



Cayo District

Includes ➔

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Hummingbird Hwy	160
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San Ignacio	165
Cristo Rey & Chiquibul Roads	174
Mountain Pine Ridge Area	178
Caracol	180
Bullet Tree Falls	182
San José Succotz & Around	185

Best Places to Eat

- ➔ Running W
Steakhouse (p172)
- ➔ Benny's Kitchen (p186)
- ➔ Blancaneaux Lodge (p179)
- ➔ Guava Limb Cafe (p172)
- ➔ Corkers (p156)

Best Places to Sleep

- ➔ Black Rock Lodge (p184)
- ➔ San Ignacio Resort
Hotel (p170)
- ➔ Ian Anderson's Caves
Branch Jungle Lodge (p161)
- ➔ Trek Stop (p186)
- ➔ El-Rey Hotel (p154)

Why Go?

Cayo District is Belize's premier adventure and eco-activity region. 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.

Travelers leave the coast and head inland to tube through river caves, zip-line over the jungle canopy or horseback ride through the Maya Mountains. From a base at San Ignacio or Belmopan, tour operators can easily get your adventure started. This region teems with nature too, from botanic gardens and butterfly houses to primeval jungles and rainforests, where the only thing coming between you and the wildlife is a pair of binoculars.

Accommodations range from camping and budget hostels to some of the most luxurious jungle and mountain lodges in Belize. Head to Cayo with a sense of adventure and you won't be disappointed.

When to Go

- ➔ **Jan–Mar** Sun-drenched days, cooler nights and dry roads make these months a great time to explore Cayo.
- ➔ **Apr & May** The height of the hot, dry season.
- ➔ **Jun–Nov** Plenty of rain and muddy roads.

Cayo District Highlights

- 1 San Ignacio** (p165) Hanging out in this traveler-friendly town, especially during market day on Saturday.
- 2 Hummingbird Highway** (p160) Bridging the gap between Cayo and coastal Southern Belize along the region's most scenic highway.
- 3 Caracol** (p180) Exploring these remote and ancient Maya ruins.
- 4 Actun Tunichil Muknal** (p164) Serious spelunking in Belize's most dramatic cave.
- 5 Nohoch Che'en Caves Branch Archaeological Reserve** (p159) Cave-tubing, jungle zip-lining and exploring a

