

A photograph of an ancient stone structure, likely a Mayan or Aztec temple, featuring a large carved face on its facade. The structure is surrounded by lush green trees and a clear blue sky. The text is overlaid on the image.

# A Week in Belize: Ruins, Reefs & Rainforests with OLLI CSU

October 17<sup>th</sup> – 25<sup>th</sup> 2026

# What Our Meeting Will Cover



**Our Travel  
Partner  
EF Go Ahead**

**Tour Highlights  
Itinerary &  
Excursion Options**

**Tour Details  
Pricing & Discounts**

**Questions?**

# Guided tours, expertly crafted



# A family-owned company. A global community. Go Ahead's worldwide presence

**50+**  
years

**114**  
countries

**612**  
offices & schools

**52,000**  
EF teachers & staff



# Why Travel Matters

# Go Ahead handles the details



Authentic local cuisine



Personalized flight options



Expert  
Tour  
Directors



Guided sightseeing  
tours



Handpicked hotels

October

17th – 25th,

2026



*\*Extension not offered on this departure\**

# Inclusions

8 nights in handpicked hotels

Breakfast daily

4 Group Dinners with Beer or Wine

2 Lunches

8 Sightseeing Tours with local guides

Expert Tour Director

1 Food Tasting

1 Cooking Class

Expert Tour Director

2 Ferry Transfers

# Highlights

- Lamanai Mayan ruins
- Hol Chan Marine Reserve
- Coral Gardens snorkeling
- Orange farm
- Garifuna drum lesson
- Mayan chocolate factory
- San Antonio Women's Cooperative
- Xunantunich Mayan ruins



# Belize City Region → 2 nights

## Day 1: Arrival in Belize City

ΨΨ Included meal: Welcome dinner

Board your flight and settle in—we'll be welcoming you to Belize before you know it. After touching down in Belize City, the country's largest settlement, transfer to your hotel. Tonight, you'll get to know your Tour Director and groupmates over a welcome dinner, served with beer or rum punch.

## Day 2: Sightseeing tour of Lamanai Mayan ruins

ΨΨ Included meals: Breakfast, Lunch

From Belize City, head northwest to the banks of the New River. Your destination: the Lamanai Archaeological Reserve, where a local guide will walk you through the remains of this once-prominent Mayan settlement.

- Begin by boarding a boat on the New River Lagoon, the country's largest body of freshwater. Keep an eye out for the spider monkeys, crocodiles, and birds that call the area home.
- Disembark and follow your local guide through Lamanai's ruins. You'll tread its principal ball court, used in ceremonial games, and take in the Jaguar Temple, adorned with block-style carvings of jaguar heads. If you choose, you can even climb the High Temple for a panoramic view of the surrounding jungle.

Afterward, stop for an included lunch before traveling back to Belize City and enjoying free time for the rest of the day. Move your swimsuits to the top of your bag when you pack up—you'll need them for your next few days on Ambergris Caye.



# Ambergris Caye → 2 nights

## Day 3: Ferry to Ambergris Caye

ΨΨ Included meals: Breakfast, Dinner

Board a ferry and sail past the long crescent of Caye Caulker en route to Ambergris Caye. Ringed by white-sand beaches and a thriving barrier reef, Belize's largest island is a marine Eden. You'll encounter some of its treasures tomorrow—for now, you'll make your way ashore and transfer to your hotel before sitting down for an included dinner, served with beer or rum punch.

## Day 4: Marine biologist chat, Hol Chan Marine Reserve & Coral Gardens

ΨΨ Included meal: Breakfast

At more than 700 miles long, the Mesoamerican Barrier Reef System is the second-longest ecosystem of its kind on the planet. It's also home to hundreds upon hundreds of different aquatic species, and today, you'll meet a local marine biologist to chat about the native wildlife.

- Learn how different organizations work together to coordinate conservation efforts and address coral bleaching.
- Join up with a local guide aboard a boat and set out for two of the world's top snorkeling spots: the Hol Chan Marine Reserve and the Coral Gardens off Caye Caulker.
- Drop anchor and relax topside—or grab a snorkel and plunge into those welcoming blue waters. Turtles, dolphins, and more than 160 species of fish swim beneath the waves in these nature reserves; you might just spot a few as you kick about.

Finally, learn about Belize's commitment to reef preservation as you cruise back to Ambergris Caye. Once your boat docks, you'll have free time to lounge on the island's pristine beaches before turning in for the night.



# Southern Coast → 2 nights

## Day 5: Ferry to Belize City & transfer to Southern Coast via orange farm

Ψϣ Included meals: Breakfast, Tasting

Wave goodbye to Ambergris Caye this morning as you sail back to Belize City aboard a ferry. Once you arrive, transfer to your bus and set out for the country's Southern Coast, stopping at an orange farm as you drive.

- Walk through its groves with a local guide, learning how farmers grow and pick the fruit before harvesting some yourself.
- Sample your tangy, just-picked citrus as you hear how the farm sustainably plants and cares for its orange trees.
- Wrap up at an on-site cottage, where you'll sip some fresh-squeezed juice before returning to your bus.

Pull into your hotel and enjoy a free evening to yourself. (Maybe snack on an orange or two you picked earlier.)



## Day 6: Garifuna drum lesson

Ψϣ Included meal: Breakfast

Want to deepen your connection with Belize's vibrant cultural tapestry? Add today's excursion for a hands-on Garifuna cooking class. You'll paddle across a historic freshwater lagoon to reach a traditional settlement where local guides will introduce you to their ancestral culinary techniques before enjoying the fruits of your labor during a delicious lunch. Otherwise, relax during your free morning; later today, reconvene with your group for an afternoon deep dive into a part of Belize's indigenous heritage.

If you didn't sign up for the morning excursion, don't worry—you'll still get a chance to dive into Garifuna culture this afternoon. Originally from the island of Saint Vincent, the Garifuna are an Afro-Caribbean people with their own linguistic, musical, and cultural traditions. Alongside your Tour Director, you'll visit a local Garifuna center to meet members of the community, learn about their way of life, and participate in an interactive drum lesson. (Fun fact: UNESCO recognized Garifuna drumming as part of the Intangible Cultural Heritage of Humanity in 2008.)



### Garifuna Cooking Class & Lunch

From \$135 per person

[See details](#)

# Cayo District → 2 nights

## Day 7: Mayan chocolate factory & transfer to Cayo District

Ψϣ Included meals: Breakfast, Tasting, Dinner

We might consider chocolate otherworldly, but to the ancient Mayans, it was a gift straight from the gods. You can still taste that reverence in modern Belizean chocolate, and this morning, you'll stop at a Mayan factory en route to your hotel in the Cayo District to learn more about the history of this decadent treat.

- Learn how chocolate is made, from the planting of cacao trees all the way through processing. (Don't worry, you'll get to try some!)
- Meet a Mayan guide and learn about the different herbs and plants used in traditional medicines and healing ceremonies. Then, taste some of them yourself.

Factory tour over, continue driving through the rainforest to your hotel. To stretch your legs—and savor the sensation of gently floating down a river—add our afternoon Jaguar Paw Cave Tubing outing. Otherwise, relax at your hotel before linking up with your group for an included dinner, served with beer or rum punch.



### Jaguar Paw Cave Tubing in Belize

From \$75 per person

[See details](#)

## Day 8: San Antonio Women's Cooperative & Xunantunich Mayan ruins

Ψϣ Included meals: Breakfast, Lunch, Farewell dinner

At its peak, the Maya civilization stretched from southeastern Mexico to western El Salvador. That span includes modern-day Belize, and today, you'll join a local guide to discover the country's Mayan roots.

- Begin at the San Antonio Women's Cooperative, an organization founded by nine Mayan women, dedicated to preserving Mayan culture and empowering local women.
- Learn how to weave baskets using traditional methods and prepare tortillas over an open fire, hearing how the group uses its proceeds to support its community as you do.
- After an included lunch at the San Antonio Women's Cooperative, drive toward the Guatemalan border for a guided tour of Xunantunich (say it yu-NAAN-too-nitch). Its ancient name is lost to history—but its modern one, translating to "Maiden of the Rock" comes from the legend of a spectral woman that inhabits the ruins.
- Hear more stories as you traverse the archaeological site, taking in more than 25 temples and palaces before capping it off with an optional climb up El Castillo. (At 130 feet, it's the second-tallest manmade structure in Belize.)

Celebrate your trip at a farewell dinner this evening, served with beer or rum punch, before packing up for tomorrow's journey home.



# Departure

## Flight Home

### Day 9: Departure

Ψϣ Included meal: Breakfast (excluding early morning departures)

Transfer to Belize City's airport for your flight home. Alternatively, keep your Mayan adventure rolling and strike out into neighboring Guatemala, where UNESCO-listed treasures await in the jungle.



# Excursions (Optional Extra Adventures)

## Garifuna Cooking Class & Lunch

📍 Day 6

🕒 6 hours, departs in the morning, includes lunch

💰 From \$135 per person

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Discover the vibrant cultural heritage of the Garifuna people through an unforgettable culinary adventure. Your journey begins with a scenic transfer from your hotel to a nearby dock, where you'll board kayaks for a peaceful paddle across the historic freshwater creek lagoon. This picturesque waterway serves as your pathway to discovery, leading you to a traditional Garifuna settlement nestled along the shore. Upon arrival, warm-hearted local guides will welcome you and share fascinating stories about their ancestors and cultural traditions that have been preserved through generations. Wander through an aromatic herbal garden as your guide reveals the secrets of natural remedies and healing traditions that have sustained their community for centuries. Then, roll up your sleeves for a hands-on cooking class where you'll learn authentic techniques like husking and grating coconuts to create rich, creamy coconut milk from scratch—the foundation of Garifuna cuisine. Your culinary efforts culminate in a delicious lunch featuring the dishes you helped prepare, allowing you to savor the unique flavors while reflecting on the cultural wisdom you've gained.

## Jaguar Paw Cave Tubing in Belize

📍 Day 7

🕒 4 hours, departs in the afternoon

💰 From \$75 per person

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Travel to Jaguar Paw Park and meet up with a local guide. You'll receive your personal inner tube and be fitted for water shoes, which you'll wear during this excursion. Enjoy included access to the locker rooms where you can change into your bathing suit, store your clothes, and strap on your water shoes before you set off on your cave tubing adventure. Your guide will connect the tubes together in a line so they can pull and navigate your group as you float on a river through a network of caves. All you have to do is sit atop your tube and enjoy the views! Learn about the geology of the caves and enjoy periodic glimpses of the sunshine and surrounding jungle. You'll also hear about Mayan history, including where they worshiped and sourced their sacred water. After your 20–30-minute tubing adventure, walk back to the Jaguar Paw Park entrance. You'll have time to shower, change, and purchase a snack from the on-site restaurant. Please note: Travelers will need to walk 20 minutes to and from the cave, be able to descend the steps into the cave, and feel comfortable getting in and out of the inner tubes.

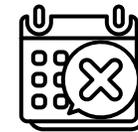
# Your Travel Coverage



## TOTAL TRIP PROTECTION

ON TOUR, YOU'LL RECEIVE:

- PRE-EXISTING CONDITION WAIVER
- ANY REASON PROTECTION (\$75 VALUE)



**THIS PLAN PROVIDES YOU WITH COVERAGE FOR:**

- TOUR CANCELLATION & INTERRUPTION
- LOST, STOLEN, OR DAMAGED BAGGAGE & PERSONAL EFFECTS
- TRAVEL & BAGGAGE DELAYS
- ACCIDENT & SICKNESS



# Go Ahead Flight Package



**WE PLAN. YOU BOARD.  
*IT'S THAT SIMPLE.***

## Easy & Seamless Travel

- Flights perfectly matched to your tour schedule
- One checked bag for international flights
- Airport transfers included

## Flexible & Customizable

- Want to fly in early or stay longer? We've got you covered
- Choose custom routes, upgrades, and multi-city options
- Utilize our discounted fully refundable fare. Remove flights up to 71 days before your tour

## Locked-In Value & Peace of Mind

- Your flight price is locked in at booking
- Interest-free payment plans for easy budgeting
- 24/7 support — including reschedules due to weather, airport changes, or other unexpected events

\*\*Adjustments to standard flights package will come at an additional cost

# Travel Documents



## What You'll Need to Travel:

### Passport

If you're a U.S. or Canadian citizen, you'll need a valid passport that doesn't expire for at least six months after you return home.

Check those dates now- future you will thank you!

### Country Entry Requirements

Each country has its own rules, and we'll help make sure you're ready. This could include:

-  Visas
-  Testing and/or proof of vaccinations
-  Medical documentation

We'll keep you posted on what's needed- you just focus on the fun stuff!



# Flexible payment options



## Pay in full at enrollment

- Pay your balance in full upon enrollment
- Accepted payment methods: Visa, MasterCard, ATM/debit card, or personal checks

## Enroll in AutoPay

- **\$99** Deposit
- Select a monthly date for payments to be automatically deducted from your bank account
- Accepted payment method: checking account or debit card

## Pay manually

- **\$450** Deposit + Insurance
- Accepted payment methods: Visa, MasterCard, ATM/debit card, or personal checks

# Reserve Friday and you'll pay:



## Double Occupancy:

\$3,939 per person

\$4,947 - with flights from DEN

## Single Occupancy: (\$840)

\$4,779 w/o flights

\$5,787 per person with flights out of DEN

**\*\* limited amount of single rooms\*\* (3)**

## Highly Recommended:

Insurance \$449/\$349 per person

## Excursions – *always optional*

Additional discounts for **repeat and multi tour**

travelers (**Up to \$350!!**)

**21  
Spots!**

**\$475 for 10  
months *with*  
flights**

**\$374 for 10  
months  
without  
flights**

# What You're Responsible For:



## **Tips**

Plan for \$12–\$15 USD per day in tips. It's a meaningful way to recognize the amazing crew who help make your trip seamless.

## **Non-Included Meals**

Some meals aren't included- your perfect excuse to try that cozy local restaurant or a quick street food stop. Your Tour Director will be your insider foodie guide!

## **Daily Spending Money**

Whether it's an artisan scarf, a scoop of gelato, or a unique keepsake, having a little extra budget lets you enjoy the unexpected.

## **Overweight or Extra Luggage**

Bringing home more than you packed? We get it! Just keep in mind that any airline fees for overweight or additional bags are your responsibility.

## **Passport Reminder**

Make sure your passport is valid for at least 6 months after your return date- future you will thank you at airport security!

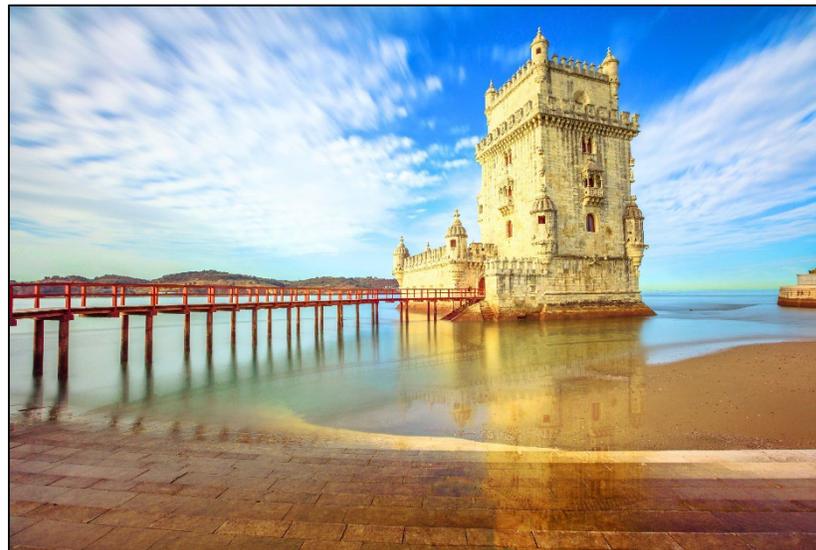
# OTHER OLLI TRIPS WITH DU and CSU

## Lisbon, Seville & Madrid

Dates: Apr 26 – May 6, 2026 Extension May 6<sup>th</sup> – 8<sup>th</sup>



Included highlights



- Monument to the Discoveries
- Tower of Belém
- Évora
- Plaza de España
- Royal Alcázar
- Córdoba
- Puerta del Sol
- Prado Museum

- 9 nights in handpicked hotels
- 9 breakfasts
- 3 dinners with beer or wine
- 5 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 1 train ride

**4 Spots  
Left!**



SCAN ME

# Reserve your spot Friday Dec 19th!

 Enrollment is **open on Friday!**

✓ Spots are limited and available on a first come first serve basis

✓ Secure your spot today for as little as \$99 down

 Take advantage of our exclusive Tour Launch Promotion- don't miss out!

**\$150** off when you reserve by **Dec 31st!**

 Call our team at **1-800-438-7672**

 Hours: Mon-Fri 9:00am–7:30pm EST  
Sat, 9:00am–5:30pm EST

 Reference: **OLLI DU/CSU 2026 Belize Trip!**

 Request a call at a time that works for you! (QR CODE)

 Visit our trip website:

<https://groups.goaheadtours.com/tours/belize-olli-du-2026>