



# Steph's Quick Budget Fact Sheet

## Honduras - Choluteca

### Quick Facts

- ✓ **Capital:** Tegucigalpa
- ✓ **Language:** Spanish
- ✓ **Sq km:** 4360
- ✓ **Population:** ± 75,880
- ✓ **Currency:** Lempiras / Dollars
- ✓ **Country code:** +504
- ✓ **Visa:** Fore some countries, [check here!](#)  
C-4 agreement: 90 days in Honduras, Nicaragua, El Salvador & Guatemala.
- ✓ **Alarm codes:** 199
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / DTP / Malaria prevention / Yellow fever → proof needed to access to the country!



### History Recap Over 1 Drink

1502: Columbus. '25: Spanish conquest → accomplished in '39. 1700s: British buccaneers at Northern coast (until 1860). 1821: Independence from Spain, but part Mexico. '23: Part United Provinces of Central Am (+CR/Nica/Guat/ES). '40: Fully independent. 1900-2000s: Economical influence US: United Fruit Company. 1932-49: Dictator General Andino. '63-74: Coup colonel Lopez. '69: War ES over heavy immigration+border. '75: Colonel Castro power. '78: Coup General Paz. '80: Peace treaty ES. '81: Pres Suazo. '82: US-backed Nica Contrás battle against Sandinistas from Honduran territory. General Alvarez: detention of trade union activists and left → Death squads/human rights violations/disappearances. '84: Alvarez deposed, anti-US demonstrations. '86: Pres Azcona del Hoyo. '87: Alvarez assassinated. '89: demobilization of Nica Contrás. '90: Pres Callejas. '93: Pres Reina. '97: Pres Flores. '98: Hurricane Mitch. 2000: 1000+ street children murdered death squads backed by police → '01: UN intervention. '02: Pres Maduro. '03-04: Troops to Iraq. Free trade agreement US. Gang violence. '05: Tropical storm Gamma. Pres Zelaya. New border with ES. '07: Media=government propaganda. Territorial dispute settled with Nica. '08: Joins ALBA, latin left/anti-US (headed by Chavez, Venezuela). '09: Zelaya into exile. Pres Lobo. '11: High murder rate.

### Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry	driest		warmest						coolest			
Wet									wettest			
Best												
Budget												

Altitude: 41m. Climate: Tropical monsoonal.

### Bucket List For Free

- ☺ Take a bus to a beach at the Gulf of Fonseca, looking out over El Salvador.
- ☺ Surrounding nature: Explore the mountains from neighbouring village El Corpus. Discover the nature in between Choluteca and San Marco.
- ☺ Visit the Santa Cruz neighbourhood.
- ☺ Visit the Mercado Viejo San Antonio to get to the core of Honduran culture... watch your bag though!

### Worth The Extra \$€¥

- 👉 Visit Ojocal Wildlife Preserve.

### Sleep Cheap

- ❖ In Honduras, many cheap, locally owned hotels can't be found back on the internet. It's better to travel without reservations in order to save money.
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

## Festivals

- ⊗ Feria Patronal de Morolica: Religion, Mar.
- ⊗ Holy week: Religion, Apr.

## Mama Said

- ☠ There are not many tourists here, so you will be noticed. Don't attract any extra unnecessary attention by flashing money, electronics or jewellery. Hide these under your clothes or leave them wherever you're staying.
- ☠ Watch your bag, buy a lock.
- ☠ Locals don't walk around at night, not even the smallest distances. With a reason.
- ☠ Be careful with taxi's →. Lock the doors.
- ☠ Ask the police which areas might be unsafe (this might change). Cops and soldiers are everywhere.
- ☠ Tap water is not safe to drink.

## Next?

- ➔ In Honduras: Gulf of Fonseca, San Marco, Tegucigalpa, La Esperanza, Siguatepeque.
- ➔ International destinations closeby: El Salvador, Nicaragua, Guatemala.

## Budget Bites

- ⌘ Markets: Mercado Viejo San Antonio.
- ⌘ Cheaper supermarket: Maxi Despensa, Pais.
- ⌘ Honduras' streetfood / comedores: Baleada (tortilla with mashed beans/cheese/egg/avocado), pupusas (similar to baleada), tortillas, enchiladas, rice & beans, tajadas (deep-fried plantain chips), soup, tamales and kilo's of meat and seafood.

## Free-Riding?

- Within the touristic centre, everything is walkable. Bring enough water. At night it's NOT safe though.
- Minibuses are the cheapest means of transport within the city. Intercity buses and minibuses leave from different places in the centre.
- Biking is possible, but intense in the heat.
- Taxi's are quite pricy compared to buses and take your precautions. Foreigner = money, which can attract robbers. Use only the official cabs.

Tip: Download the free Triposo Honduras app for an offline map, offline guide & more. Load Google Maps when you have wifi and leave it open, you will still be able to use it offline.

The Earth  
Becomes My Throne