staying off-site and only attending the evening sambai, add \$50 US. The day leading up to or following a sambai, Emmeth can also be available to teach private djembe lessons and run drum-making workshops. Contact us with details on your group for pricing.

### **Visit to Five Blues Lake National Park – full day**

Explore the incredible Karst system and biodiversity of Five Blues Lake NP. This park is replete with wildlife (including healthy Howler and Spider Monkey populations) and beautiful “blue lagoon” style cenotes and vast cave systems, some even holding ancient Maya artifacts. Swim in the lakes, crawl through the caves, and dodge fruits and sticks being thrown at you by the monkeys. The park guide is extremely knowledgeable about the biology and terrain of the park and will ensure that you get only the best experience.

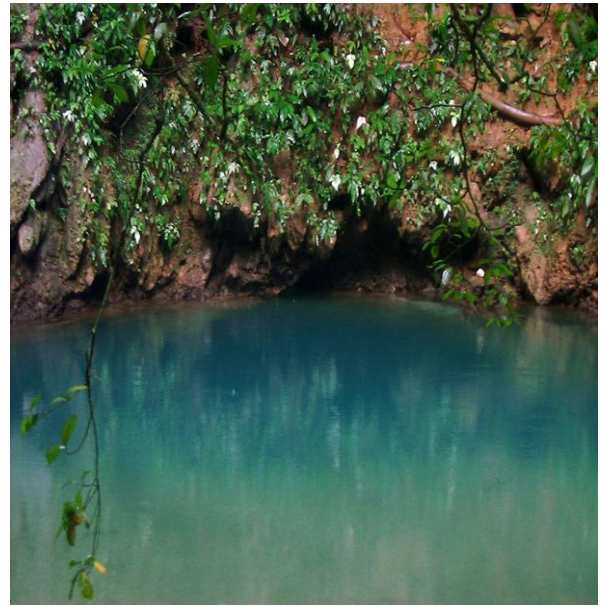
Price: Transportation to the park - \$125 US. Add \$50 US/person for the trip regardless of group size. If requested, the guide can arrange climbing on the numerous climbing routes on the limestone cliffs. Contact us with details on your group for pricing.



## The Magnificent Blue Hole National Park – full day

Get a chance to explore the magnificent Blue Hole National park and to know the secret to how it came about in the Maya Mountains.

These parks is full of protected wildlife (including the Jaguar and the Tapir also known as the Mountain Cow) and get the chance to see the vast cave system, even get to see some of the Maya artifacts that are in the cave. Swim in the swimming hole, and walk through the cave. The park guide is very knowledgeable about the biology and terrain of the park and will ensure that you get only the most fantastic experience ever.



## The Bus Schedule

### JAMES BUS LINE SCHEDULE

Service	Punta Gorda	Independence	Dangriga	Belmopan	Belize City
Regular	3:50 AM	6:00 AM	7:30 AM	9:15 AM	10:30 AM
Regular	4:50 AM	7:00 AM	8:30 AM	10:15 AM	11:30 AM
Express	6:00 AM	7:30 AM	8:30 AM	9:45 AM	10:45 AM
Regular	5:50 AM	8:00 AM	9:30 AM	11:15 AM	12:30 PM
Regular	7:50 AM	10:00 AM	11:30 AM	1:15 PM	2:30 PM
Regular	9:50 AM	12:00 AM	1:30 PM	3:15 PM	4:30 PM
Regular	11:50 AM	2:00 PM	3:30 PM	5:15 PM	6:30 PM
Regular	1:50 PM	4:00 PM	5:00 PM	6:45 PM	8:00 PM
Regular	2:50 PM	5:00 PM	5:45 PM	7:15 PM	8:30 PM
Regular	3:50 PM	5:45 PM	7:00 PM	8:30 PM	9:30 PM

Service	Belize City	Belmopan	Dangriga	Independence	Punta Gorda
Exp/Reg	5:15 AM	6:30 AM	7:45 AM	9:00 AM	10:30 AM
Regular	6:15 AM	7:30 AM	9:15 AM	10:45 AM	12:45 PM
Regular	7:15 AM	8:30 AM	10:15 AM	11:45 AM	1:45 PM
Regular	8:15 AM	9:30 AM	11:15 AM	12:45 PM	2:45 PM
Regular	9:15 AM	10:30 AM	12:15 PM	1:45 PM	3:45 PM
Regular	10:15 AM	11:30 AM	1:15 PM	2:45 PM	4:45 PM
Regular	12:15 PM	1:30 PM	3:15 PM	4:45 PM	6:45 PM
Regular	1:45 PM	3:00 PM	4:45 PM	6:00 PM	7:45 PM
Regular	3:15 PM	4:00 PM	6:15 PM	7:45 PM	9:45 PM
Express	3:45 PM	5:00 PM	6:45 PM	7:30 PM	8:45 PM

SERVICE	DANGRIGA	BELMOPAN	BELIZE CITY
Regular	7:00 AM	8:45 AM	10:00 AM
Regular	10:30 AM	12:15 PM	1:15 PM
Regular	12:30 PM	2:15 PM	4:30 PM
Regular	2:30 PM	4:15 PM	5:30 PM

SERVICE	BELIZE CITY	BELMOPAN	DANGRIGA
REGULAR	11:45 AM	1:00 PM	2:45 PM
REGULAR	4:15 PM	5:30 PM	7:00 PM
REGULAR	5:15 PM	6:30 PM	8:00 PM
REGULAR	6:15 PM	7:30 PM	9:00 PM