



Steph's Quick Budget Fact Sheet

Honduras – Copán Ruínas

Quick Facts

- ✓ **Capital:** Tegucigalpa
- ✓ **Language:** Spanish
- ✓ **Sq km:** 250 (former Maya kingdom)
- ✓ **Population:** ± 3/4,000 (urban)
- ✓ **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									
Wet									wettest			
Best												
Budget												

Altitude: 668m. Climate: Tropical, but fresh in the evenings (mountains).

Bucket List For Free

- ☺ The Copán Ruins. Yes really. Go through the Sculpture Museum right from the parking lot, walk through the jungle path until you come into an open space: There take a left and walk until you find a gate on the right. Climb over it and pretend nothing happened. You just saved yourself \$15.
- ☺ If you walk back from the ruins to the village, extra sculptures can be found on the sidewalk on the right.
- ☺ Explore the pleasant village and enjoy local coffee. Check Facebook page [Copan This Week](#): free activities!

Worth The Extra \$€¥

- 👍 The Luna Jaguar Aguas Termales can be reached by minibus. [Check the website](#) for the entrance fee.
- 👍 Visit [Macaw Mountain](#) bird sanctuary or Enchanted Wings Nature Centre (butterflies).
- 👍 Adventure: Canopy zipline.
- 👍 Museums: [Casa K'inich Children's Museum](#), Museo de Arqueología Maya and Sculpture Museum.

Nights Best Spent

- ◆ Sol de Copán, Avenida Mirador.
- ◆ Xibalba's, Parque Central.
- ◆ Papa Chango's, Calle Las Pilastras.

Festivals

- ☼ Area Feria: March.
- ☼ Holy week (Semana Santa): Religion, Apr.
- ☼ Independence festivities: 14-15-Sept.

Knowledge I'm Taking Home

- 📖 Hable español: [lxbalanque](#).
- 📖 Salsa: [Via Via Café](#).
- 📖 Learn how to help others: [WorkAway](#).

Mama Said

- 💀 Don't attract any extra unnecessary attention by flashing money, electronics or jewellery. Watch your bag, buy a lock.
- 💀 Locals don't walk around at night, not even the smallest distances. With a reason.
- 💀 Tap water is not safe to drink.

Next?

- ➔ In Honduras: Tela, La Esperanza, Tegucigalpa, The Bay Islands.
- ➔ International destinations closeby: Guatemala, El Salvador, Nicaragua.

Sleep Cheap

- ❖ Iguana Azul, +50426514620, Barrio Las Vegas / 5 blocks west of Parque Central.
- ❖ Via Via Traveller's Café, [website](#), Barrio El Centro / 1,5 blocks from Parque Central.
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

Budget Bites

- ⌘ Market in El Centro. On Sundays fruit vendors sell out of their pick-up trucks in the centre.
- ⌘ Supermarket: Dispensa.
- ⌘ 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, pan de coco (coconut bread) tamales and kilo's of meat and seafood.

Free-Riding?

- Within town everything is walkable. You can also easily walk to the ruins.
- Biking is possible, the area is beautiful.
- Tuktuks operate as cheap taxi's. If you have a lot of luggage, taxi's are available too.
- Buses and minivans leave from the main road. For more luxury: Hedman Alas operates here.

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