

# Central America Ethical Adventure Trail - 4 weeks

*Travel through some of the most amazing countries of Central America and experience some of the incredible opportunities they have to offer you.*

Combine exciting adventure travel with a project placement and experience the best of Central America on an unforgettable adventure trip with Frontier through Mexico, Guatemala and Honduras. Explore the legendary Mayan ruins set in dense rainforests and swim in azure waters off white sand beaches. Climb to the rim of active volcanoes, ride horseback down ancient mountain trails, snorkel and dive some of the world's best dive sites, zip-line through the canopies of lush jungles, and dance the night away in the best salsa clubs.

On an incredible journey of discovery through the countries of Latin America you will also have the chance to contribute to the local community, spending time helping at a wonderful school in Honduras.

What is so fantastic about this journey is that whilst travelling you will benefit from the leadership of a young, friendly, fun but also sensible and well-travelled guide who will take care of all the stress and organisation on the trip, whether it be recovering lost luggage, arranging bus tickets, booking hostels or extra activities, dealing with emergencies or even knowing the best places to go for a great night out! If you want to experience the beauty and adventure of Central America, travelling along with a young and friendly group of companions, without the hassle, then joining this Frontier Ethical Adventure Trail is the perfect solution!

## PROJECT HIGHLIGHTS

- A unique view of this fascinating part of the world
- Discover local cultures and delicacies
- Immerse yourself in culture as you assist at a local community school
- Learn about the wildlife of this fascinating biodiversity hotspot

## FAST FACTS

<b>Location</b>	Mexico, Honduras, Guatemala
<b>Activities</b>	You could be: Climbing volcanoes Exploring ancient ruins Horseback riding Snorkelling and diving Assisting in a local school
<b>Transport</b>	Airport pickup and local transport between locations

<b>Accommodation</b>	Varies - May include hostels, host families, camping and more!
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## WHAT WILL I BE DOING?

### MEXICO

**Mexico City:** The adventure begins with a whirlwind tour of this leviathan of a city. You'll delve into a history as rich and colourful as any in the world, typified today in magnificent monuments such as the zócalo, the western hemisphere's largest cathedral, the Catedral Metropolitana, the museum of anthropology and, of course, the famous murals of Diego Rivera. You will have the opportunity to get to know the rest of your group. Group sizes range from 2- 12 participants.

**San Cristobal:** Explore the hills of the legendary Zapatista uprising and trawl markets for crafts inspired by the spirit of revolution. You'll discover how one small group of dedicated villagers brought the whole world's attention to the plight of indigenous Mexicans.

**Palenque:** Explore local villages in the near jungle near to Palenque City where you can visit Palenque Mayan ruins surrounded by monkeys. Explore the dense jungle and cool off in the clear waterfalls at Agua Azul and Misol-Ha.

### GUATEMALA

**Tikal:** Watch the sun rise over Central America's most famous ruins which have towered over the jungle for thousands of years and learn about the ancient Mayan empire from an experienced local guide.

**San Pedro La Laguna:** Watch the sun rise over Central America's most famous ruins which have towered over the jungle for thousands of years and learn about the ancient Mayan empire from an experienced local guide. Take a boat tour to explore a local Mayan community, rent kayaks to soak up the sun at this huge and magical lake and hike around the area before relaxing in the hot springs.

**Antigua:** Sip organic coffee at a roadside café as you take in the magnificence of this ancient UNESCO heritage city. Stand at the edge of Pacaya, Central America's most active volcano. Walk to the top of the highlands to appreciate the impressive view of the city surrounded by volcanos, learn about the colonial architecture and taste the delicious food at the local market.

### HONDURAS

**Copán:** Explore mighty Mayan ruins by day and rest your weary bones in warm thermal pools in the evening, before you set out to dance the night away in a hilltop disco. Be enchanted by the beauty of the area while horse riding with a local farmer and enjoy zip-lining on a canopy tour!

**Teaching in a local school:** Based in a colourful and friendly nearby town outside of San Pedro Sula surrounded by green mountains and tropical cloud forest, you will help out at a local school which aims to help the most disadvantaged children. You may be assisting in classes, leading your own, helping with after school activities and classes, or other duties around the school and within the community where many families appreciate the help and enthusiasm from volunteers. There may also be opportunity to venture into the nearby cloud forests or explore the traditional beach communities of the Caribbean coast at the weekend.

**Útila:** Central America's diving paradise is an island built solely around exploring the underwater world and is an ideal place to do your PADI dive training. You'll also go on a day trip to a perfect deserted island, finishing the day with a barbecue on the beach.

\*This is intended as a sample itinerary only and is subject to change. Don't forget you are travelling through developing countries and you should be prepared for long bus journeys and be patient as delays can be commonplace!

## **WHAT HAPPENS WHEN I ARRIVE?**

You will be greeted at Mexico City Airport by your trail leader and escorted by bus to a local hostel where you will spend your first night. If you are arriving before the project start date you will meet at an agreed rendezvous point.

You will have a day in Mexico City to get a taste of the Latin American spirit to come. From there you will soon set off to the next destination on your exciting adventure, so be prepared to throw yourself into the experience once you arrive!

## **WHERE WILL I BE STAYING?**

During the trail you will stay in basic but of course comfortable accommodation such as hostels, sleeping in mixed sex communal dorms or shared rooms, or homestays.

## **WHAT WILL I BE EATING?**

You will receive a welcome dinner at the start of your project and a departure dinner to round off your experience in Central America. One meal will also be paid for in each country, a 'street food experience' to give you a taste of the local cuisine. These will vary from markets and food stalls in order to provide you with an authentic Central American experience- expect tortillas, rice and beans to become your staple diet, with fresh fruits and vegetables and of course just a touch of chillies! There are also plenty of dishes suited to Western palate! At weekends, you can use your cooking skills or enjoy catering for yourselves and choosing from the immense variety available in markets, cafes and restaurants!

## **COSTS**

4 weeks	US\$ 2,895
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## **AIRPORT INFORMATION**

Nearest airport(s): Mexico City Juarez International Apt (MEX), Tegucigalpa (TGU)

## **CONTACT INFORMATION**

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on [info@frontier.ac.uk](mailto:info@frontier.ac.uk)

Check out our social media here:

*Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.*