



Steph's Quick Budget Fact Sheet

Honduras - Tela

Quick Facts

- ✓ **Capital:** Tegucigalpa
- ✓ **Language:** Spanish / Creole / Garifuna
- ✓ **Population:** ± 35,200
- ✓ **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	No	dry	season									
Wet												wettest
Best				Busy!								
Budget												

Altitude 8m: Climate: Tropical rainforest.

Bucket List For Free

- ☺ Sit down and relax on Tela's beach.
- ☺ Visit the old train station and Tela Railroad Company.
- ☺ Visit one of the Garifuna villages: Triunfo de la Cruz, Miami, Río Tinto, Tornabé, La Ensenada or San Juan. Don't miss the *pan de coco*.

Tourist Trap Alert

- ☹ Both tours or self-arranged trips to Punta Sal are expensive.

Worth The Extra \$€¥

- 👍 National Parks: Jeanette Kawas NP (Punta Sal), Punta Izopo NP, Laguna de los Micos, Puerto Escondido, Puerto Caribe, Laguna El Diamante, Río Ulúa. Or visit Jardín Botánico Lancetilla.
- 👍 Tela has many dive sites: [Tela Dive Center](#).
- 👍 Rent a kayak.
- 👍 Book a parasailing tour.

Nights Best Spent

- ◆ The Iguana, Avenida 2.

... Seated Down

- ◆ Casa de la Cultura, Parque Central.

Festivals

- ⚙ Holy week: Religion, Apr.
- ⚙ Fiesta de San Antonio: Religious, 10-15-June.
- ⚙ Independence festivities: 14-15-Sept.

Knowledge I'm Taking

Home

- 📖 Hable español: [Mango](#).
- 📖 Learn how to help others: [Cepudo](#).

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.
- ☠ Be careful with taxi's → Lock the doors.
- ☠ It's known to be unsafe to walk over the beach to Garifuna village Miami.
- ☠ Tap water is not safe to drink.

Next?

- ➔ In Honduras: La Ceiba, Copán, El Progreso, Tegucigalpa, (San Pedro Sula).
- ➔ International destinations closeby: Guatemala, Belize, El Salvador, Nicaragua.

Sleep Cheap

- ❖ Hotel Yue Liang (different from restaurant), +50424482134, Entrada Principal a Tela, gas station Uno.
- ❖ Coco Cabanas, +50433354599, Playa B El Tigre Triunfo de la Cruz.
- ❖ Go [Couchsurfing](#) or [house-sitting!](#) Also check [WorkAway](#).

Budget Bites

- ⌘ Markets: Around Parque Central.
- ⌘ Supermarket: Dispensa (at Parque Central).
- ⌘ Honduras' streetfood / *comedores*: Baleada (tortilla with mashed beans/cheese/egg/avocado), pupusas (similar to baleada), tortillas, enchiladas, rice & beans: in the Garifuna villages with coconut, tajadas (deep-fried plantain chips), soup, pan de coco (coconut bread) tamales and kilo's of meat and seafood.

The most delicious chop suey: Yue Liang, Parque Central.

Free-Riding?

- Within Tela everything is walkable. Don't walk at night.
- Biking is possible, hotels rent them out.
- Buses drive along the main road (just walk away from the beach, straight, until you can't walk any further anymore) and pick up passengers at the Uno gas station. The official terminal is in Avenida Nicaragua. The chicken bus terminal is in Calle del Comercio (center). Some companies have their own terminals. Check my photos for a map.
- 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.

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