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**TULUM (p68)**

The Yucatán's favorite backpacker base, with beachside ruins and nearby cenotes for otherworldly swimming

**NORTHERN CAYS (p231)**  
Nurse sharks and stingrays brush against snorkeled bellies by unreal reefs at Caye Caulker

**TIKAL (p198)**  
The mother of all Maya ruins – towering temples and oodles of birds and monkeys chattering in the misty jungle

**PALENQUE (p44)**  
Sprawling hillside Maya ruins, jungle cabins and emerald-colored waterfalls nearby

**SAN CRISTÓBAL DE LAS CASAS (p37)**  
Cool colonial town of cobblestones and markets, near Maya villages and croc-filled canyons

**LAGO DE ATITLÁN (p115)**  
Groove is the word at this highland lake rimmed by Maya villages, volcanoes, and opportunity for yoga classes

**ANTIGUA (p102)**  
A gorgeous volcano-clad colonial town with a lively Holy Week and Spanish-language schools

**COPÁN RUINAS (p369)**  
Mountain village boasting fabulous Maya ruins, plus heaps of horseback-riding and bird-watching options

**RUTA DE LAS FLORES (p303)**  
El Salvador's quiet colonial hill towns, in a land of wildflowers, coffee farms, and lots of hiking options

**GRANADA (p484)**  
Nicaragua's colonial lakeside gem rolls out the welcome mat with volunteering opportunities and volcanoes to climb

**BAY ISLANDS (p408)**  
Scuba-diving heaven: these islands offer best-deal courses for marine-rich reef dives

84°W 82°W 80°W 78°W 76°W 22°N

CARIBBEAN SEA



0 150 km  
0 90 miles

20°N

**LA MOSKITIA (p426)**  
Wild, remote rainforest – explore it in a dugout canoe or just sit back in Garifuna villages

**ISLA DE OMETEPE (p500)**  
A fantasy island formed by joined volcanoes, with lovely villages, great beaches, hiking and pre-Columbian rock art

**CORN ISLANDS (p513)**  
One-time pirate hub, now a low-key Caribbean kick-backer with fresh lobster and cheap dives

**PARQUE NACIONAL TORTUGUERO (p555)**  
Road-free 'mini-Amazon' that is home to jigsaw canals, turtle-watching sites and Creole cuisine

**PUERTO VIEJO DE TALAMANCA (p564)**  
Costa Rica's party central, with palm-backed beaches and good breaks for expert surfers

**BOCAS DEL TORO (p670)**  
Archipelago for island-hoppers seeking surf spots, village bars and a deserted beach or two

**BOQUETE & THE CHIRIQUÍ HIGHLANDS (p663)**  
Cool, coffee-scented hills where roads through quetzal territory lead up Volcán Barú and rafting junkies bounce through narrow canyons

**PARQUE NACIONAL CORCOVADO (p613)**  
Remote national wonder of coastal rainforest where macaws circle above and whales dance offshore

**PANAMA CITY (p638)**  
Enjoy the great colonial district with Havana-esque faded charm, plus canal trips



84°W 82°W 80°W 78°W 76°W 8°N

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