



# Sweet Songs

BELIZE **JUNGLE LODGE**

## Welcome

Thank you for choosing  
Sweet Songs Jungle Lodge, a  
Muy'Ono Resort.

Sweet Songs Jungle Lodge is a true nature lover's paradise, perfectly located for access to the best of Belizean culture and adventure. Ride horses to ancient Maya sites, sunbathe on the beach, canoe on the river, see the Maya underworld with a cave tubing excursion, or see the jungle canopy from above on a zip line tour. Then again, you can stay right here at the lodge and spend your time exploring the Belize Botanic Garden, hiking, bird watching, floating, sunbathing, eating, drinking, napping, and reading.

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**muy'ono**  
resorts

Muy'Ono Resorts offers one-of-a-kind resorts throughout Belize. Muy'Ono's mission is to deliver memorable vacations from start to finish, so you can also book the top excursions in the country with us. Each Muy'Ono resort and tour business operates to provide exceptional experiences showcasing the best of Belize.

### **Let's Get Social**

Share your Sweet Songs Lodge experience by tagging @sweetsongslodge on Instagram and Facebook. The best posts will be shared on our social media accounts!

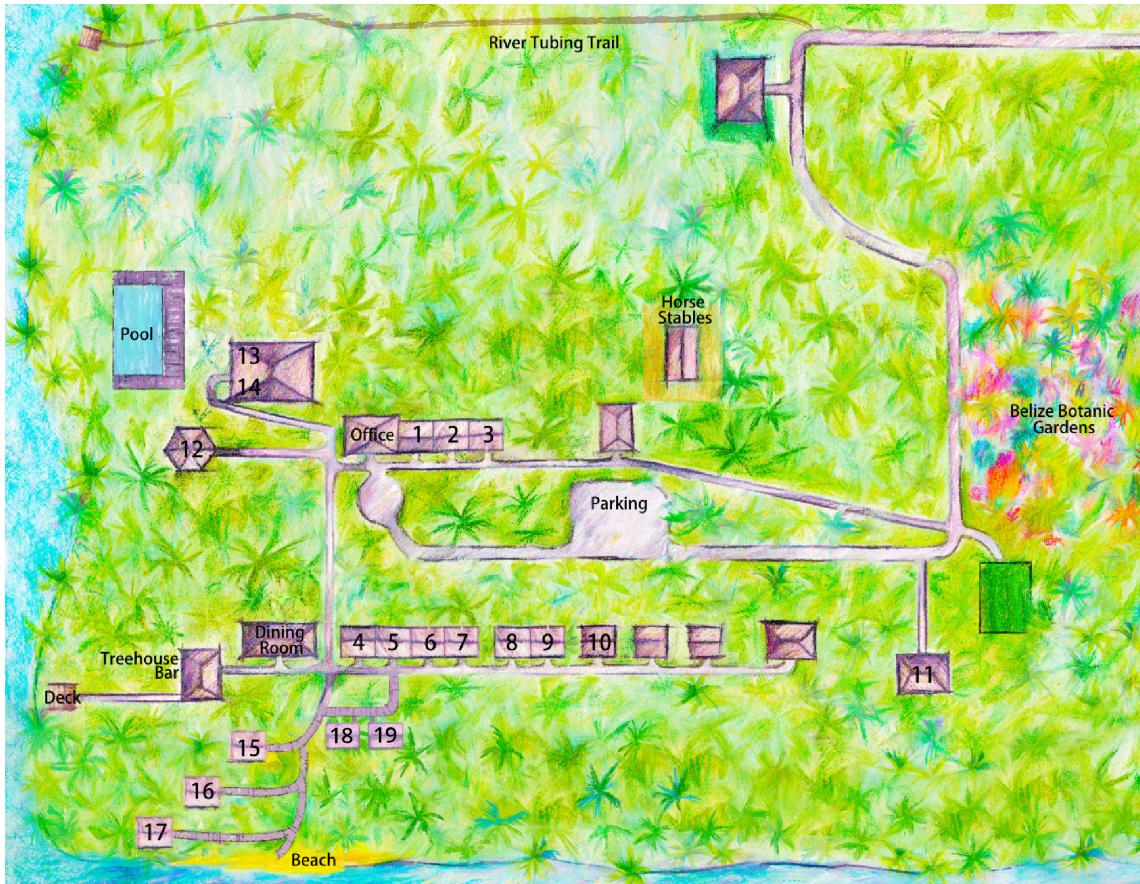


@sweetsongslodge

Don't forget to enter our contest for a free stay after you leave! You will receive an email from the company Flip.to with instructions on how to enter.



# Lodge Information



## HOURS

	Open	: Close
Front Desk	7:00am	: 9:00pm
Dining*	6:30am	: 9:00pm
Treehouse Bar*	6:00am	: 9:00pm
Gift Shop	7:00am	: 9:00pm
Botanic Garden	7:00am	: 4:00pm

\*See DINING page for more info

## AMENITIES

- Treehouse Bar with Lounge Area
- WiFi in Treehouse Bar and Front Desk
- Beach and River Access
- Hiking Trails
- Bird Watching
- Horse Stables
- Dining Room
- All-Inclusive Packages
- Safe in Manager's Office
- Gift Shop



# Lodge Information

## **BEACH TOWELS**

Beach towels are provided and are located at the front desk. These towels are provided for the use of the beach, river, and excursions.

## **BICYCLES**

Complimentary bicycles are available in the parking lot. We also offer locks at the front desk for these bicycles to make sure that the equipment stays secure during your use.

## **BILLING INFORMATION**

We accept American Express, Visa, Master Card, traveler's checks, and cash. Personal or company checks are not accepted. US currency and traveler's checks are widely accepted.

## **CHECK IN & CHECK OUT**

Check in starts at 3:00pm. Check out ends at 11:00am. For departures after 11:00am, the late checkout fee is \$20 USD per hour. Please arrange for late checkout with the front desk at least a day in advance. Please place luggage at the front door of your room for pick up thirty minutes before your scheduled departure time. Meet at the front desk ten minutes before your check-out.

## **CURRENCY**

The official currency is the Belize Dollar. The fixed exchange rate is \$2 BZD to \$1 USD and currency can be exchanged at banks and hotels. Most businesses accept US dollars, American Express, Mastercard, and Visa.

## **EMERGENCY PROCEDURES**

In the event of emergency, please see the front desk or manager. If a medical emergency occurs after hours, please seek front desk or security to locate manager. Be advised, on-call doctors cost \$100 USD.



# Lodge Information

## **ENVIRONMENTAL CONSERVATION**

We invite you to join us to conserve water by using your linens and towels more than once. In addition to decreasing water and energy consumption, you help us eliminate environmentally-harmful chemicals and reduce the amount of detergent waste water. Kindly turn all lights off when not in use or prior to leaving your room. Thank you for your cooperation, if there is anything we can do to make your stay with us more comfortable, please do not hesitate to let us know.

## **GIFT SHOP**

The gift shop offers unique, handmade souvenirs, clothing, and various sundries. Visit the gift shop located inside the front desk.

## **KITCHEN**

If your unit has a kitchen, you may request additional kitchen utensils by contacting the front desk.

## **LAUNDRY SERVICE**

Laundry service is available. Place soiled clothes in the laundry bag and leave inside near the front door of your room in the morning. Housekeeping will wash, dry, fold, and return them to your room the same day. Laundry fees are \$20 USD per load plus tax (whites and colors washed separately).

## **MEDICAL INFORMATION**

Please inform us if you have any serious medical conditions that require special precautions or have any food allergies. In most cases, we can help you obtain a replacement for misplaced or forgotten medication at the pharmacy in San Ignacio.

## **NO SMOKING POLICY**

There is no smoking allowed on this property except for designated smoking areas. The designated smoking area is located on the left of the front desk. Smoking in your room will result in a \$500 USD cleaning fee.



### **POPULATION & LANGUAGE**

Total Belize population is about 375,000. English is the official language, but Spanish is spoken by almost half the population and is prominent in San Ignacio. Creole, Garifuna, Mayan, and a German dialect are also spoken.

### **RIVER TOYS**

Canoes and tubes are complimentary and located on the beach and at the beginning of the river tubing trail. We recommend the use of life jackets at all times. Ask the front desk for safety tips.

### **TIME ZONE**

Time observed year-round is GMT-6, which is the same as United States Central Standard Time. However, daylight savings time is not observed in Belize.

### **WATER**

Potable water is available at the front desk, bar, and in the rooms. Tap water goes through a purification system but is not suitable for drinking. Please use the water dispensers offered in the common areas or the glass bottles of water located in your room for drinking during your stay. Don't forget to use your complimentary reusable water bottles!

### **WIRELESS INTERNET ACCESS**

Free WiFi is available at the front desk and in the Treehouse Bar. Ask a team member for the password.



# Dining

At Sweet Songs Jungle Lodge, we know how important your dining experience is. That's why we offer fresh, local meals daily and hire the best local chefs to prepare them. The lodge is fairly secluded and while you're able to go out for your meals, we recommend that all guests purchase The Package. It includes daily breakfast, lunch, a three course dinner, as well as local alcoholic and non-alcoholic beverages. If you're going on a tour, your lunch will be packed and brought with you! If you are not on The Package, meals are available a la cart. We cater to any dietary needs, just let us know what you require when you book.

**Breakfast: 6:30am - 9:00am**  
**Lunch: 12:00pm - 2:00pm**  
**Snacks: 3:00pm - 5:30pm**  
**Dinner: 6:30pm - 8:30pm**  
**Treehouse Bar: 6:00am - 9:00pm**

## **TREEHOUSE BAR**

The Treehouse Bar is the center of socializing at Sweet Songs Jungle Lodge. It's a lounge, bar, and restaurant suspended above the treetop canopy. The Treehouse Bar offers beautiful views of the surrounding forest, affording up close interaction with local wildlife. Step out to the Bird Deck each morning to see birds gathering here, eating their favorite fruit. The Treehouse Bar offers WiFi, full cocktail, breakfast, lunch, snack, and dinner menus. Don't forget to try the lodge's specialty drink, the Bird of Paradise! It's easy to see why this open air bar is among the favorite areas of the lodge.



# Philanthropy

## **PACK FOR A PURPOSE**

We are proud members of Pack For A Purpose, an initiative that allows travelers like you to make a lasting impact in the community. If you save just a bit of space in your suitcase to bring supplies, you can improve the lives of local children and families.

## **\$5 FOR EVERY RESERVATION, EVERY NIGHT**

Sweet Songs Lodge donates \$5 BZD for every occupied room night to a worthy community program, school, or non-profit organization in need of financial assistance. Each month we select a different beneficiary organization. We invite you to match the resort's donation upon check-out. Ask a team member for more information on this month's recipient!

# Sustainability

We invite you to join us in conserving water by using your linens and towels more than once. In addition to decreasing water and energy consumption, you help reduce the amount of detergent waste water. Kindly turn off all lights and fans when not in use or prior to leaving your room.

In support of waste reduction, we have also eliminated the use of plastic water bottles. Please use the water dispensers in the common areas and glass water containers offered in your room during your stay. Sweet Songs Lodge is committed to environmental sustainability. With your help, we can make a difference!

To help sustainability initiatives, place the door hanger with the "We're Committed to Environment Conservation" side out to forgo linen service and the "Do Not Disturb" side out to forgo all housekeeping.





# Activities

We invite guests to explore Sweet Songs Lodge and its' surroundings. We recommend you wear a life vest during all water based activities. Life vests are available at the front desk.

## CANOES & TUBES

Sweet Songs Lodge has its own "lazy river" right on property! Stop by the front desk for a life vest, directions to the Tube Palapa and to sign in for a canoe or tube. Grab an inner tube and take a short walk down to the Macal River. Start your journey floating down the river and end at Sweet Songs' beach. Enjoy views of towering cliffs, large rock formations along the water's edge, massive stands of bamboo, cormorants, kingfishers, and turtles along your 15-30 minute float to Sweet Songs' beach.

## BICYCLES

Guests are invited to use the complimentary bicycles to explore the surrounding grounds. Please ask the team for directions and safety equipment.

## BELIZE BOTANIC GARDEN

While you are here, don't miss the opportunity to visit the gardens, which consists of 45 acres of native and exotic plants. There isn't a lovelier place to stroll in the early evening or early morning hours. Winding paths through this conservation project will introduce you to some of Belize's varied habitats and to the plants that are native to these areas. Entrance fee required.





# Ancient Sites

## **XUNANTUNICH (STONE MAIDEN) - HALF DAY**

Xunantunich is an ancient Maya site located atop a ridge above the Mopan River with beautiful panoramic views of the surrounding area. This incredible site is just 20 minutes away from Sweet Songs. To get there, you cross the Mopan River on a hand-cranked ferry, located about a mile from the site. Xunantunich consists of three ceremonial plazas enclosed by house mounds and pyramids. The largest pyramid, El Castillo, is decorated with friezes from the Classic period. There is a nice museum and temples to climb for the beautiful panoramic views of Belize and Guatemala.

**Bring:** sunscreen, hat, towel, camera, hiking shoes, dry clothes, and souvenir cash

**Time:** 8:00am - 12:00pm

**Difficulty:** Moderate

## **CAHAL PECH - HALF DAY**

Cahal Pech is a partially excavated Maya archaeological site whose historical secrets are unearthed yearly by archeology students reversing the veil in which the jungle has encapsulated its plazas and arched corridors. It's perched strategically on the highest hill in San Ignacio, between the Mopan and Macal Rivers which converge about a mile and a half below. These rivers were the highways of the ancients who traded fine fabrics, cocoa beans, animal skins and colorful feathers for salt, salted fish and sea shells with coastal colonies. Cahal Pech was a palace for Royals who enjoyed the breezes and vistas of their lofty abode. Now, you'll find a visitors' center showcasing various artifacts and a reconstructed model site. The site consists of 34 structures in a compound covering slightly more than 2 acres. Come see what the "high life" was like in Maya Suburbia.

**Bring:** sunscreen, hat, camera, hiking shoes, and souvenir cash

**Time:** 8:00am to 12:00pm

**Difficulty:** Moderate

## **CARACOL - FULL DAY**

Caracol is the largest known Maya center in Belize covering about 75 square miles. It's a remarkable city complex deep in the rainforest of Belize. It is Central America's own version of the Roman Empire. After an hour and a half driving along dirt roads through the vast nature reserve of the pine forest, you come upon a modern paved highway leading to Caracol. "Caana" meaning Sky Palace, the main pyramid of the site features 4 palaces and 3 temples. At 141 feet it is considered the tallest building of Belize to this day. Archaeologist deciphered that the ruling family of Caracol defeated Tikal and Narango cities and there is evidence of the architectural mimicry this conquest left at Tikal. Finish the excursion by choose to add on a swim and picnic at the Rio On Pools or Big Rock Waterfalls.

**Bring:** binoculars, sunscreen, hat, swimsuit, towel, camera, hiking shoes, and change of clothes

**Time:** 7:00am - 4:00pm

**Difficulty:** Moderate



# Ancient Sites

## **TIKAL - FULL DAY**

Around 2.5 hours from the lodge, cross the boarder to Guatemala to see the largest city of the ancient Maya world. With over 100 years of archaeological study, Tikal has become one of the most famous Maya sites. Visit various main attractions including Temple IV, the lost world, and the imposing ceremonial Center Plaza. You will be accompanied by a knowledgeable licensed guide, often of Maya ancestry himself, exploring the amazing architecture of tower-temples which rise above the jungle canopy. Additionally, the flora and fauna of Tikal is just as diverse with favorable sighting odds of spider and howler monkeys and colorful tropical birds and mammals which are abundant in the surrounding forest. Enjoy lunch at the park then meander through souvenir shops displaying artisan crafts resembling those the ancients might have bartered before taking the two and a half hour car ride back to Sweet Songs Lodge.

**Bring:** sunscreen, hat, swimsuit, towel, camera, hiking shoes, dry clothes, and souvenir cash

**Time:** 7:00am - 4:00pm

**Difficulty:** Moderate

## **YAXHA AT SUNSET - HALF DAY**

Yaxhá, which translates to “Blue Green Waters,” sits between two beautiful lakes in Guatemala and is best viewed during sunset. The climb up many of its temples yields breathtaking views of the area, including both the lakes and the Rio Azul which feeds them. The site offers a variety of construction styles. Yaxhá is famed for its organized street structure, unique to the Maya world, and Stelae which are influenced by Mexico’s Teotihuacan. Both spider and howler monkeys inhabit the area and add to the experience.

**Bring:** sunscreen, hat, camera, hiking shoes, and souvenir cash

**Time:** 1:00pm to 7:30pm

**Difficulty:** Moderate



# On Horseback

## **NATURE RIDE - HALF DAY**

Horseback ride through the lush jungles of Cayo, through pastures and parries, and up the highest hilltop to a special lookout called Valley View, which has beautiful vistas of all of Cayo and even part of Guatemala. You'll get a chance to take photos and enjoy the breathtaking views before heading back down the hill to the lodge. Take the ride at your leisure with opportunities to trot or gallop.

## **WINE AND CHEESE RIDE - THREE HOURS**

Wine and Cheese tasting with a twist! Mount up on one of our trusty horses and head out into nature in search of stunning views and sunset. End your ride at Maya Sunset for a tasting of your favorite wine of your choosing paired with a decadent cheese and meat platter while you enjoy the views of the beautiful sunset over Xunantunich.

## **HORSEBACK TO XUNANTUNICH - FULL DAY**

Depart Sweet Songs Lodge by horseback onto the hilltops and valleys of the countryside to the Maya village of Succotz. Take your horse on a hand-cranked ferry across the Mopan River and up the hill to Xunantunich. Wave your equestrian guide good-bye if you'll be taking the van back, or choose to ride back to the lodge by horse. On your way back, stop at a local Belizean restaurant for lunch.

**Bring:** backpack, bug spray, closed-toe shoes, long pants, backpack, sunscreen, and water  
**Difficulty:** Moderate



# Maya Underworld

## **ACTUN TUNICHIL MUKNAL (ATM) - FULL DAY**

'Belize's Cave of Doom' according to a feature by National Geographic's Adventure Magazine, Actun Tunichil Muknal (ATM Cave) is a fascinating adventure story that you earn the rights to tell. Meet the ancient Maya in the skeletal remains with bulbous craniums, flattened foreheads and filed teeth with jade inlays. This cave tour requires a swim into the underworld through an hour-glass entrance. Hike in the stream with water levels ranging from ankle deep to your chest in some areas. You then climb up a steep rock slope which Archaeologists dubbed 'booth hill' because you can only enter sacred grounds barefoot!

Warning: This is not a cave for young children, those not physically fit, with knee, hip or ankle problems or with problems with claustrophobia and or heights.

**Bring:** backpack, towel, extra socks, dry clothes, closed-toe shoes, and sunscreen

**Time:** 7:30am to 4:00pm

**Difficulty:** Difficult

## **BARTON CREEK CAVE CANOEING - HALF DAY**

This is a great cave to explore for first time spelunkers, active seniors, and junior travelers to get a glimpse into the sacred Maya underworld. Board a canoe at the cave entrance and use the provided spotlight to look while your guide tells the cave's story through its natural rock formations and the significance of this unique space held for Maya rituals. Some evidence of Maya visitation has been cataloged by archaeologists. Another highlight about Barton Creek is that you'll drive through farm houses on rolling hills owned by the Amish. Their community was established in the 1970's by members from Shipyard in Northern Belize. They grow various tropical fruits and are often seen on their horse-drawn buggies transporting produce to sell at the market in town. Note they prefer a smile and wave than to have cameras pointed towards them.

**Bring:** towel, bathing suit, dry clothes, and closed-toe shoes

**Time:** 8:00am to 12:00pm

**Difficulty:** Moderate

## **CAVE TUBING & ZIP LINING- FULL DAY**

Located 37 miles up the Western Highway brings you to the Nohoch Chen Archaeological Park. The zip-line tour features an intricate harness system of pulleys on horizontal traverse cables which lets you glide 100 – 750 feet between platforms up to 120 feet high in the trees at canopy level. Clients will be zipping through a series of 7 zip-line runs from 10 jungle platforms! Cave tube through the ancient Maya underworld –Xibalba. You will see intricate crystalline formations line the cave and stalagmites and stalactites magically appear out of the darkness. On several occasions they will emerge into the sunlight only to enter into another cave system.

**Bring:** swimsuit, towel, dry clothes, camera, and hiking shoes

**Time:** 8:00am to 4:00pm

**Difficulty:** Moderate



# By Canoe

*Sweet Songs Lodge is located approximately 8 miles upstream on the banks of the jade-green Macal River. Naturally canoeing downstream to San Ignacio is one of the popular half day or full day adventures enjoyed by visitors. The flow is relatively slow moving (except after heavy rains) and there are a few light rapids so even those without canoeing experience can enjoy this activity. The lush riverbanks offer favorable sighting odds iguanas, howler monkeys, king fishers, otters, bats and more. Combine any of these canoeing offers for a full-day excursion.*

## **CANOE TO SAN IGNACIO - HALF DAY**

You can do this either combined with a visit to a nearby archaeological site, such as Cahal Pech, Xunantunich, or visit the Iguana Conservation. Departure: by 9:00am if you're going to a Maya site or Iguana Tour; before noon if you're only canoeing.

**Bring:** backpack, towel, bathing suit, dry clothes, closed-toe shoes, and sunscreen

**Difficulty:** Easy

## **CANOE TO SAN IGNACIO WITH CHOCOLATE MAKING - HALF DAY**

Chocolate originated in Central America and was so valuable that cacao beans were even used as currency by ancient indigenous people. Learn how chocolate was done the old-fashioned way and take part in roasting cacao beans over a wood fire, grinding on a granite and mixing until you have 100% pure chocolate. Try a taste and even take some home.

**Bring:** backpack, towel, bathing suit, change of clothes, comfortable shoes, and sunscreen

**Time:** 9:00am to 2:00pm

**Difficulty:** Easy

## **CANOE TO SAN IGNACIO WITH MARKET TOUR - HALF DAY**

The Saturday Market is a combination Flea Market and Fresh Produce Bazaar - a popular attraction for visitors. It is the place to experience of the pulse of the local culture who have their menus according to seasonal produce and shelf life long before the days of refrigeration. The people are as colorful and interesting as the tropical fruit stalls and merchandise – come exchange wide smiles and pleasantries with them. While there also sample tacos, tamales, pupusas, homemade breads, cheeses and of course the seasonal fruits that taste so much better in the tropics! Also check out the spice and medicinal herbs stall and sample local wines as you mingle amongst the locals in the festive atmosphere of this bustling marketplace.

**Bring:** backpack, towel, comfortable shoes, and sunscreen

**Time:** 9:00am to 2:00pm

**Difficulty:** Easy



# Jungle Tours

## **JUNGLE PONTOON WATERFALL ADVENTURE - FULL DAY**

Float a jungle-fringed river on an adventurous journey through the Cayo district of Belize, where lush mountains meet clear water. You'll pause to swim and cliff jump at three waterfalls along the river, relaxing between stops on a comfortable pontoon boat. A fresh lunch will be prepared on-board the boat, where you'll enjoy shaded seating under an awning.

**Bring:** water, bug spray, towel, light weight shirt, long pants, closed-toe shoes, and sunscreen

**Time:** 8:00am to 5:00pm

**Difficulty:** Easy

## **MOUNTAIN PINE RIDGE - FULL DAY**

Established in 1944, The Mountain Pine Ridge Reserve is the largest and oldest protected forest area in Belize encompassing 300 square miles. This unique area has long been a favorite holiday weekend getaway for Belizeans and now visitors. Even getting there is interesting as you drive through the predominantly Maya villages of Cristo Rey and San Antonio. The reserve boasts the highest waterfall in Central America at 1,600 feet. The tour takes you through a land bridge known as Rio Frio Cave, sight seeing and picnic at the Rio On Pools followed by a refreshing swim at Big Rock Falls.

**Bring:** water, bug spray, towel, change of clothes, hiking shoes, and sunscreen

**Time:** 7:00am - 4:00pm

**Difficulty:** Moderate



# Biking Tours

## **MOUNTAIN BIKING TOUR**

Designed for adventurous people who crave an experience beyond the ordinary, this epic tour takes you on a single-track nature ride through gently hilly terrain while your guide shares exotic stories of nature, culture, and history. Challenge yourself on the last stretch, which takes you up a mountain for an exotic view of the Maya Mountains and river valley below. The view on top is worth all the effort. Enjoy an easier ride back as you glide down on the hilly terrain dodging tree branches and jumping tree roots. This part of the ride is a bit more technical and rugged, especially going downhill—staying on the bike is a challenge but is the most exciting part.

**Bring:** water, bug spray, towel, light weight shirt, long pants, closed-toe shoes, and sunscreen

**Time:** 2 hours

**Difficulty:** Moderate

## **MOUNTAIN BIKING TO XUNANTUNICH**

Connect with nature and an ancient civilization with this mountain biking activity which takes you through the tropical rainforest with panoramic views while pedaling through some of the most pristine jungles of Belize. The ride continues alongside open pastures and through the semi-deciduous forest to the Yucatec Maya Village of San Jose Succotz. You will hop on the hand-cranked ferry across the beautiful Mopan River and pedal up to the ancient Maya City of Xunantunich, where your guide will lead you through this once-prosperous civilization.

**Bring:** sunscreen, hat, swimsuit, towel, camera, hiking shoes, dry clothes, and souvenir cash

**Time:** 4 hours

**Difficulty:** Moderate





# Land Tours

## **AJAW CHOCOLATE MAKING TOUR (2 HOURS)**

Chocolate originated in Central America and was so valuable that cacao beans were even used as currency by ancient indigenous people. Learn how chocolate was prepared the old-fashioned way and take part in roasting cacao beans over a wood fire, grinding on a granite and mixing until you have 100% pure chocolate. Try a taste and even take some home. Depart by 10:00am for this two hour tour.

**Bring:** water, comfortable shoes, and sunscreen

**Difficulty:** Easy

## **BIRD WALK (2 HOURS)**

Bird Watching has become one of the most popular activities for visitors to the interior of the Belize. The Cayo District boasts sightings of 488 of 574 species which have been recorded throughout the country. With the abundance of plants on the riverbanks around Sweet Songs Lodge and the Belize Botanic Gardens, the birding here offers highly favorable sighting odds for Keel-billed and Collared Arakari Toucans, Lessons Mot Mot, Red-lored Parrot, Red-billed Pigeon, Gartered Trogon, Black Phoebe, Black-cheeked Woodpecker and Masked Tityra. Certain seasons also offer sightings of Ornate Hawk-Eagle, Hook-billed Kite, Bi-colored Hawk, Streaked Flycatcher, Northern Emerald Toucan and Ticket Tinamou. Birding with Sweet Songs Lodge in the Macal River Valley will excite first timers and avid birders alike!

**Bring:** water, hiking shoes, and sunscreen

**Time:** 6:30am - 8:30am

**Difficulty:** Easy

## **SAN IGNACIO MARKET, IGUANA CONSERVATION PROJECT, & CHOCOLATE MAKING - HALF DAY**

Chocolate originated in Central America and was so valuable that cacao beans were even used as currency by ancient indigenous people. Learn how chocolate was prepared the old-fashioned way and take part in roasting cacao beans over a wood fire, grinding on a granite and mixing until you have 100% pure chocolate. At the Iguana project, you will have the opportunity to take a closer look at these descendants of dinosaurs. The Saturday Market is a combination Flea Market and Fresh Produce Bazaar - a popular attraction for visitors. It is the place to experience the pulse of the local culture. There are also sample tacos, tamales, pupusas, homemade breads, cheeses, and of course seasonal fruits that taste so much better in the tropics! Don't miss the spice and medicinal herbs!

**Bring:** water, towel, closed-toe shoes, and sunscreen

**Time:** 8:30am - 2:30pm

**Difficulty:** Easy

# Spa

## MASSAGES

### Swedish Relaxation Massage

Increased blood circulation, mental and physical relaxation are accomplished with long gliding flowing strokes manipulating the superficial layers of the muscles  
60 Minutes: \$100 USD / 90 Minutes: \$130 USD

### Deep Muscle Therapy

A more focused treatment than a relaxation massage, using slow intense and firm elbow pressure techniques to reach deep layers of muscles and releasing chronic aches, adhesions or muscle spasms.  
60 Minutes: \$120 USD / 90 Minutes: \$150 USD

### Aromatherapy Massage

This is not a strenuous muscle kneading session but a rather more relaxing and healing treatment using 100% natural plant essences “essential oils” each with their own restorative therapeutic qualities, healing mind body and spirit stimulating cognitive functions.  
60 Minutes: \$115 USD / 90 Minutes: \$140 USD

### Therapeutic Massage

Massage techniques are derived from a variety of massage styles tailoring your needs relaxing the body and working through some muscles issues.  
60 Minutes: \$125 USD / 90 Minutes: \$150 USD

## BODY WRAP

### Full Body Glow Wrap

This full body wrap uses natural ingredients like local honey, sea salt, and coconut oil to eliminate stress, toxins, and tone the skin. It includes exfoliation, a wrap treatment to refine the skin, and ends with a relaxing massage, leaving you refreshed and rejuvenated.  
45 Minutes: \$150 USD

## ADD-ON FACIAL

### Caribbean Mask Facial

A Caribbean mask is used to brighten your skin by cleaning, exfoliating, and moisturizing the skin cells and leaving them fresh and renewed.  
45 Minutes: \$85 USD

### Vacuum Facial

A facial vacuum is a deep cleaning of the facial pores leaving your face fresh and clean.  
45 Minutes: \$85 USD





# Romance

## **COUPLE'S MASSAGE** \$110 USD each for 45 minutes

Choose from a Swedish, Deep Tissue Therapy, Aromatherapy, or Therapeutic Massage.

## **PRIVATE DINNER** \$50 USD

The front desk or bartender will gladly reserve the Treehouse Gazebo for a romantic private dinner amongst the treetop canopy. Let us help you design the perfect menu using the freshest ingredients. Select your protein and leave the rest to the culinary team. This special dinner service is recommended for celebratory events such as wedding proposals, anniversary, birthdays, valentine's, or even just because. Meals and alcohol are sold separate, but included with The Package. We recommend reserving in advance, as there is only one private dinner offered per night

## **CELEBRATORY SPARKLING WINE** \$65 USD

Pop off your vacation with a bottle of sparkling wine. Your sparkling wine will be chilled and delivered at just the right moment! Add in a fruit plate, and assorted chocolates for an additional \$20. This is the perfect add-on for honeymoons, anniversaries, birthdays, or any other reason you're celebrating.

# Guided Adventure Rate Sheet

Consult the front desk for schedule and availability.  
Rates are in USD and do not include taxes or gratuity.

\*Children 10 and under get 30% off some  
tour rates. Tours with \* receive 30% off.

XUNANTUNICH	\$75 USD per person*
CAHAL PECH	\$50 USD per person*
CARACOL	\$125 USD per person*
TIKAL	\$225 USD per person
YAXHA AT SUNSET	\$195 USD per person
HORSEBACK NATURE RIDE	\$65 USD per person*
WINE & CHEESE RIDE	\$110 USD per person
HORSEBACK TO XUNANTUNICH	\$115 USD per person*
ACTUN TUNICHIL MUKNAL (ATM)	\$140 USD per person
BARTON CREEK CAVE CANOEING	\$105 USD per person
CAVE TUBING	\$125 USD per person
CAVE TUBING & ZIP LINING	\$150 USD per person
CANOE TO SAN IGNACIO	\$85 USD per person*
CANOE TO SAN IGNACIO W/ CHOCOLATE MAKING	\$110 USD per person*
CANOE TO SAN IGNACIO W/ MARKET TOUR	\$110 USD per person*
JUNGLE PONTOON WATERFALL ADVENTURE	\$190 USD per person
MOUNTAIN PINE RIDGE	\$115 USD per person*
MOUNTAIN BIKING TOUR	\$45 USD per person
MOUNTAIN BIKING TO XUNANTUNICH	\$75 USD per person
AJAW CHOCOLATE MAKING	\$65 USD per person
BIRD WALK	\$50 USD per person
SAN IGNACIO MARKET, IGUANA PROJECT, & CHOCOLATE MAKING	\$110 USD per person*

