



Cayo District

Includes ➔

Between Belize District & Belmopan...	150
Belmopan	152
The Hummingbird Highway	155
Between Belmopan & San Ignacio	156
Mountain Pine Ridge Area	164
Caracol	167
San Ignacio.....	169

Best Places to Eat

- ➔ Ko-Ox Han-nah, San Ignacio (p174)
- ➔ Benny's Kitchen, San José Succotz (p180)
- ➔ Blancaneaux Lodge, Mountain Pine Ridge (p166)

Best Places to Stay

- ➔ Black Rock River Lodge, Chial Road (p181)
- ➔ Mahogany Hall, Bullet Tree Falls (p178)
- ➔ Ian Anderson's Caves Branch Jungle Lodge, Hummingbird Highway (p156)
- ➔ Trek Stop, San José Succotz (p180)

Why Go?

Hiking, biking, birding, canoeing, kayaking, spelunking and all-around adventuring! The lush environs of the Wild West are covered with jungle, woven with rivers, waterfalls and azure pools, and dotted with Maya ruins ranging from small, tree-covered hills to massive, magnificent temples. Cahal Pech, Xunantunich, El Pilar and the mother of all Belizean Maya sites, Caracol, are all in Cayo.

Ancient history aside, Cayo teems with life in the here and now, from botanic gardens and butterfly houses to primeval jungles and rainforests, where the only thing that'll come between you and the wildlife is a pair of binoculars. Live it up in luxury in an exotic jungle lodge, or choose from dozens of lower-priced places in and around San Ignacio. If camping is your thing, just pitch your tent alongside the Macal River. No matter where you set up camp, you'll sleep well after a day of adventure in Cayo.

When to Go

Sun-drenched days and cooler nights make February and March a great time to explore Cayo. April and May are the height of the dry season: no need to worry about muddy shoes, but drink plenty of water. In July and August, summer showers bring an eruption of mangoes, avocados and breadfruit throughout the region.

Cayo District Highlights

- 1 Driving along the **Hummingbird Highway** (p155)
- 2 Exploring the ancient ruins of **Caracol** (p167)
- 3 Serious spelunking at **Actun Tunichil Muknal** (p157)
- 4 Walking among the surreal art of **Poustinia Land Art Park** (p182)
- 5 Sunset cave-tubing at **Nohoch Che'en Caves Branch Archaeological Reserve** (p150)

