

## A to Z Roatan Activity Guide

---

### a Airplane Tour



The view is spectacular from this open-cockpit seaplane that flies “low and slow” over Roatan. From a 15 minute aerial tour to a full island tour or an escape to the Pigeon Keys at the east end of Roatan, this flying experience will be a thrill, as well as an opportunity for superb photography. The unique twin engine, two-passenger seaplane offers pickup and drop-off at Fantasy Island, about 40 minutes from Sandy Bay

WHAT TO TAKE: camera, sunglasses

PRICE: TOURIST FUN FLIGHTS – (price for 1-2 people): \$130 for 15 minutes, \$200 for 30 minutes, \$290 for 45 minutes, \$380 for 45 minute flight + a 45 minute snorkeling stop at Pigeon Key, \$380 for 60 minutes, \$420 for 80 minutes

---

### b Butterfly Garden



Some of Honduras' most colorful butterflies including varieties such as common owl, zebra, helicopter, firecracker, julias, sunset longwing, monarch, and queen. Learn about Roatan's tropical trees and our lush tropical plants.

WHAT TO TAKE: comfortable shoes, camera

HOW TO GET THERE: It's on your left just before arriving in West End – Look for sign

HOURS: 9 to 5 Sunday to Friday

PRICE: adults \$5, children under 10 years \$3

### Beaches



What's a trip to the tropics without the beach? There are many beaches around the island, including the beautiful stretch of white sand beach in West Bay- a popular choice for cruise ship passengers, as well as the deserted Camp Bay beach far to the east, and many spots in between.

---

### c Canopy Tours



See listing under 'G' Gumbalimba, and 'Z' Zipline- Pirates of the Caribbean

Carambola Gardens



The 3.5 acres of gardens provide a relaxing stroll through a diverse collection of flowering plants, ferns, spices, fruit trees, hardwood trees and orchids. Trails lead up the pretty valley through the arid tropical forest, past the iguana wall, where iguanas and parrots breed, and up to the top of Carambola Mountain, where you can soak in the gorgeous colors of the coral reefs below and see all the way out to the island of Utila.

**WHAT TO TAKE:** Sneakers or sandals with back straps, sunscreen and insect repellent, shorts or trousers and camera

**HOW TO GET THERE:** in Sandy Bay on the left side of the road, just opposite the Anthony's Key Resort sign, about a 5 minute walk from our place

**HOURS:** open daily 8am – 5 pm

**PRICE:** \$5 per person admission and \$10 for a guided tour

Cayos Cochinos Day Trip



See listing under 'X' - X-treme Charter trips

---

d Dolphin Experience



The dolphin programs offer the unusual opportunity for divers and snorkelers to interact with dolphins on the mammal's own initiative. Interaction is achieved by the dolphin's natural curiosity. The dolphin snorkel provides more opportunity for physical contact. For those who prefer to stay in waist-deep water, a dolphin beach encounter is also popular. **Dolphin activities are very popular and must be booked in advance to guarantee a spot- contact guest services to make your reservation.**



**Dolphin Encounter:** Participants enter the Bailey's Key lagoon at Anthony's Key Resort from the gently sloping beach and wade into waist-deep water. A trained staff member offers an informative, "hands-on" interaction with a resident dolphin. This encounter requires no swimming skills, and is ideal for small children, the elderly, and anyone who wants to interact with dolphins without cumbersome snorkeling gear. Provides great photo opportunities.

**Dolphin Swim-Snorkel:** Accompanied by a dolphin behaviorist and videographer, a maximum of ten snorkelers interact with the dolphins off a white-sand key in approximately 20 feet of water. Following a 25-minute beach encounter, the snorkel session begins, and lasts approximately 30 minutes, allowing participants maximum opportunities for physical contact. Minimum age is 13.



**Dolphin Dive:** Eight divers at a time take a five minute boat ride to a shallow reef wall, accompanied by a dive guide, dolphin behaviorist and videographer. Divers spend 45 minutes observing, photographing and playing with the dolphins in the open ocean, in depths of up to 60' over a white sand bottom. Dives are unstructured, and the naturally curious dolphins are free to interact as they choose, often revealing complexities of their relationships and communication. The open-water dive is the optimal way to observe the dolphins in their natural habitat, where there is no feeding enticement to secure interaction with humans. Divers need a certification card to participate.

---



**Trainer for a Day:** Get a behind the scenes look at a day in the life of a dolphin trainer. During this full day experience, you'll learn basics about dolphin anatomy, feeding (including trying your hand and sorting and weighing the fish they eat), and training. You'll learn hand signals used on the dolphins, and work with a dolphin and his trainer. The best part of the day comes at the end, when you'll hop in the water to get a ride hanging on to the dolphin's dorsal fin, and get pushed around by the dolphin on a boogie board.

**WHAT TO TAKE:** swim suit, sunscreen, snorkel gear, towel, change of clothes and camera.

**HOW TO GET THERE:** Anthony's Key Resort is in Sandy Bay before reaching West End. Turn off the main road to the right at the sign.

**HOURS:** Encounters and swim/snorkels are at 9, 12 and 3 every day but Wednesday. It's necessary to be there a half hour early. Dives are at 10:30 Monday to Friday. It's necessary to be there an hour early. Trainer for the Day is offered most days- day starts at 8, and finishes around 4 (pack a lunch or money). Reservations required for all dolphin activities.

A dolphin show is every day at 4 and there is a charge of \$1.

**PRICE:** Dolphin Encounter \$62 per person for 25 minutes

Dolphin Encounter and Snorkel \$103 per person for one hour total

Diving with the Dolphins \$137 per person  
Dolphin Trainer for the Day \$202 per person -take photo ID if paying by credit card

**e** Explore the island – self guided



Roatan offers a wide diversity for exploring and taking pictures from the many viewpoints on the island. Experiencing the hills, pastures, lush forest, local communities and stretches of white sandy beaches is easy- it's very difficult to get lost. Stop by the office and we'll mark some of favorite spots on a map for you.

Explore the island – guided tour



If you'd prefer not to do the driving, we will arrange a guided tour of Roatan in an air conditioned van with driver who is also an English speaking guide.

**PRICE:** Guided Tour -- 4 hours: \$20 per person for 2 people Guided Tour – 8 hours: \$50 per person for 2 people; \$30 per person for 2 people.

**f** Fishing



Whether you prefer flats fishing or deep sea fishing, the waters surrounding Roatan are a fisherman's paradise! Fishing excursions are available ½ day or full day. \$350 for a ½ day, let me know and I'll arrange it.

Firedancing



Head down to West Bay beach and the Thirsty Turtle bar by Bananarama for some great entertainment on Sunday evenings. Live music, crab races and firedancing.

**g** Glass Bottom Boat



The Coral Reef Explorer is an amazing vessel that seats 30 people completely below the surface in air-conditioned comfort. Look into the crystal clear waters as your tour guide describes all the exotic marine life and coral formations drifting slowly before you. Keep your eyes peeled for endangered Sea Turtles, huge yet graceful Spotted Eagle Rays, scary Barracuda's and much more.

WHAT TO TAKE: camera

HOW TO GET THERE: at the dock at Foster's Resort, which is on the road to West Bay, past the Jungle Canopy on the right. The concrete road turns off to the right and there is a Gumbalimba Park sign, as well as the larger Fosters Resort sign.

HOURS: Open daily from 8-4 pm

PRICE: \$25 per person for 50 minutes

**g** Gumbalimba Park and Canopy Tour



Gumbalimba Park, located between West End and West Bay, is nature's wonderland. You can play with monkeys and parrots, tour the history of the island, ride a zip-line through the jungle canopy, explore the wildlife while breathing underwater, take a horseback ride, kayak the picturesque reef, eat at the restaurant, or just hang out in a hammock or lounge chair on the beach!

WHAT TO TAKE: Sneakers or sandals with back straps, sunscreen and insect repellent, shorts or trousers and camera

HOW TO GET THERE: On the road to West Bay, past the Jungle Canopy on the right, there is a concrete road that turns off to the right. There is a Gumbalimba Park sign at the road, as well as a larger Fosters Resort sign.

HOURS: Open daily from 8 – 4 pm

PRICE: Park fee is \$20 without the canopy tour, cost for canopy tour is \$45; \$55 includes park admission and the canopy tour

**h** Horseback Riding



Guided horseback tours take the riders along the beach and through the jungle or can be customized to the rider's preferences. An extended ride can include the ironshore (ancient coral reef that has emerged from the ocean) and mangrove patches.

WHAT TO TAKE: camera, insect repellent, sneakers or sandals with straps and jeans

HOW TO GET THERE: Drive past Sandy Bay on the road to West End. Pass Inn of the Last Resort and Green Hill Apartments, both on the right. The Ranch is located on the right hand side of the road, just around the bend from Green Hill Apartments, directly across from Tropico Italiano.

HOURS: open daily 7 to 5

PRICE: \$40 for 1.5 to 2 hours, depending upon gait of the riders.

---

j

Iguana Farm



This quirky attraction is the home to over-hunted green iguanas that laze about in the trees. This out of the way site may not seem like much until the owners throw out a pile of vegetable leftovers on their driveway. Then suddenly dozens of iguanas descend from the trees to fight over the scraps. About 2,700 iguanas roam freely about the property!

**HOW TO GET THERE:** The Iguana Farm is located near the main paved road in French Key, just past the French Harbour turnoff when you are traveling east from Barefoot Cay. After turning right off the main road, there are signs leading to the Iguana Farm.

**WHAT TO TAKE:** Sneakers or sandals with back straps, sunscreen and insect repellent, shorts or trousers, camera. If you wear yellow, the iguanas may mistake you for a banana!

**HOURS:** open daily 7 - 12 and 1 - 4 pm

**PRICE:** \$8 per person

j

Jams, Jellies and More at Marble Hills Farm



At the east end of Roatan, you'll find Marble Hills organic fruit farm, where you can sample ice creams, jellies, jams and hot sauces made from tropical fruits grown on the property. Coffee and smoothies are also available. Equipment can be rented for water activities including windsurfers, kite boards, glass bottom kayaks, pedal boats, river and sea kayaks, wake boarding, waterskiing, knee boarding, snorkeling and floating on a trampoline.

**WHAT TO TAKE:** Bathing suit, towel, insect repellent, camera  
**HOW TO GET THERE:** Drive east past the Oak Ridge turnoff and continue for just less than 2 km. The driveway and sign are on the left side of the road.

**HOURS:** 7 to 4, Monday to Friday

**PRICE:** Free admission, rental prices vary

k

Kiteboarding



Experience the thrill of launching off the water and into the air on a kiteboard. Lessons available for the complete novice as well as the more experienced.

**WHAT TO TAKE:** bathing suit, towel, sunscreen

**HOW TO GET THERE:** Drive east past Oakridge. Just after the road turns to dirt, there is a sign on the left marked Marble Hill Farms. Take this turn off to the end.

**PRICE:** 3 hours including instruction for 1 person: \$175

3 hours including instruction for 2 people: \$250

**CREDIT CARDS NOT ACCEPTED**

Kayaking



Check in West End at Cannibal Café to find out about kayaks and pricing.

**L**

Lounging in a Hammock



A cold drink, good book, and the gentle sway of a hammock- this is the life!

---

**m**

Monkeys

See listing under 'G'- Gumbalimba Park

Mangrove Canal Tour



Mangroves on the shores of the island of Roatan provide refuge for a variety of marine life and protecting the surrounding reef from sediment during runoff. Take a boat tour through the canals running amidst the mangroves, starting in Oakridge.

WHAT TO TAKE: Sunscreen and insect repellent, camera.

HOW TO GET THERE: Drive east from Barefoot Cay and turn right at the Oak Ridge sign. Drive down to the waterfront then continue to the place where the road makes a "Y". Stay to your left where there is a small local shopping and parking area and several canoe operators that will want to take you on the tour. Most are English speaking. If you take a taxi, there are usually several taxis waiting for returning passengers.

HOURS: Anytime during the day

PRICE: approximately \$25 per canoe, which holds up to four people

---

**n**

Night Dives



Explore the beauty of the underwater world by the glow of a dive light, and see lobsters, crabs, octopi and other nocturnal sealife that make their appearance on night dives.

---

**O**

Oakridge



The picturesque town of Oakridge, with all the houses set over the water on stilts, is a great stop along a tour of the island. This is the starting point for the mangrove tours.

---

**p**

Pedicures



Pamper your feet with a pedicure at a spa.

---

q

Quiet Time



Quiet time. Grab a book and head for a hammock, or float in the pool for awhile, and just enjoy some quiet time to yourself, away from all the demands of the world.

---

r

Rental Cars



There are several car rental agencies on the island. Pricing starts at \$35 plus fuel.

---

s

Shark Dive



From 8-20 sharks are joined by opportunistic feeders including Nassau groupers and horse-eye jacks circling the bait bucket. The dive master pops the lid off the bucket and heaves it onto the sand. The sharks attack quickly, making short work of the bait in a brief but explosive tangle of fins and tails

WHAT TO TAKE: dive gear (also available for rent), change of clothes, underwater camera

HOW TO GET THERE: the shark dive is located at Las Palmas,

HOURS: by appointment

PRICE: \$75 per person plus rental gear if necessary

Sunsets



The golden glow of the setting sun over the Caribbean Sea, framed by palm trees makes it worth grabbing your camera. Enjoy a cold cerveza or cocktail at one of the beachfront bars along West End or West Bay and savor life in the tropics.

## ROATAN ACTIVITY GUIDE

### Submarine



Stanley Submersibles offers an incredible journey to the depths of the ocean. The submarine has a capacity of 3, the captain and two passengers, and allows you the opportunity to see some creatures that reside only in the deep water, well past recreational dive limits.

WHAT TO TAKE: camera

HOW TO GET THERE: Located at Half Moon Bay Cabins in West End

HOURLS: by appointment

PRICE: 1000ft/305m (1 1/2 Hours) \$400

1500ft/460m (2 1/2 Hours) \$600

2000ft/610m (3 1/2 Hours) \$800

Lophelia Reef Dive-1500ft/460m (4 Hours) \$1200-

## S

### Scuba Diving



The stunningly beautiful reef, part of the Meso-America reef system, which is second largest reef system in the world, is one of the biggest draws to Roatan. Whether you're an experienced diver or are trying your first scuba dive, Roatan's underwater world is a hidden paradise. Good dive shops in West End include Coconut Tree Divers, Native Sons and Ocean Connections.

### Snorkeling



Great snorkeling is just a short swim out. In Sandy Bay, you can head in off the dock a few minutes from the apartment. West End and West Bay are other good snorkeling spots, especially the far south end of West Bay beach. Snorkel equipment can be rented many places in West End.

## t

### Transportation



If you don't want to do the driving yourself, taxis are inexpensive and plentiful.

### Tours, guided or unguided



See listing under 'E' explore the island

U

Underwater Exploring



See listing under 'S' scuba diving and snorkeling, and 'G' glass bottom boat

V

Valet Diving



If you're a certified diver and you want to dive one of the most famous sites of the island, Mary's Place is just next to my work, and our dive shop, Barefoot Divers, offers valet diving service. Pricier than West End, but if you request a dive to Mary's Place, it's worth the extra cost.

W

Windsurfing



Instruction offered at various levels of experience beginning at complete novice, and rentals offered for those with who do not require lessons.

X

X-treme Charters

Day Trip to Cayos Cochinos



There's nothing more relaxing than a day out on the boat! One of Extreme Charter's speed boats will whisk you over to a beautiful cluster of islands called Cayos Cochinos (Hog Islands) between here and the mainland. The trip takes about an hour. Once you arrive, you'll stop at Cochinos Grande to check into the marine park, and then stop at one of the many uninhabited cays for some sunning and snorkeling. The boat has an open bar, stocked with local beers, rum punch, soda and water. The next stop is a cay with a Garifuna village, with clusters of children, and fishermen slipping in and out of the shoreline in their dugout canoes. Enjoy a fresh fish lunch prepared by some local ladies.

WHAT TO TAKE: sunscreen, towels, bathing suits, snorkel gear  
HOW TO GET THERE: Ground transportation provided to West End, where boat departs  
PRICE: \$150 per person, includes transportation, drinks, lunch, marine park fees

Y

Yubu Garifuna Center



Yubu is dedicated to keeping the Garifuna culture alive. This is a large thatched complex where Garifuna history, language, music and ancestral traditions can be experienced.

HOW TO GET THERE: Yubu is located at Politilly Bight, on the main road about 20 minutes east of French Harbour.

WHAT TO TAKE: camera

HOURS: open on days when a cruise ship is in port

PRICE: \$5 per person

Yoga Classes



Yoga classes are offered several times weekly at various spots around the island, the nearest being West End.

---

Z

Zipline



There are several canopy tour companies on the island. The two that we recommend are the Gumalimba (refer to listing under 'G'), and Pirates of the Caribbean.

**Pirates of the Caribbean:** located on the eastern side of the island, Pirates of the Caribbean offers a standard zip line and an extreme zipline for the thrill-seekers. Your tour includes complete instructions and use of state-of-the-art rappelling and safety equipment.

WHAT TO TAKE: Sneakers or sandals with back straps, sunscreen and insect repellent, shorts or trousers and camera

HOW TO GET THERE: About 45 minutes from Sandy Bay

HOURS: Open daily from 8 – 4 pm

PRICE: \$45 per person for regular zipline

\$65 per person for extreme zipline- (take photo ID if paying by credit card)

---