



Steph's Quick Budget Fact Sheet

Honduras - Roatán

Quick Facts

- ✓ **Capital:** Tegucigalpa
- ✓ **Language:** Spanish / Island English
- ✓ **Sq km:** 127
- ✓ **Population:** ± 52000
- ✓ **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 Contras 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 Contras. '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: 1011. Climate: Tropical Caribbean.

Bucket List For Free

☺ Beaches: West Bay (Tabyana), Sandy Bay, Mahogany Beach, Half Moon Bay, Palm Beach. Don't forget your snorkel to discover the giant reef and its aquatic life.

Rental options: Snorkel / Kayak / Stand-up paddle board.

👍 **#1 attraction: Diving!** Recommended: [West End Divers](#), [Coconut Tree](#) (special volunteer prices).

👍 [Gumbalimba Park](#): Amusement park.

Worth The Extra \$€¥

👍 Discover the real Roatán beyond the 5* resorts and bounty-beaches: [Community tour](#).

👍 Wild animals not in the wild: [Iguana farm](#), [Institute for Marine Sciences](#), butterfly garden.

👍 Nature with a price tag: [Blue Harbour Tropical Arboretum](#) & [Carambola Botanical Gardens](#).

👍 Tours: Zipline, parasail, 4WD, chocolate factory.



Tourist Trap Alert

⊗ If you don't like those typical tourist beach destinations, skip Roatán. However, if you avoid West End/Bay and opt for a volunteer position, a more 'true' experience can be obtained.

Nights Best Spent

- ◆ All tourist bars are located in West End.
- ◆ More interactive: [Steel Pan Alley](#).

... Seated Down

- ◆ [Flamingo Cultural Center](#).

Festivals

- ⊗ Holy week (Semana Santa): Religion, Apr.
- ⊗ Roatan Carnival: Culture, Apr.
- ⊗ Independence festivities: 14-15-Sept.

Knowledge I'm Taking Home

- 📖 Hable español: [CA Spanish School](#).
- 📖 Music on pans: [Steel Pan Alley](#).
- 📖 Learn how to help others: [Charmont](#).

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. Beaches are particularly dangerous at night, as is the main road due to traffic.
- 💀 Be careful with taxi's → Lock the doors.
- 💀 It's unsafe to walk from West End to West Bay.
- 💀 Tap water is not safe to drink.

Sleep Cheap

- ❖ Roatan Backpackers' Hostel, +50497140413, Sandy Bay, side road next to Roland Hardware.
- ❖ Valerie's Youth Hostel, +50432632415, West End.
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

Budget Bites

- ⌘ Markets: On the streets of every local village (not West End).
- ⌘ Supermarket: Eldon's,
- ⌘ 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 West End/Sandy Bay everything is walkable. Many local communities are unsafe, especially for foreigners.
- Biking is possible, but not recommended due to crazy traffic (bikers are not taken into account).
- Minibuses drive along the main road and stop everywhere along the way: destinations displayed up front.
- Taxi's are quite pricy compared to buses and take your precautions. Foreigner = money, which can attract robbers. Taxi's are shared, others might get into the cab too.
- Watertaxi's shuttle between West End and West Bay.
- Getting off the island: Twice a day a ferry goes to La Ceiba on the mainland. There is an airport on the island.

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.

Next?

- ➔ In Honduras: La Ceiba, Tela, Copán, La Esperanza, Tegucigalpa.
- ➔ International destinations closeby: Guatemala, El Salvador, Nicaragua.