Tour Menu for Adventure seekers

A LOT ALL A

RESORT AND SPA

ON SITE ACTIVITIES INLAND ADVENTURE MARINE TOURS

www.naiaresortandspa.com

EXPERIENCE CULTURE

Adventure Tours

BELIZE

While small in size, Belize has an incredible diversity of activities packed into it, ranging from connecting with the ancient Maya in our lush rainforests, to exploring the world's second largest barrier reef. For many of our guests Naia is adventure enough, an oasis and respite from the grind of daily urban life. However, for those wishing to explore a little more we have a wide range of tours and activities to suit the interests and abilities of guests of all ages. Whether you're happiest on, or in, the water, hiking in the jungle, or just want to immerse yourself in Belize's fascinating culture, our dedicated concierge team is happy to take care of all the arrangements necessary to provide you with a top-notch Belize adventure experience.



Enjoy peaceful paddling in the unique mangrove habitat of the Placencia Lagoon.

What to bring: Hat, water, camera, sunscreen, sunglasses,	Tak
repellant and binoculars.	that
Depart: 6:00 AM/ 4:00 PM	reso
Return: 8:00 AM/ 5:30 PM	birc
Minimum: 2 People	per
Intensity: moderate	and
Price: \$50 USD + GST per person	or l
Includes: water and dry bags for cell phones	higl
	I

ke in the majesty and peace of our mangrove cathedrals at are found in the Placencia Lagoon just behind the sort property. Your guide will help you spot various rds both native and migrant, crabs, iguanas and rhaps a crocodile. It is also possible to see dolphins d manatees. This tour is best done in the early morning late afternoon as the likelihood of wildlife sightings is gher at these times.



Take a kayak out from the beach in front of the resort and paddle to nearby False Caye!

What to bring: Hat, water, camera, sunscreen, sunglasses, long sleeve	Snorkel
rash guard.	mystique
Length: 2.5 hours	below th
Minimum: 2 People	lobster.
Intensity: moderate	cormora
Price: \$75 USD + GST per person	day with
Includes: snorkel equipment, water and dry bags for cell phones	This to

ON SITE ACTIVITY

I the patch reefs around the island and explore the ue of the mangrove-lined inner lagoon. Common species the waves include angelfish, spotted eagle rays and . In the canopy above there are brown pelicans, rants and the occasional osprey. The perfect way to start your th some marine adventure.

tour is only offered Early Mornings starting at 6 AM!

THE NAIA BIRDING TOUR

Calling all Ornithophiles! Take a walk with one of our experienced guides and see the birds of Naia.

What to bring: Hat, water, camera, sunscreen, sunglasses, long sleeve rash guard.

Depart: 5:30 AM

Return: 7:00 AM

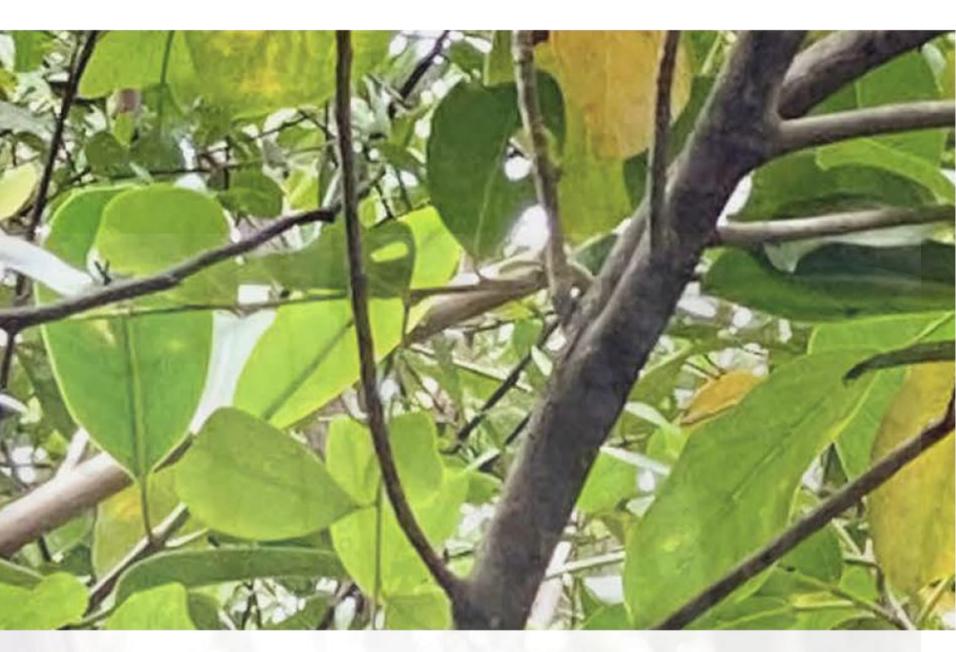
Minimum: 2 People

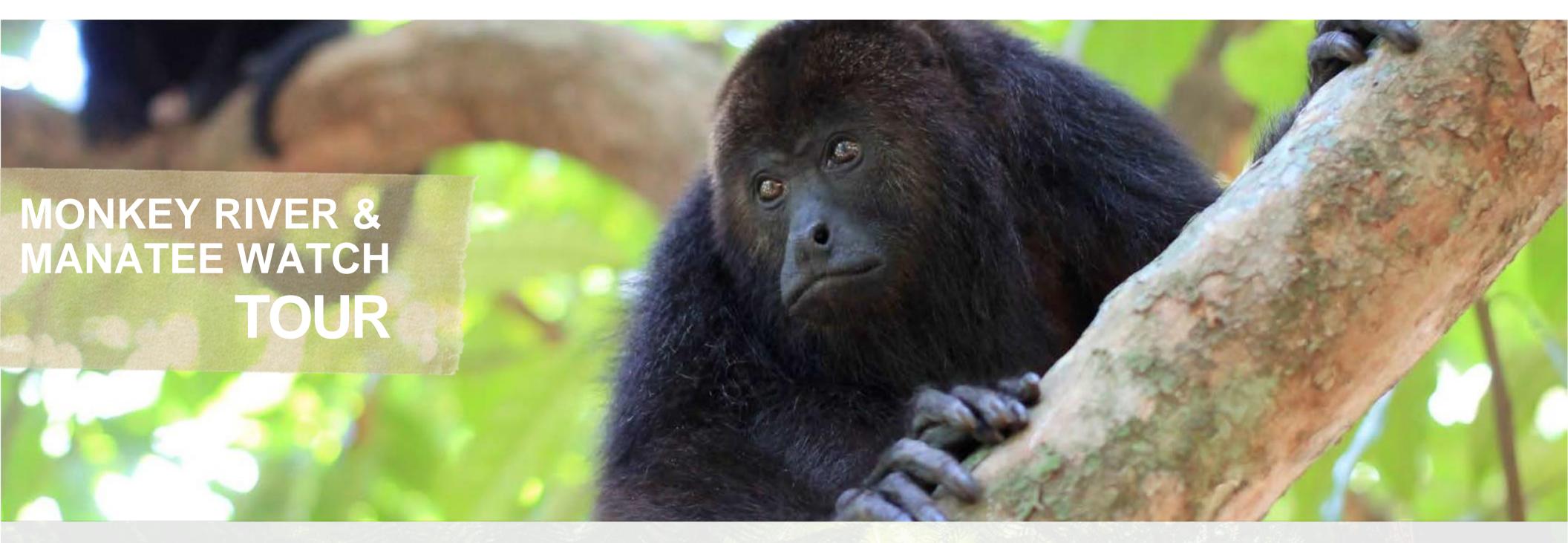
Intensity: easy

Price: \$40 USD + GST per person

Step right out of the hotel lobby and into the naturally beautiful environment that surrounds it. Our property is comprised of 224 acres of littoral forest and mangrove. Home to upwards of 40 bird species, and even more during periods of migration, birders both experienced and new get to see plenty without the hassle of a long van ride. Common species include Roadside Hawks, Chachalacas, Black Headed Trogons, Tropical Kingbirds, Little Blue Herons, Common Black Hawks, Cinnamon Hummingbirds and Tropical Mockingbirds.

ON SITE ACTIVITY



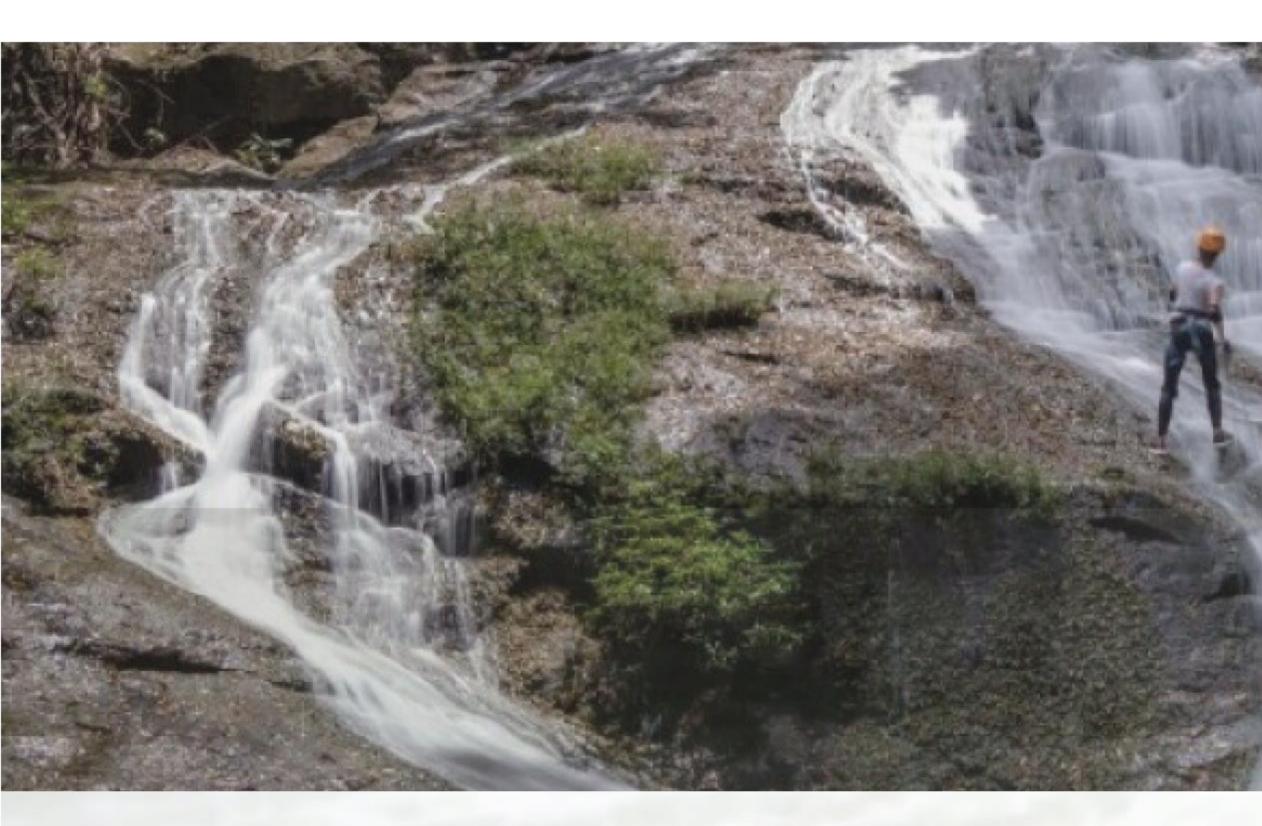


Want to literally hear the call of the wild? Take a boat ride along the southern coast of Belize en route to Monkey River to satisfy your curiosity.

What to bring: Comfortable shoes, or walking sandals, hat, sunscreen,	A laic
sunglasses, repellent, and binoculars.	your
Depart: 7:30 AM	and r
Return: 1:00 PM	Carib
Intensity: easy	iguan
	Villag
Price: \$98 USD + GST per person	howle
	you v

INLAND ADVENTURE

id back and relaxing tour suitable for all ages and abilities. On r way to Monkey River you are on the lookout for dolphins manatees. Once you have traded the salt water of the bbean for the fresh water of the river you are on the lookout for mas, crocodiles, and of course, monkeys! At Monkey River ge you disembark for a walk-through dense jungle where said der monkeys rule the tree tops. With their piercing screams will hear them long before you see them!



What to bring: Shoes with some grip that can get wet, swimsuit, hat, dry bag or case for your phone, repellent.

Depart: 8:00 AM

Return: 1:00 PM

Minimum: 2 People

Intensity: rigorous

Price: \$250 USD + GST per person

Hike through the verdant jungle of the Mayflower Bocawina National Park up to Antelope Falls and get yourself strapped in for some serious adventure! Rappel down the falls while taking in the breathtaking scenery and refreshing cool water.

BOCAWINA WATERFALL RAPPEL TOUR

Ask your concierge for more information on similar or additional tours!



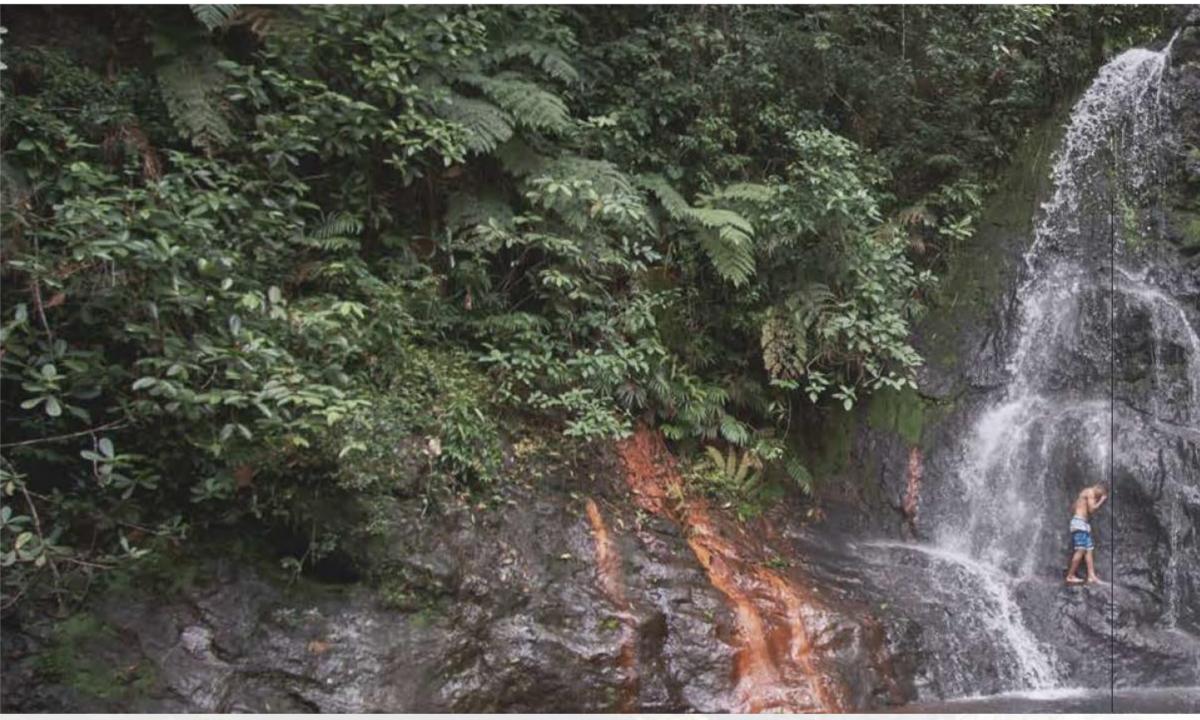
Love chocolate? Craving cacao? Look no further.

What to bring: Comfortable shoes or walking sandals, hat, sunscreen, sunglasses, repellent, cash to buy chocolate (optional). **Depart:** 8:00 AM/1:00 PM **Return:** 12:00 Noon/4:00 PM Minimum: 2 People Intensity: Easy **Price:** \$150 USD + GST per person

CHE'IL CHOCOLATE EXPERIENCE

Experience cacao from bean to bar! Nestled in the serene village of Maya Center, Che'il Chocolate offers visitors unique insight into the process of making chocolate and its myriad benefits. The tour takes you through an active cacao farm, and then culminates with the grinding of cacao the traditional way with stone tools. Come prepared to sample many different types of chocolate and cacao products!

This experience can be combined with a visit to the **Cockscomb Basin Wildlife Sanctuary!**



The best hiking in Belize is less than an hour away from Naia.

What to bring: Comfortable shoes with some grip, swimsuit, hat, repellent, and binoculars.

Depart: 8:00 AM

Return: 3:00 PM

Minimum: 2 People

Intensity: Moderate to Rigorous

Price: \$155 USD + GST per person

The Cockscomb Basin Wildlife Sanctuary is the world's first internationally recognized jaguar preserves and supports one of the most dense populations of these big cats in the world. With many different trails - ranging from easy to challenging -- it's easy to take a walk on the wild side. Cool off in a refreshing waterfall pool or head to the top of one of several high ridges where you are rewarded with a stunning view of the basin and the mountains from which the park takes its name.

COCKCOMB BASIN WILDLIFE SANCTUARY TOUR

Ask your concierge for additional tours information!

OUTBACK TRAIL HORSE BACK RIDING TOUR

Saddle up for some equine adventure.

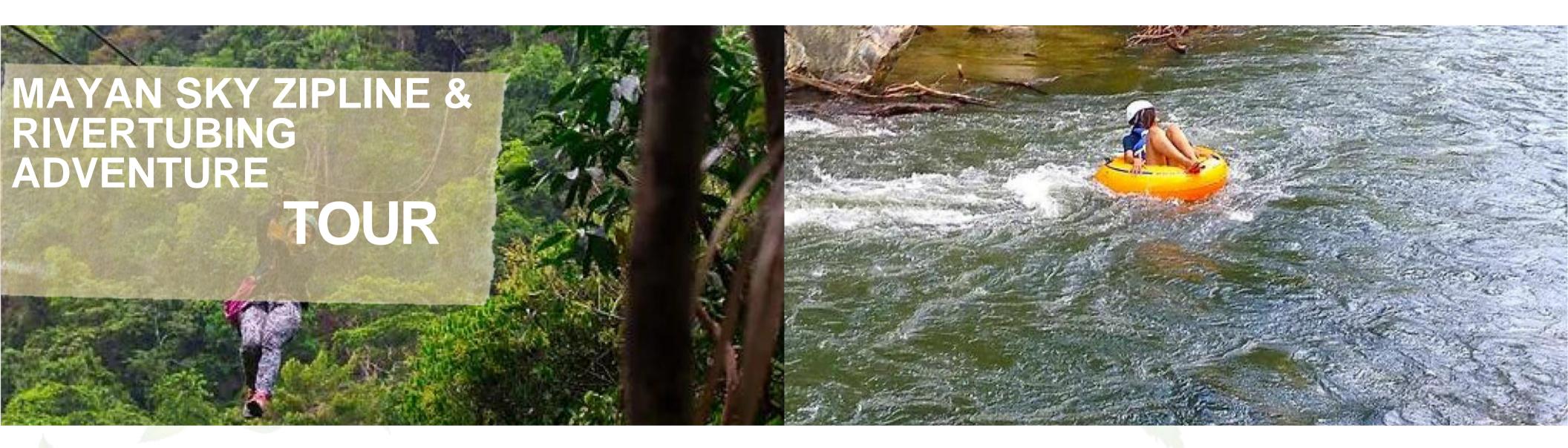
What to bring: Comfortable shoes, h	at, sunscreen, sun	glasses,
repellent.		
Depart: 8:00 AM/1:00 PM		
Return: 1:00 PM/4:00 PM		
Minimum: 2 People		
Intensity: easy to moderate		
Price: \$150 USD + GST per person		

The verdant grounds of Outback lie near to Kendall Village, only 45 minutes from Naia. The well-kept horses and experienced guides of the ranch will take you on an exhilarating ride over hill and through fragrant citrus orchards. This tour is appropriate

for both experienced and novice riders.

INLAND ADVENTURE





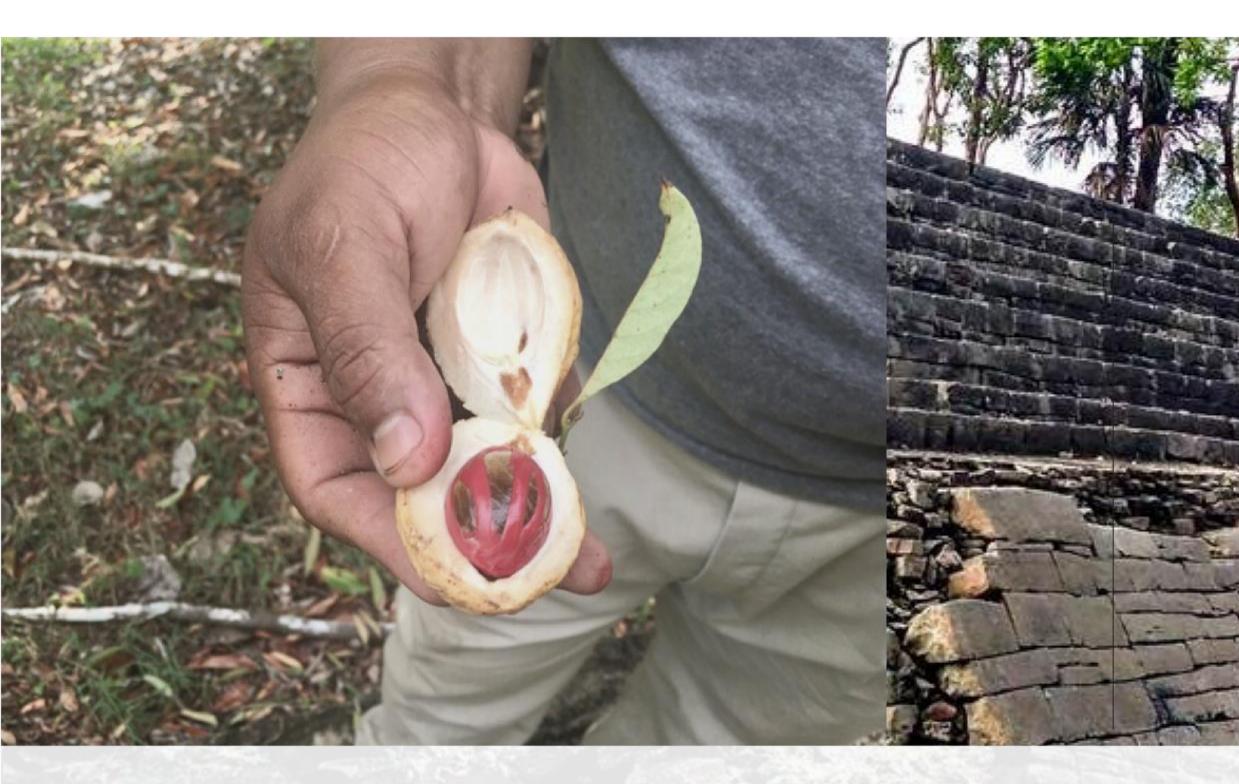
Soar through the jungle air then cool off in the refreshing waters of the South Stann Creek River!

What to bring: Comfortable shoes or walking sandals, swimsuit, hat, sunscreen, sunglasses, repellent, and binoculars.

Depart: 8:00 AM Return: 1:00 PM Minimum: 2 People Intensity: easy to moderate Price: \$175 USD + GST per person Enjoy the adrenaline rush of zip-lining through the rainforest canopy, then cool off as you float down the South Stann Creek River. This tour is close by and you'll be on site in 45 minutes. It's a tour that can be done in the morning or afternoon with snacks or lunch provided at an additional cost.

Ask your concierge for other available options on this tour!

INLAND ADVENTURE



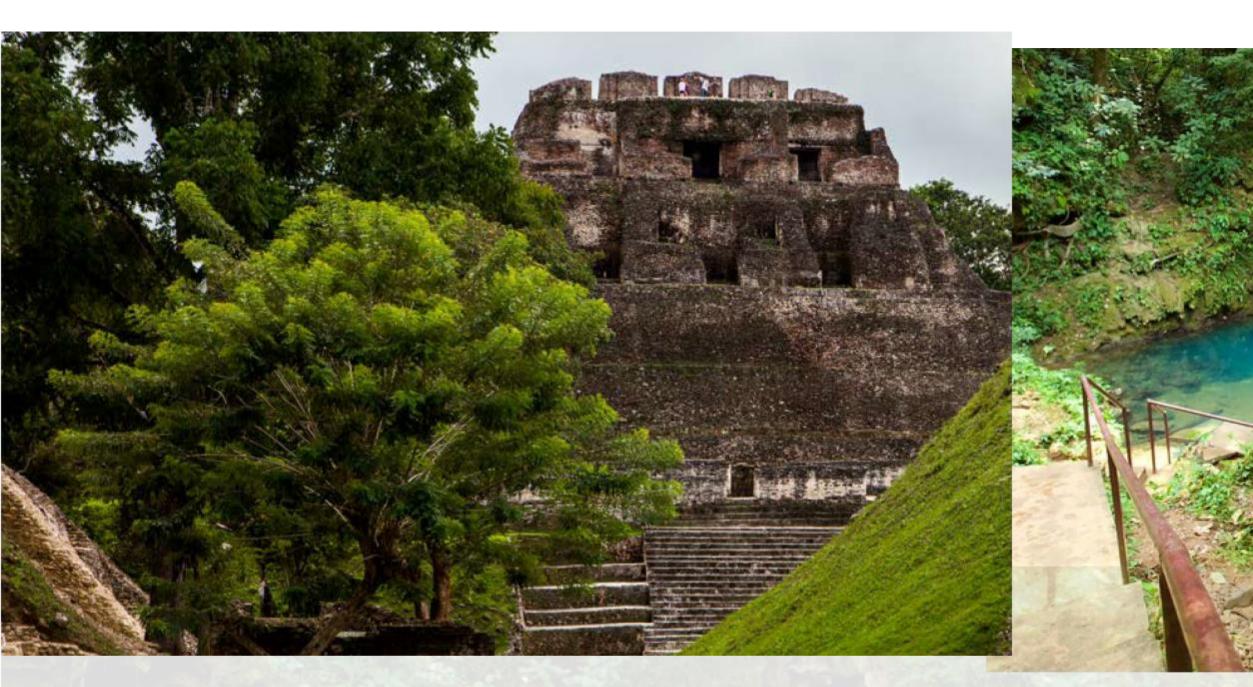
Take a walk back 1,600 years in time, and treat your senses to spices as you've never experienced them.

What to bring: Comfortable shoes or walking sandals, hat,		
sunscreen, sunglasses, repellent and cash for purchasing spices.		
Depart: 8:00 AM		
Return: 3:00 PM		
Minimum: 2 People		
Intensity: Easy		
Price: \$195 USD + GST per person		

Nim li Punit (which means 'Big Hat' in Qe'qchi Maya), is a small hilltop site that is notable for its carved stellae covered in hieroglyphs, its royal tombs and its ancient observatory. After a hearty lunch at a local restaurant you will be whisked away to the Spice Farm. Here you will get your hands-on cardamom, vanilla, allspice, nutmeg, and black pepper plants. Touch and taste these spices and learn about their origins, uses, cultivation, and processing. You'll never look at your spice rack in the same way again!

CULTURE

NIMLI PUNIT & SPICE FARM TOUR



Ancient architecture and culture as you've never experienced it.

What to bring: Comfortable shoes or walking sandals, swimsuit, hat, sunscreen, sunglasses, repellent, and binoculars.

Depart: 7:00 AM

Return: 5:30 PM

Minimum: 2 People

Intensity: easy to moderate

Price: \$235 USD + GST per person

The word Xunantunich means 'Maiden of the Rock' in Mopan Maya, and is a lovingly restored ancient Maya city, with a recently discovered king's burial chamber full of ceremonial items. It is one of the few sites in Mesoamerica that you can still climb to the top of the main temple. On your way back, you stop for a refreshing swim at the inland Blue Hole.

XUNANTUNICH & BLUE HOLE NATIONAL PARK

This tour can be combined with a cave tubing adventure, ask your concierge for additional information!



Reef? Check!

What to bring: Flip flops or sandals, swimsuit, hat,

sunscreen, sunglasses, go pro.

Depart: 8:10 AM

Return: 3:00 PM

Intensity: moderate

Price: \$110 USD per person

MARINE TOURS



The Belize barrier reef system is the second largest in the world and boasts hundreds of world class snorkeling sites. Here in southern Belize we are blessed with sites like Silk Caye and Laughing bird Caye, both of which reside within national parks. Whether you are an experienced snorkeler or if you are new to the marine world there is a world of wonder to be found just below the surface.

Ask your concierge for tour schedule!



Go deep! Visit a haven for a host of brilliantly colored Caribbean reef dwellers.





What to Bring: Hat, swimsuit, sunscreen, sunglasses.

Price: \$165 USD per person

region.



MARINE TOURS

Belize boasts the second largest barrier reef in the world: the reef wall runs more or less parallel to our entire coastline! The southern portion of the reef offers divers a wide variety of pristine sites to choose from. The top of the reef wall generally starts around 40 feet in most places and then drops off into the abyss. Cruise along the wall looking for turtles, eagle rays, lobsters, moray eels and the occasional reef shark all the while admiring some of the most robust and colorful hard coral, sponges and gorgonians in the

Ask your concierge about special private trips to places like **Glover's reef and South Water Caye!**

REFRESHER OR SCUBA DIVING TUNE UP COURSE

Are you a certified diver that's feeling a little rusty? Sharpen up your skills and head out to open water with confidence!

What to bring: Hat, Swimsuit, sunscreen & sunglasses.

Depart: 8:10 AM

Return: 3:00 PM

Intensity: moderate

Price: \$220 USD per person (Discover Scuba Course)

Price: \$193 USD per person (Refresher Scuba)

This half day course reviews the basics of SCUBA theory and involves a practical revision of skills in shallow water. This course is typically followed by a reef dive where you can focus on enjoying the splendor of the Belize barrier reef system.

MARINE TOURS







Visit a haven for a host of brilliantly colored Caribbean reef dwellers.

Inner Reef Sport Fishing

Spin casting or trolling - take your pick for a full or half day on the water. Cruise around the cayes inside the barrier reef hitting the best fishing spots for barracuda, king fish, jack, and snapper.

MARINE TOURS

What to bring: Hat, Swimsuit, sunscreen & sunglasses.

Full Day - \$850 USD up to 3 people Half Day - \$750 USD up to 3 people

SALT WATER FLY FISHING

00

Dreaming of a Grand Slam? Got Permit, tarpon and bonefish on your mind?

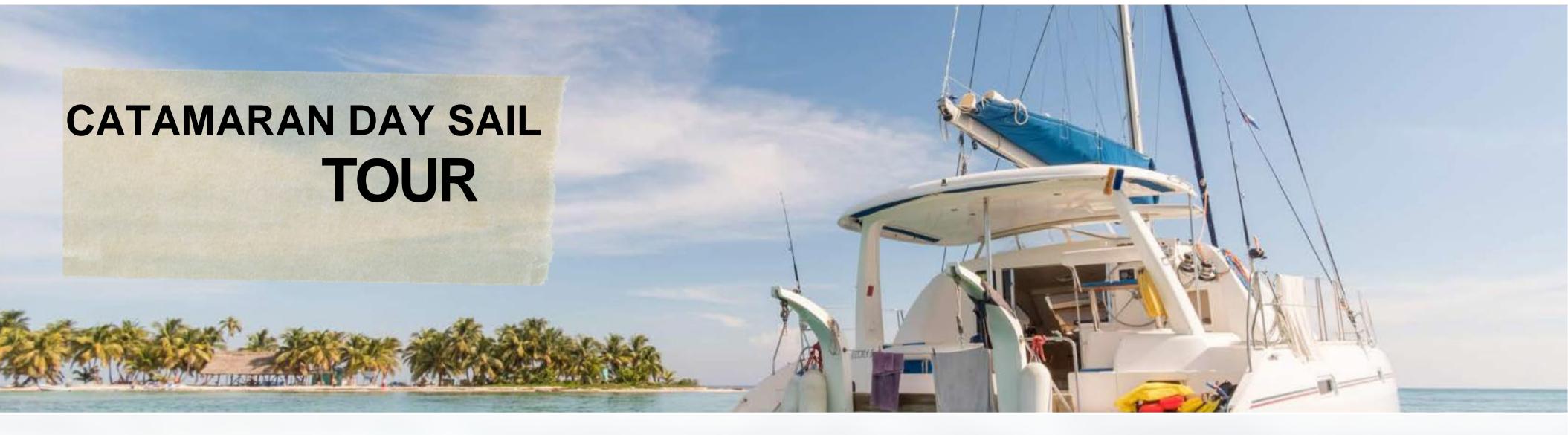
Length: Full Day What to Bring: Hat, camera, sunscreen, sunglasses **Price:** \$900.00 USD up to 3 pax

For both dedicated anglers and novices alike, the flats and holes around the numerous southern cayes are a veritable paradise for fly fishermen. Combine that with world class guides and the opportunity for a Grand Slam becomes a real possibility!

MARINE TOURS







In need of vitamin sea with a serious dose of R&R mixed in?

Length: Full Day	Hop aboar
Minimum: 6 people	nearby cay
What to Bring: Hat, swimsuit, sunscreen, sunglasses.	crew raises
Intensity: Extra Easy	island eithe
e: \$295 USD per person	barbecue b
	toward the

Don't forget to ask you concierge for more information!

Private day sails and sunset cruises are available in addition to regularly scheduled trips.

ard a luxury catamaran for a leisurely sail in style out to a aye. Soak in the sea breeze while your capable and friendly es the sails and plies you with cold beverages. Once at the her relax or go for a guided snorkel tour. Enjoy a beach before raising the sails once more as you head west he setting sun over Placencia.



Looking for the perfect combination of adventure and relaxation? Look no further!

Intensity: Moderate	
Minimum: 2	
Length: 9 - 10 hours	
What to Bring: Water shoes, sunscreen, swim-	
suit, camera, insect repellent	
Price: US\$255 + GST	

Our expert guides will take you through the cave system of Nohoch Che'en, exploring both the mysteries of the river, as well as hidden passageways inside the cave once utilized by the ancient Maya. This tour involves time floating down the river on your inner tube as well as some scrambling and climbing through several elevated chambers of the cave.

Definitely an adventure not to be missed!