



Honduras

504 / POP 8.1 MILLION / ELEV 975M

Includes ➔

Tegucigalpa.....	353
Comayagua.....	365
Lago de Yojoa.....	369
San Pedro Sula.....	371
Copán Ruinas.....	374
Gracias.....	384
Tela.....	389
La Ceiba.....	392
Trujillo.....	400
Roatán.....	402
Utila.....	408
The Moskitia.....	414
Isla del Tigre.....	416

Best Places to Eat

- ➔ Roatán Oasis (p405)
- ➔ Restaurante El Estoraque (p370)
- ➔ Galeano Cafe (p357)
- ➔ Café Honoré (p357)
- ➔ El Jardín de Susana (p395)

Best Places to Sleep

- ➔ D&D Brewery (p369)
- ➔ La Madrugada (p372)
- ➔ Roatán Backpackers Hostel (p407)
- ➔ La Casa de Café (p377)
- ➔ Hotel Guancascos (p385)

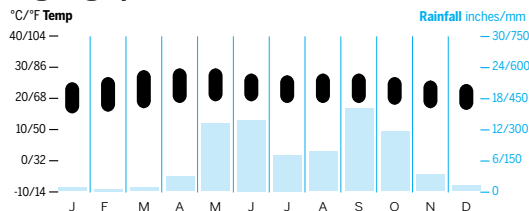
Why Go?

Honduras, so often hurried through or avoided entirely due to its dangerous image, is actually a vibrant and fascinating place with an enormous amount to offer intrepid travelers. After a decade in which the country spiraled into a whirlwind of terrible violence, Honduras has very definitely begun the journey back from the abyss, and while the challenges ahead are still significant, things haven't looked this positive for years.

Attractions include the Maya ruins of Copán, the pristine diving of the Bay Islands and the majestic scenery of over a dozen national parks. Need another reason to come here? It's also one of the cheapest countries in the region, and you'll be able to do activities for a fraction of the price you'll pay in its neighbors. It's important to take care in the cities, but other than that, Honduras is back open for business and just waiting to be discovered.

When to Go

Tegucigalpa



Oct–Feb Rainy season on the north coast and islands but dry in the interior.

Mar–Apr Hot and dry everywhere, with temperatures soaring inland.

Jun–Sep Peak season for viewing whale sharks in Utila.

AT A GLANCE

Currency Lempira

Language Spanish (and some English)

Money ATMs are widespread

Visas Not needed for most nationalities

Time GMT minus six hours

Area 112,090 sq km

Capital Tegucigalpa

Emergency ☎ 199

Exchange Rates

Australia	A\$1	L16.79
Canada	C\$1	L17.73
Euro zone	€1	L25.67
Japan	¥100	L21.42
New Zealand	NZ\$1	L16.01
UK	UK£1	L32.30
USA	US\$	L22.73

Set Your Budget

- **Dorm bed:** L200
- **Simple meal:** L80–120
- **Diving course:** L6000–7000

Resources

- **Honduras Tips** (www.hondurastips.hn)
- **Honduras Weekly** (www.hondurasweekly.com)
- **Honduras** (www.honduras.com)
- **Bay Islands Voice** (www.bayislandsvoice.com)

Connections

It's possible to enter Honduras from all three of its neighbors. Border crossings include Corinto and El Florido (Guatemala), El Amatillo and El Poy (El Salvador), and Guasaule and Las Manos (Nicaragua). For more detailed information, see Survival Guide p427.

ITINERARIES

One Week

Entering Honduras at the El Florido border, you'll hit a key attraction immediately: the stunning ruins of Copán. Budget at least a couple of days in the area taking in the temples and surrounding sights before making a short hop west to the atmospheric highland town of Gracias with its hot spring and Lencan villages. Then it's a long day on the road to the coastal city of La Ceiba. Set sail from here for either Roatán or Utila and indulge in some serious beach and reef time, snorkeling, diving and living the dream.

Two weeks

Back on the mainland, sign up for a rafting trip down the exquisite Río Cangrejal then it's south to Lago de Yojoa for an artisan brew or two, hiking and boat trips. Finish off with a night in either colonial, tranquil Comayagua or the bustling capital of Tegucigalpa.

Essential Food & Drink

- **Where to eat** To keep costs down head to *comedores* (simple eateries) where a two- or three-course meal is virtually certain to be under L70. Buy snacks from *panaderías* (bakeries) and markets. Cafes and restaurants in tourist towns have plenty of international dishes on their menus, including vegetarian choices.
- **What to eat and drink** Be sure to try Honduras' national dish, the *baleada* (a tortilla stuffed with myriad fillings, usually including refried beans and salad) available from street vendors for L20 to L50, and also from national chain Baleadas Express. You'll find great grilled meats in the country's interior, including lots of *pinchos* (kebabs). On the coast seafood is superb: *tapado* is a legendary Garifuna fish soup prepared with coconut and spices; in the Bay Islands is a similar dish called *bando*. Fresh juices are ubiquitous in Honduras and usually excellent and affordable. Espresso coffee bars are found in all main towns; American Espresso is a reliable chain.