



Tropical lounge cuisine, the best stocked bar on the island and one of the most beautiful beachfront settings in all of Belize, create a unique experience on Ambergris Caye



Plus: The Belize Botanical Gardens at Duplooy's

It's not just pretty plants it's all about conservation,
education and preservation!





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www.tropicair.com

Greetings to my visiting friends



taking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diver- honeymoon at an exclusive resort sity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breath-

away. You will also be able to discover Belize's vast cave systems and many natural sanctuaries that are home to our country's unique flora and fauna.

Whether you are spending your or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

We welcome you with open arms. Bienvenidos a San Pedro!

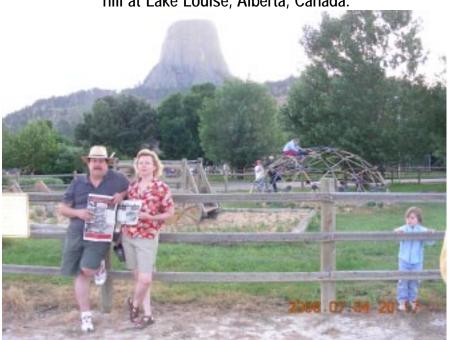
> Elsa Paz, Mayor, San Pedro Town

Where did you read your San Pedro Sun?

Where did you take your San Pedro Sun & Visitor Guide? Take a photo of you and the paper and send it to us at: spsun@sanpedrosun.net



Frank and Kosatka Matieh with Peter Walker (centre) atop the ski hill at Lake Louise, Alberta, Canada.



Charlie & Klancie Britton at Devil's Tower National monument in Wyoming, USA

Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.

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More foreign subscribers than any newspaper in Belize!

Language can link WORD OF cultures, no matter tongue may be. In an this form of comour audience, *The* proudly presents – Week. This week, we

us with other how foreign the effort to share munication with San Pedro Sun Words of the will present a few

phrases in English and give you their Creole and Spanish translations. Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

010010	==-J°J · · · ·
English	I know a little English.
Creole	Ah ku taak wahn lee bit a Inglish.
Spanish	Puedo hablar un poco de ingles.
English	I'll call the police.
Creole	Ah wahn kaal di polees.
Spanish	Voy a llamara a la policía.
English	I just can't open this trunk.
Creole	Ah kyaahn oapm dis chronk ataal.
Spanish	No puedo abrir este baúl.

Azul Resort/Rojo Lounge - Elegance with a tropical twist!

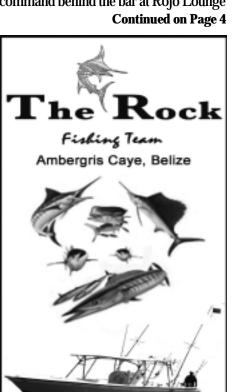
Although only opened since March of 2005, Azul Resort and Rojo Lounge has fast become one of the most intriguing and successful resorts on Ambergris Caye. Offering only two villas, owners Vivian Yu and Jeff Spiegel have given this resort a personal touch, with an attention to detail that is worthy of all the accolades they have thus far received. The San Pedro Sun stopped by this past Sunday to experience for ourselves the great service and wonderful amenities that Azul and Rojo have to offer. After a short ride on the Island Ferry, we pull up to one of the most beautiful beachfront stretches on Ambergris Caye.

Jeff and Vivian greet us warmly, and we're soon comfortably ensconced under their airy open palapa with drinks in hand.

Drinks at Rojo Lounge

With the best-stocked bar on the island, Rojo Lounge offers something for everyone. Everyday brings about a new combination for a great new drink, and oh my! Are those drinks delicious!

Mixmaster Bernie Mossiah is in full command behind the bar at Rojo Lounge Continued on Page 4



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According to Azul co-owner Vivian Yu, Bernie has evolved from a bar tender to a bar chef, coming up with creative concoctions every day!





resort * restaurant * beach bar rated best restaurant in central america

(Chicago Tribune, New York Times and Cosmopolitan Magazine)

New Owners Kit & Jenna bring 40 years experience to the Capricorn! Come experience what everyone is talking about...

All items are prepared fresh daily with organic ingredients. All seafood is purchased from local fishermen on our dock daily. Kim, our baker, makes bread, tortillas, fry jacks and desserts daily. Miss Miguela (and her assistant Michelle) has been preparing all entrees for twelve years from her own recipe collection.

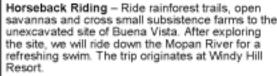
You do NOT want to miss the experience of dining at the Capricorn.

Located only 3 miles north of San Pedro. You might take a private water limo, island ferry, golf cart, or just walk down the beach.

Reservations are a must! 501-226-2809



dl tours originate in San Pedro and include Round – Trip airfare to Belize City, leaving at 7:00 a.m. and returning at 5:30 p.m. All Tours also include Ground Transportation, Entrance Fees, Guide Fees, Lunch and Taxes.



Barton Creek Cave Canoeing – Barton Creek was an Ancient Maya Indian Burial Site and the cave is only accessible by canoe. The formations of stalactites and stalagmites are beautiful and the trip to the cave is very scenic. You can also take a swim in the crystal clear Barton Creek.

Jaguar Paw Cave Tubing — Learn about the flora and fauna as your guide leads you on a 30-40 minute hike along the Cave Branch River to the Jaguar Paw cave systems. Then you get into the water, strap on your headlight and your life vest and take a seat in your tube where you will be propelled by the gentle currents through underground caverns through the mountains.

Xunantunich – This site is about 30 minutes from San Ignacio and is only accessible by taking a hand-cranked ferry across the Mopan River. Standing atop "El Castillo", the largest pyramid at the site, you will have a panoramic view of western Belize and eastern Guatemala. Belize Zoo – The Belize Zoo is located approximately 30 miles west of Belize City on the Western Highway. The zoo is home to over 100 species of native Belizean animals and birds including the tapir, howler monkeys, spider monkeys, jaguars, ocelots, margays, scarlet macaws, toucans, and many, many, others.

Actun Tunichil Muknal Cave — This tour is a long, challenging adventure and a good level of physical fitness is required and the ability to swim is a plus. The adventure entails hiking steep jungle trails and crossing a river in chest-high water. Once you reach the cave only the light from the headlight will guide you through the Mayan underworld. You will see burial chambers with intact calcifled remains, Mayan artifacts and two slate stelae in front of which Maya elite cut themselves with obsidian blades to collect blood and offer it to the gods.

Jungle River Tubing and Horseback Riding —
This tour includes tubing down the Caves Branch
River through the most beautiful broad leaf jungle,
where wildlife sightings are common-place. When
you reach the end of the tubing trip, you will change
to long pants and shoes for the horseback ride to
where the tubing originated.

www.windyhilltours.com



Azul Resort/Rojo Lounge



Starfruit & Kiwi with tequila - delightfully light - very refreshing



The original Rojito - made with Pitahaya - is sinfully delicious!

 creatively mixing and creating new fun items, always with a twist - and her scrumptious libations hit the spot every time. According to Azul co-owner Vivian Yu, Bernie has evolved from a bar tender to a bar chef. Served with a smile, these drinks add to the great ambiance at the bar and out on the lounge. Make sure your glass is always full!

With creations perfected nearly everyday, Bernie's muddle and mix Rojitos are quite intriguing – combining delicious fresh fruit that are in season and of course, tropically delicious. Be sure to try out some of these mixes when you're there. One definite recommendation is the Seagrape Rojito. Seagrapes are picked fresh from trees in their backyard and muddled with fresh mint leaves, then rum and soda are added and voilá! A fabulous Seagrape Rojito!

Other great mixes include Melon &

Cherry - sweet and smooth; Pineapple & Watermelon - a refreshing drink on a hot day; Starfruit & Kiwi with tequila delightfully light - very refreshing; Cranberry Rojito - scrumptious and sweet; and Coconut with Pineapple - like a light version of the classic Piña Colada, but on the rocks.

Caipirinhas are also one of the most popular drinks at Rojo. This traditional Brazilian drink is prepared with cachaça, (rum made from cane juice), and is quite potent, and unbelievably refreshing and delicious. Don't miss out on this great treat!

For the teetotaler, there are virgin drinks as well that are just as refreshing and delicious. The staff at Rojo Lounge are there to make sure that your every whim is indulged, and there is just no exception!

Sunday Pibil

and enjoy their Sunday Special: Pibil. there are many variations on the theme, savory beans, a delicious pickled slaw, gallo. The flavorful spices complesavory dish. Although not on the Sunday salad and the plantain crusted shrimp.

Shredded pork and chicken pibil were served with both homemade corn and flour tortillas, with sides that include savory beans, a delicious pickled slaw, creamy

creamy garlic sauce, crispy croutons and topped with an incredibly tender grilled lobster along with a liberal sprinkling of Parmesan. It seemed that each bite was more delicious than the other. and for a light lunch, this salad is just the thing. Rojo's signature Plantain

Sundays are a fun, relaxed day that just calls for lounging around on the beach, eating yummy food and traipsing over to the bar to fill your glass before napping blissfully under the sun. If this sounds like your ideal Sunday, then be sure to come over to Azul Resort A traditional Mexican-Mayan dish, Pibil is pork (generally a whole pig) that is seasoned with Mayan and Mexican spices, then wrapped in banana leaves and slow cooked underground. Of course and Azul plans to elaborate on them as well. The end result is always fabulous of course. Our platters included both shredded pork and chicken pibil that were served with both homemade corn and flour tortillas, with sides that include creamy guacamole and tangy pico de mented the meat just so, each side dish added to the wonderful mix of flavors and thus combined to make a unique and menu we also had the special treat of sampling their grilled lobster Caesar

Fresh salad greens were tossed in a



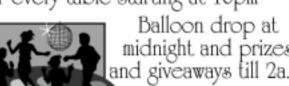
guacamole and tangy pico de gallo.

Continued on Page 6



Come ring in the New Year with us December 31st

with free hats, beads and a free bottle of champagne for every table starting at 10pm



midnight and prizes and giveaways till 2a.m.

Come early, stay late.

from 4pm to 8pm with: \$4.50 bottled beer and \$20 buckets, (free mini appetizers with every bucket)

Happy Hours EVERYDAY

Casa Picasso invites you to embrace the season artfully...

What is Casa Picasso? Casa Picasso is a sharing + tasting + innovative spot to dine + drink with inspirations from Spain, Italy and the Caribbean. awaken your appetite with creative tapas + delight in delicious pastas

FODOR'S TRAVEL OP 10 BEST estaurants WORLDWIDE 2006

Reservations recommended nightly 5:30 'til late



Dine Artfully...

RESTAURANT + MARTINI LOUNGE

call 226-4507

located south of town

<u>tot</u> December 21, 2006 Visitor Guide Page 4



with our special dinner.

The best place to have fun. This two-ambiance bar has a big lounge terrace where exotic cocktails and an eclectic music selection from live Dj's fuse together to bring you a unique atmosphere. Enjoy lunch or dinner by the pool.

Regular Menu Items Also Available A La Carte

Some of our Specialties: Caramelized Char-Grilled Shrimp, Fish Carpaccio, Bruschetta, Shrimp Pate and Fried Calamari, Jerk-Seared Scallops served in a citrus Snapper Fillet topped with Shrimp and Papaya Salsa, Mesquite Grilled Seafood Plate Löbster, Snapper, Grouper, Scallops with Fresh Vegetables

> Try our "Decadent" Chocolate Souffle'

CHRISTMAS DINNER

Garden salad sprinkled with raisins, walnuts, gorgonzola cheese and topped with an apple champagne dressing.

Choice of honey glazed ham or roasted turkey served with sweet baked potatoes topped with marshmallows, traditional stuffing, cranberry sauce and home baked Italian Focaccia bread.

Choice of flan, Key Lime pie, Bananas Foster or white Macadamia ice cream topped with hot chocolate fudge.

Free transportation on our 36 foot, covered Mambo boat. Please call for reservations.

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Azul Resort/Rojo Lounge

Continued from Page 4

Crusted Shrimp was delightfully crispy and delicious. Each dipping sauce was unique and flavorful, which of course, complemented each bite of crispy shrimp. A late lunch with these delightful treats, accompanied by cool drinks sounds like the perfect way to cap off an afternoon.

Drinks, Pibil, a beautiful beachfront setting, gorgeous surroundings - what's not to like? Served from noon till six, Pibil is the only dish on the menu for Sunday, and the kitchen is closed at six, with dinner served to the resort guests only.

Accolades

"You can have dinner [...] under the stars, and there's a hot tub from which you can watch the sun set over the mangroves and the lagoon behind."

Simplicity at its best with an overwhelming touch of class is the perfect way to describe Azul Resort. Located in a pristine corner of Belize, Azul is making waves around the world with sensational reviews that speak wonders of the beautiful resort found in North Ambergris Caye. Opened in 2005, Azul



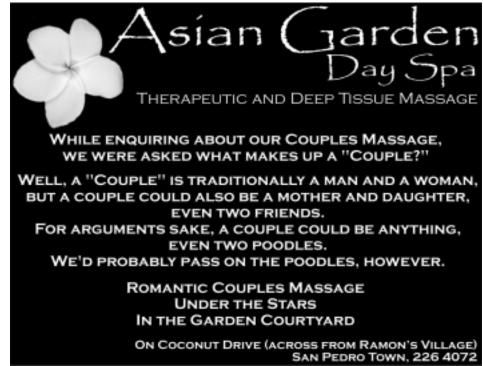
The view from the rooftop is quite land has been featured in various international travel magazines including Conde Naste and Fodor's.

When Jeff Spiegel and Vivian Yu first arrived here [Ambergris Caye] in 2000 from San Francisco, [...] the property consisted of a modest blue (hence the name) beach house. [...] this has been replaced by a most original cluster of buildings: a restaurant (the Rojo Lounge), already gathering an international reputation; and two blindingly white villas,

one on either side of a circular, infinityedged pool – Conde Nast Traveller October 2006.

Azul Resort and Rojo Lounge were proud to be the only resort and restau-Continued on Page 8









Sundancer Enterprises

VIOCIDAICER Pescador Dr. Tel: 226-3126

SUNDANCER Pescador Dr. Tel: 226-2948



Azul/Rojo Continued from Page 6

rant on Ambergris Caye to be awarded a Fodor's Choice rating in Fodor's Belize 2007 guidebook. "This new resort has only two beach villas, but what beach houses they are! [...] On the rooftop, you can laze in the hot tub or sunbathe in delicious privacy. There's a gorgeous infinity edge pool and the hip Rojo Lounge is next door for drinks and some of the best food on the island. "[...] This is [Rojo Lounge] the hippest restaurant and bar on the Cayes. Rojo Lounge, in a sultry open air palapa on a beautiful beach, is definitely red hot. Dinner is romantic and delicious [...] the bar serves killer frozen mojitos.

Men's Journal in the December 2006



What could be more relaxing that swinging in a hammock under a palapa? (Perhaps swaying with a drink from Rojo Lounge?!)

Papi's Diner Finer Food at Oiner Prices Open Daily

11:30am - 2:30pm

Boca del Rio

6:00pm - 10:00p Phone 226-2047

"The PIER Lounge world famous CHICKEN DROP

Very Special Pre-Christmas Eve \$1000 GAME

\$500 GAME \$100 GAMES

Friday, Dec 22nd

6 pm TIL??

ON THE BEACH AT THE SPINDRIFT HOTEL issue has also given Azul a rave review. [...] is the country's liveliest with open air bars and restaurants spilling onto the white sand [...] the swankiest place to stay is Azul. This month's Outside Magazine edition commented that Azul

is the most tranquil and exclusive refuge. It was also named one of the 20 best getaways of the Winter Season by Travel and Leisure (*November 2005*).

But aside from receiving great international accolades, Azul has received

great comments from past guests: We've traveled the world and never felt more at home than with you two! Everything was delicious, enjoyable, friendly and reflects your intelligence, warmth and joy. [...] Simply incredible food and hospitality," John and Peter Diann, April 2006.

"Purely exquisite. [...] The mesh of tranquility, peacefulness, modern and simplistic are reflective of true artistic qualities. [...] we have eaten all over the world - yet here was much more special and prepared to a standard that far surpassed many 5-star restaurants," Douglas and Tina, March 2006.

" We were totally seduced by the beautiful dining room – casually exotic with beautiful attention to detail from the bamboo furniture to the hand carved beach torches," Sara and Alan, Chicago, Illinois, April 2005.

To discover Azul Resort or the Rojo Lounge be sure to stop in and pay Vivian and Jeff a visit. You are always welcome to their little piece of tropical heaven.

A Truly _{Divine} Experience

This elegantly appointed restaurant features both outdoor seating and indoor air-conditioned split level dining with high cellings, local artwork and more. Our wonderfully decorated lounge invites you to enjoy the island's largest selection. of drinks, cool tropical cocktalls and martinis.



Start the Day with...

- Eggs Benedict with Smoked Ham - Belizean Banana Pancakes - Apple Cinnamon French Toast Ask for Daily Breakfast Specials...

For Lunch, enjoy...

- Chilled Shrimp Gazpacho Soup - Jalapeño & Cheddar Burger - Cheddar Shrimp Sandwich - Caesar Salad - Chicken Breast Sandwich Also offering Daily Lunch Specials...

Dinner entrees include...

Filet Mignon in Cabernet Wine Sauce - Pan Seared Grouper with Grapefruit Located at Banana Beach Beurre Blanc Sauce - Steamed Reef Lobster Tail with drawn butter on Coconut Drive House Specialty: Brazilian Style Rotisserie (Churrasco) 226-3892

Restaurant Open till 10 Bar Open till Midnight

Daily Drink Specials: Martini Monday, Tequila Tuesday, Wine & Dine Wednesday

For all your fishing, diving and marine products

Snorkel Fins Sunglasses Fishing Poles Tackle T-Shirts Bait



On the beach in front of Wet Willy's

CAPTAIN



Rod & Reel combos for your Vacation!

By Maya Island Air at the Air Strip

226-3370 SHARKS



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Q&A with: Jeff & Vivian

Q - Wow....what's with all the accolades???

A - Well, it all began with the write-up in Travel & Leisure where we were listed as one of the 20 Holiday Getaways in 2005. Of course all of the PR you guys [The San Pedro Sun] have given us has helped as well!

Q - Gee thanks, we love you guys!

A - Then last spring playwright Christopher Hampton and his wife Tiana Alexandra were guests here and they were the ones that

submitted the article to Conde Nast, the UK edition. They are wonderful writers and photographers and we were thrilled to be recognized. Lan Sluder, who writes for Fodor's, has seen Azul through many incarnations and has enjoyed Rojo dining. Men's Journal and Outside Magazine followed, and it has been

great. But to us the best affirma-

tion that we are doing something

right is from the repeat customers we have, not only at the villas but the restaurant as well. One guest told me that her second stay here was even better than the first; you can't ask for a higher compliment!

Q - There seems to be a few other resorts on the island that are of the same caliber as Azul/ **Rojo Lounge. What do you think** sets you apart?

A – Vivian and I are constantly trying to improve, it is an ongoing process. We pay special attention to every detail and our staff is very

attentive. We are always looking for ways to improve our amenities, including custom furnishings, having current guidebooks and periodicals, adding to our ever growing list of imported wines and spirits, even adding DVD's to our collection, offering direct transportation and now we even have a heliport and can offer VIP helicopter transfers. But aside from the modern conveniences this is a very small, private resort. We only have two villas, so the guests enjoy the privacy we offer. As the island grows there are few resorts that will remain small and intimate like ours.

Q - How do you prepare for your guests? How do you know what they want?

> A - Vivian and I personally handle the reservations, and by the time our guests arrive we have corresponded extensively with them in order to anticipate their every need. We can arrange private excursions or what ever activities they may be interested in. Of course dietary needs are always considered as well.

> > Q- So, you are now in your second season, and you and Vivian have certainly accomplished a lot in the short time you have been open, do you have any future plans for Azul/Rojo that you can share

A - Ahhhh...sure we have plans, but I am not going to share them with you, (wink and a smile!)

Ah you guys, you always keep us guessing...but it always worth the



Azul Resort & Rojo

The only resort and restaurant on Ambergris Caye awarded the selection of ★Fodor's Choice in the 2007 Fodor's Guide To Belize

Azul Resort

The swankiest place to stay on Ambergris Caye -Men's Journal Magazine Dec '06

One of Belize's most tranquil and exclusive refuges -Outside Magazine Dec '06

Rojo Lounge

This is the hippest restaurant and bar on the Cayes. Rojo Lounge, in a sultry open air palapa on a beautiful beach is definitely red hot. ...lunch offers sophisticated snacks, dinner is romantic and delicious... the bar serves killer frozen mojitos. -Fodor's

COME ENJOY PIBIL ON THE BEACH EVERY SUNDAY AT ROJO LOUNGE!!!

(Pibil is a traditional Belizean dish of pork wrapped in plantain leaves then slowly cooked underground.) Spend the day lounging on one of the most picturesque beaches on the Caye!!! Beachside bar featuring our famous "Frozen Mojitos" and original "Rojitos"!!! Noon until 6pm!!!



North Beach, Ambergris Caye (5 1/2 miles north) Open Tuesday through Sunday from noon until late. Reservations for dinner strongly encouraged. For information, reservations and events, please call 226-4012



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Sueño del Mar

Paradise has a new address...



Experience the Difference!

People are talking...Hear what the buzz is all about...

We would love to tell you all about Sueño del Mar, Ambergris Caye's private residential resort community.

We could go on and on about the luxuriously furnished villas, beautifully landscaped grounds, oceanfront setting, Concierge service, and our outstanding staff.

We could also tell you how Membership combines all the amenities and services of a luxurious Caribbean resort, with the best features of two-month fractional ownership, for the perfect vacation home.

But rather than tell you ourselves, we thought it would mean more coming from our owners. Here is what they have to say:



We spent our first two weeks at Sueño del Mar this past November. Besides the "spending time in paradise", the thing you enjoy almost immediately is the "Culture" created by the associates that work for the resort. Debbie and Ray are not "just" the managers, Dwayne isn't just the chef, Omar isn't just the bartender, and Checo isn't just the security guard: These people become true friends. The success of all organizations really depends on one thing, and that is the "culture". The management of the organization has successfully developed a great staff. Even in paradise the people do make the difference.

> Rusty Hamilton, Banker -Butler (St. Louis), Missouri



What Sueño del Mar means to me is an escape from reality where I can spend quality time with my family and forget about the everyday grind. The resort feels like my home but with 5-star services from handling all air reservations, pre-arrival grocery shopping, and airport pick-up to a nice bottle of wine

waiting for us when we arrive. Not to be forgotten is Chef "Mr. Flower's" world class cooking. When I hear the song "no shirts, no shoes, no problem" I think of Sueño del Mar and long for our next visit to a place we call "paradise" and home. The Hertz Family -

Sueño del Mar #2C & #8C - June/July Alan Hertz, President, Allied Fire Protection -San Antonio, Texas



We have been dealing with Land Properties for years in their other projects. Sueño del Mar is by far our very favorite. We have been traveling to Belize and

Ambergris Caye for 10 years now, and we love it up on the north end of the island. We just spent all of October and November living in our vacation villa at the resort, and wish we didn't have to get back to our home in Colorado so soon. The setting is gorgeous, the water is great, and the diving and fishing are world-class. Best of all, the wonderful staff at Sueño del Mar makes the experience extraordinary.

> Mike & Tammi Coleman, Contractor - Westcliffe, Colorado

"From a pure enjoyment standpoint, the best investment I've ever made was our membership in Sueño del Mar. The villas, landscaping, and facilities are unmatched with respect to quality and luxury. From a service perspective, my

family is pampered from the moment of arrival ... even before our feet hit the dock! The staff and team and Sueño are fantastic ... they have literally become our extended family.'

- Dr. Ed Paul, Honorary Consul of Belize -Wilmington, North Carolina



"After looking at beachfront property all over mainland Belize and on Ambergris Caye, it did not take us long after visiting your beautiful resort to make up our minds to purchase. We made our selection of Oct/ Nov based on the times of the year we thought we could best travel and get away from work.

Buying a membership into this beautiful paradise was our choice based on the fact that there is nothing for us to concern ourselves with - the good people at Sueño del Mar take care of everything...all we have to do is pack a bag each Thanksgiving, and we know we have a wonderful group of people waiting to take care of all of our needs. It just felt like "home" from the first moment we stepped on to the dock. We look forward to many fun and happy times at our vacation home at the resort."

> Wanda & Jack Scruggs, Chattanooga, TN Sueño del Mar #2C - Oct/Nov



Nancy & Gaines Berry



South Fork, Colorado The word investment takes on many meanings and offers many Sueño del Mar #3A - Jan/Feb benefits when you connect it with Sueño del Mar. The unique approach to membership, the truly complete commitment to member satisfaction, and the level of service and support encompass any resident with the secure feeling of "a very good deal". Jane and I chose to own August/Sept to fit our particular business "seasons" with my involvement in the Las Vegas travel industry. Sueño del Mar is the vacation home of our dreams, and we can't wait for next summer to come.

> Paul Davis & Jane Unger - Las Vegas, Nevada Sueño del Mar #2A - Aug/Sept

Stop by our office on Front Street, across from Fido's Restaurant. Our office is open from 8:30AM to 5PM. During the holidays, we also have evening office hours from 6PM to 9PM.

Stop by in the evening, and enjoy a cold rum punch on us, and allow us to answer your questions and provide you with pricing and availability.

> If you are ready for a vacation home on Ambergris Caye, you owe it to yourself to visit Sueño del Mar

> > Prices increasing soon...don't delay! Phase III now open!

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THE SAN PEDRO SUN VISITOR'S GUIDE

Tourist Information

Belize Tourism Board - 223-1910. Belize Tourism Industry Association (BTIA) - 227-5717. San Pedro Tourist Guide Association 226-2391.

Church Services

San Pedro Roman Catholic Church Sun. Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m; Mass or Communion Service every night at 7:30 p.m.

Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m.

Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

The Church of Jesus Christ of Latter Day Saints - Sacrament Service - 9:00 a.m., Sunday School - 10:10 a.m., Priesthood/Relief Society 11:00 a.m. No. 17 Pescador Drive.

IMPORTANT #s

Emergency 911 **Crimestoppers** 800 922-TIPS

Police 226-2022 **Fire** 226-2372

Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.

Lions Health Clinic - 226-4052; emergencies 600-9071 or Hours: Mon.-Fri., 8am to 8pm; Sat., 8am - noon.

Los Pinos Clinic 602-6383 and 226-2686. **Dr. Lerida Rodriguez:** 226-2197 or cell 620-1974.

San Pedro Chiropractic Clinic 226-4695 Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 600-0287 or 226-2854. Antonia Guerrero - 600-5475 or 206-2152. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. 8-12 and 2-5, Mon. to Fri. Emergencies 226-2555/2918 or 606-3864.

Ambergris Hopes Clinic - 226-2660, Emergencies: 606-2316

US Embassy - 227-7161

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

San Carlos Medical (Dr. Giovanni Solorzano, MD, Dr. Franklin Hernandez, Dentist) - 7:30am - 9:00pm, 226-2918

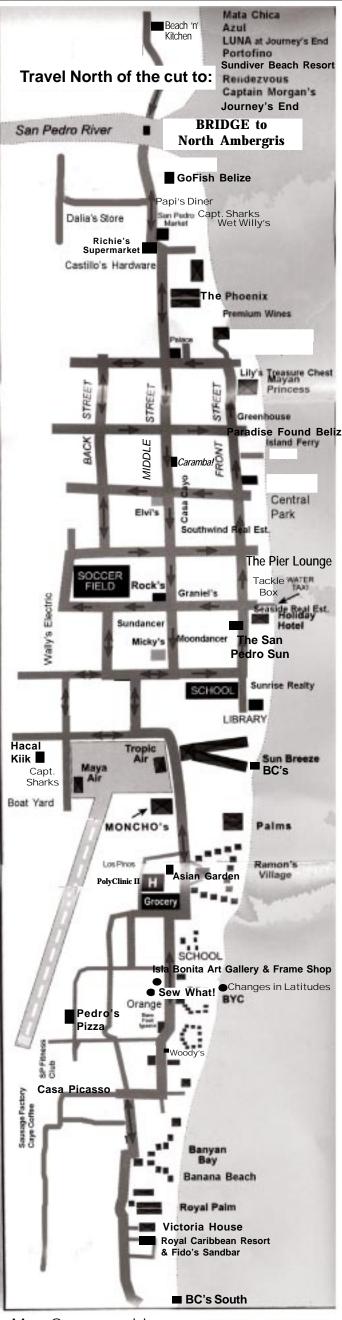
Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause -have dinner with us!

Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

San Pedro AA - 226-4464, 600-9061

Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.



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KRYSTAL SHIPPING CO./MASH CO. - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: mashco@btl.net

CASTILLO'S HARDWARE - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive, Phone 226-2302.

Party...Party...Party

THE HOLIDAY HOTEL - Every Wednesday, live music and a fabulous Beach Barbeque 6:30 p.m. - 9:00 p.m. Barrier Reef Dr. 226-2014.

PIER LOUNGE - Home of the "World Famous Chicken Drop" every Wednesday night. Daily drink specials and two-for-one happy hour. Located beachfront in the Spindrift Hotel. Phone 226-2002.

THE TACKLE BOX - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

THE SAN PEDRO SUN VISITOR'S GUIDE

Dining Out...

MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/ 5011.

ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012.

ELVI'S KITCHEN - serving the finest food since 1977. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday come try our Maya Buffet. Open Monday - Saturday. Lunch: 11:00 a.m. - 2:00 p.m. Dinner: 5:30 p.m. – 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

CELI'S RESTAURANT ON THE BEACH at the San Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for LUNCH. DELECTABLE SEAFOOD SPECIALTIES for dinner. OUTDOOR & INDOOR DINING 11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live music.

LILY'S TREASURE CHEST RESTAURANT - On BLUE WATER GRILL – Island cuisine with a twist!

the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

RAMON'S VILLAGE - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

LUNA at Journey's End Resort - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173.

RICO'S SURFSIDE RESTAURANT - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 604-9491.

MICKEY'S PLACE - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 - 10 p.m. for dinner. Burritos on Wednesdays. Pescador Drive. Call 226-2223.

Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

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VICTORIA HOUSE - International and Island-Style cuisine. Open for breakfast, lunch & dinner. Reservations recommended, call 226-2067.

CASA PICASSO TAPAS + MARTINIS - Small plates, big pastas and fantastic desserts! "Hippest martini spot"-Frommer's. Nightly 5:30pm, closed Sundays. Reservations 226-4507.

THE TACKLE BOX BAR & GRILL - whether it's a little break from the beach or a whole night out, the Tackle Box is just the place. The kitchen serves a wide array of affordable fresh comfort foods ranging from our big Tackle Box Burgers, special fried chicken, to some of our more local fare and seafoods. And what a better place to enjoy our dishes, than our back porch out over the water. 226-4313

CARAMBA! RESTAURANT - Local Mexican-Caribbean Cuisine. We cater to large groups! Capacity, 90 total. Opening Hours: Lunch: 11am - 2 pm, Dinner: 5pm - 10pm. 226-4321 or 226-3850. Caramba!: "Is where the food always speaks for itself!"

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PEDRO'S PIZZA & SPORTS BAR - Big Screen TV's for the Big Game, and the Best Pizza on the Island. 226-3825 -or- 206-2198 (after 4:00 pm).

BEACH 'N' KITCHEN - Yummy breakfasts, beach 'n' lunches! Daily Lunch Specials and treats! Near the Palapa Bar, one mile north of the bridge. Call 226-4456.

WET WILLY'S - World Famous Ladies' Night every Wednesday night! Plus, great lunch and dinner specials! Great drinks over the water! Come visit

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SAN PEDRO FITNESS CLUB - A/C Gym at Belize Yacht Club, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 226-2683.

CAYE COFFEE - Take a taste of our locally roasted fresh coffee back home. A wonderful cup of coffee makes such a great difference in your day. Try it and ask for more. 226-3568.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

THE GREENHOUSE - Fresh Produce & Seafood. Belizean and imported speciality. Fresh herbs, cold cuts, chilled goods plus an exciting selection of groceries. A/C local on Barrier Reef Dr. 226-2084.

THE SAUSAGE FACTORY - Largest selection of smoked meats and sausage on the island. One mile south of town. 226-2655.

CAYE INTERNATIONAL BANK - Offering Demand Deposit Accounts, Loans, Savings Accounts, etc. cibl@btl.net or phone 226-2388.

PROVIDENT BANK & TRUST - Offering a full range of International Banking Services. phone 223-5698 services@prov identbank.bz

GRANIEL'S DREAMLAND - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's, Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m. & Sun 10-12 noon.

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ASIAN GARDEN DAY SPA - Certified Therapeutic and Thai Massage practitioners; Hot & Cold Stone Therapy, Body Scrubs, Facials and more in a tranquil Asian courtyard. San Pedro Town, across from Ramon's. Ask about specials. 226-4072.

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The San Pedro Sun

Visitor Guide

EVERY WEEK we print a new edition covering the "good news" about San Pedro and Belize!

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Belize Botanical Gardens at duPlooy's Jungle Lodge





661-6254

Our four legged guide "Sister," along with Heather duPlooy, lead us on our walking tour. First stop, Heliconia Lane, where we admire the beautiful family of ginger plants.

of the garden. While we stopped to ooooh and aaaah over exotic, beautiful, funky and bizarre looking plants, Heather explained the history behind duPlooy's and specifically BBG, telling us that her parents, Ken and Judy duPlooy, moved to Belize in 1989. The land they purchased had been cleared by the previous owners for farming and Ken decided the landscape needed more vegetation, so he began planting various plants around the place. He soon discovered he had a passion for gardening in the tropics and transformed into an amateur botanist. In 1994, they expanded their property when they purchased the farm adjoining theirs and Ken wasted no time turning the cleared farmland into a lush tropical garden as well. He planted a combination of plants for vegetation and tropical fruit Ken thought could be economically important for Belize. Over time the size and scope of the collection began to attract attention from plant enthusiasts, farmers, scien-**Continued on Page 15**

lead our private tour through a portion

On a recent trip to duPlooy's Jungle Lodge The San Pedro Sun had the opportunity to visit the Belize Botanical Gardens (BBG). The botanic garden is 45 acres of native and exotic plants growing in the Cayo district of western Belize, nestled in a valley on the banks of the Macal River, surrounded by the Maya Mountain foothills. There are two miles of trails to experience the variety

of native and exotic fruits, palms, hardwoods, ornamentals and more delights of the world's tropics. You can hire a guide to show you around or if you prefer you can see the garden while riding a horse-drawn buggy or even by horseback. You can also go at your own pace with a self-guiding booklet.

We were greeted by Heather duPlooy, the curator, who graciously

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Belize Botanical Gardens

Continued from Page 14



tists, botanic gardens and related organizations. The encouragement they received helped them decide it was time that the eclectic collection became something more. While Ken kept busy covering every square inch of space with new plants, Judy began to gather the resources and information needed to make the transformation into a botanical garden. Together they officially registered Belize Botanic Gardens in 1997. As we toured the lush landscape Heather em-

phasized that although BBG offers you beautiful plants in a beautiful place, they are more than just another "pretty face." Their main focus is encouraging sustainable agriculture, maintaining conservation collections and engaging in conservation education. They aim to inspire the community and their visitors to protect plants and their habitats by learning more about the world of plants.

Heather told us of the curriculum related educational programs BBG con-



Many different habitats are demonstrated at the Belize Botanical Gardens. Along the way interpretive signs (left) are posted to learn more about the importance of each area and what animals call it home. Obviously the black bellied whistling ducks think it is perfect!



This replica of a fire tower allows you breathtaking views of the lush gardens and at night the star-gazing is amazing.

ducts for students of all ages that visit the garden on field trips and that they focus on many different sciences. They also allow local institutions of higher learning to utilize the garden for research

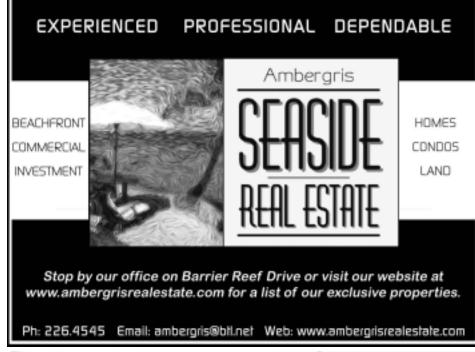
and participate in existing programs as well as field study opportunities for local or foreign students of the natural sciences. They also offer a 30-day basic **Continued on Page 17**



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Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton, Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad, Rib-Eye Steak Argentino, Almond Nut Crusted Grouper, White Chocolate Pudding laced with a cardamom anglaise sauce, Strawberry & Mango Ice Parfait.

boasts an atmosphere of relaxed elegance and style, with inventive cuisine in an enchanting setting.

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Belize Botanical Gardens

Continued from Page 15





Not only is the vegetation beautiful and interesting to look at but the garden is home to many exotic creatures as well. In the tree tops we spotted a Keel-billed Toucan and Heather pointed out a huge, colorful caterpillar that lives on the Frangipani trees.

job skills training certificate to high school students who are unable to attend school due to financial reasons, and for high school students or recent graduates BBG offers a summer Conservation Certificate for those looking for job experience.

Belize Botanic Gardens is committed to earthfriendly agriculture and strives to discover ways to grow plants without the use of pesticides or chemicals while finding methods to grow plants in a way that benefits farmers and nature. Focusing on sustainable agriculture, their largest project deals with palms called xate (shah-tay). Xate are leaves from three Chamaedorea palm species which are used in the floral industry. Along the trail Heather points out these attractive leaves which can last for up to 45 days after being cut and are popular in flower arrangements. They are harvested from palms in the forests of Mexico, Guatemala and Belize where they grow naturally. Many people, called xateros, rely on the harvest of palm leaves as their source of income. Unfortunately so much leaf is collected it has made a large impact on the health and population of the palms in the wild. BBG is working with organizations such as the Itzamna Society, Ya'axche Conservation Trust and ACICAFOC on helping to create a fair and environmentally sound xate industry in Belize. BBG will pro-



Although the orchids were not in bloom the Native Orchid House is a tropical wonderland and an architectural beauty.

vide information, seeds and plants to Belizean farmers. This is part of a Natural History Museum (London) project funded by the Darwin Initiative. Other sustainable agriculture projects they are involved with include hardwood agroforestry (using trees in an agricultural setting), developing alternative economic fruits by encouraging agricultural diversity with experimental orchards, and bay leaf palm conservation. Bay leaf palm is used for thatch roofing and the leaf is becoming scarce due to habitat loss and over collection. To ensure the health of bay leaf tree populations,

Continued on Page 18





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Belize Botanical Gardens

Continued from Page 17



BBG has two "Plants of the Maya" trails where you can learn about the indigenous plants used by the native people of Belize. There is a replica of a Mayan Hut complete with authentic artifacts and an interpretive area as well.

farming the palm for thatch use is a sustainable alternative to wild collection. The bay leaf palm is an ideal crop for most areas of Belize.

The Native Orchid House is home to their most important collection of plants. As we enter the large open structure constructed with slated wood, Heather explains that Ken's ingenious roof design hosts areas where the slates are closer than others to allow just the right amount of light to come in. Since 1997 BBG has been working with the National Botanic Gardens, Glasnevin, Ireland to collect, grow and study the orchids of

PROPERTIES

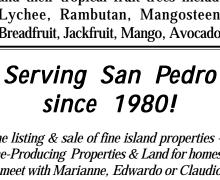
Belize. So far, this collaboration has resulted in 20 orchid species added to the known orchid flora of Belize, including one newly described species to science appropriately named after her late father. There are about 300 different species in Belize and the Native Orchid House displays over 100 of these rare and exotic orchids.

Their palm collection contains nearly all the palms of Belize, as well as 50 palm species from around the world, and their tropical fruit trees include Lychee, Rambutan, Mangosteen, Breadfruit, Jackfruit, Mango, Avocado,

Starfruit, Jaboticaba, Mammy Apple, Malley Apple, Black sapote, Sweetsop, Soursop, Java Apple and Govenor's Plum to name a few. Other attractions at BBG include the 'Plants of the Maya' trail where you can learn a little about indigenous plants used by the native people of Belize, like what plants were used for clothes, storage, tools, building, ritual and medicine. To show visitors different habitats of Belize, they have recreated a Mountain Pine Ridge, Savanna, Wetland and Rainforest. At each habitat you will find the plants associated with that ecosystem and information about why it is important and what you can do to help keep it around. You can also check out the vista from their hill top lookout. You get a bird's eye view of the garden and surrounding hills from the top of the 25ft. fire tower. There is also the Hamilton Bird Hide where you can spot grebes, black bellied whistling ducks and northern jacanas

at the nearby pond. Of course you can also enjoy Heliconia Lane which displays heliconias, gingers, sterlitzias (bird-of-paradise) and aeroids. Belize Botanic Gardens boasts a complete collection of Belize's heliconia and ginger as well as over 50 different varieties from the world's tropics.

As we conclude our tour it is almost overwhelming to imagine the passion Ken must have had for this garden. Although he passed away in 2001 he is very much alive in the beautiful plants that continue to grow and thrive. It is a gift to us all with a lesson to be learned..."if you love and need me you must take care of me." The ambition and dedication that the duPlooy family continues to have is admirable and inspiring. What a beautiful tool they have to teach and learn from, we know we certainly did, and think you will feel the same admiration and delight that we did when visiting the Belize Botanical Gardens!



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Coco Beach Resort – 2 bedrms\2 baths condos, 1 bed/1 bath off beach condos & 2 bed/1 bath multi-level casitas are available. A great opportunity to get into a project at ground level!

Kate Subdivision Residential: (L20) Attractive house with pool on large property. Only 7 miles north of town center with own private dock, big bodega, caretaker's house, 2 big water cisterns, road access, & many other extras. Asking \$1,325,000.00 US

Secluded piece of Paradise (R40)2.6 acres with more than 435' of beachfront & another 458' of lagoon water frontage on the western coast of Ambergris Caye.

Raw Land

Ambergris Bay (G38) Gorgeous beach front parcel approx. 60' x 80'. \$105,000.00 US Ambergris Bay (M62) 2nd row lot approx. 65'x160'. \$17,500.00 US.

Habaneros Beachfront & Back Lot- Beautiful beach front lot with high elevation & lush vegetation, together with large back property. Lot 11 is the beachfront property with dimensions of 90' x 400' & Lot 27 is the back property with dimensions of 90' x 300'. A Great Buy for only \$235,000.00 US.

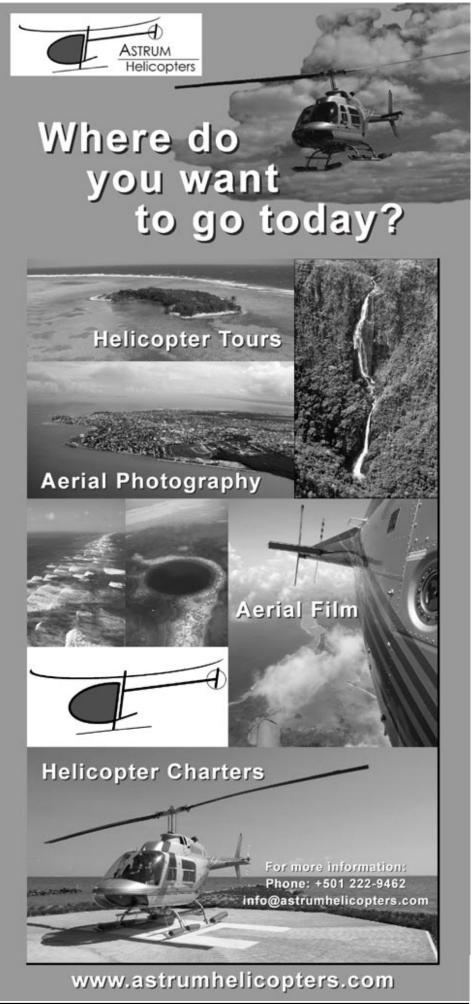
Water Frontage San Pedro Lagoon (G39) Large Beachfront parcel comprising 2.5 acres of pristine land on the San Pedro Lagoon. Enjoy charming sunsets & great fishing at your doorstep. Build your retirement home just a few minutes away by boat from town. Lot measures 260' x 407'. Price \$165,000.00 US.

Paradise Coves (L18) 2 rows off the beach – great location. 90' x 70'. \$25,000.00 US. Palmero Point (W19) Lot 50, 95' x 120' - \$20,000.00 US Terms Available

Palmero Point (J31) lot#25: – 105' x 105' x 120' x 50'- \$58,000.00 US Cash only Escalante Subdivision – Lots 50' x 75' - \$40,000.00 US

Caye Caulker (J25) 4 acres with 240' of beach front, beautiful cleared & filled land. \$425,000.00 US.

Robles Point Acreage (G16) 33 acres with more than 3,000' of beach front plus lagoon frontage to the back of the property. Great Commercial Investment at \$5 Million US Robles – 3 side by side off the beach lots each 92' x 190' for \$60,000.00 US each.



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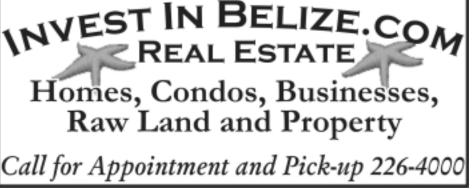


Wolfe's Woofers

by Dennis Wolfe

How To Spell My Name

- "A and R Printing," the lady on the phone said. "How can I help you?"
- "I would like to order some business cards," I told her.
- "Is this a reprint order?"
- "Huh?"
- "Have you bought cards from us before?" she asked. "If you have, we can simply reprint them for you."
 - "No. This is a first time order."
 - "All right, then. What is your name, sir?"
 - "Dennis Wolfe."
 - "What would you like the cards to say?"
- "I hadn't really thought about it. I was hoping you could help me with this part. Just keep it simple."
 - "Certainly," she said. "What kind of business are you in?"
 - "I'm a musician."
 - "Do you have a band?"
 - "Yes. It is called The Usual Suspects."
- "What about this?" she asked. "Dennis Wolfe and the Usual Suspects Band. I'll put a picture of a guitar and some musical notes along with your phone number and if you like, an e-mail address."
 - "It sounds perfect."
- I gave her my phone number and address and made arrangements for payment.
- "Oh, by the way," I told her. "Please make sure you spell my name correctly."
 - "Sir, I am an excellent speller," she said.
- "O.K." I said. "Just remember, it is Dennis Wolfe with an e. You wouldn't believe how many people misspell it."
 - "Certainly, sir.'
- Yesterday when I got home Dulce said, "There's a box of business cards that were delivered while we were out."
 - "Oh, great! My business cards are here."
 - "I don't think those are for you," she said.
 - I opened them up to find 500 business cards for Dennis Wolfe Withany.





Trivia Tidbits

- *The Bactrian camel is the only land mammal on Earth that can survive on salt water.
- *Flamingo tongues were a common delicacy at Roman feasts.
- *Brazil is a land with a lot of big creatures it is home to the world's largest snake (the anaconda, measuring up to 35 feet in length), largest spider, largest rodent (the capybara, a sort of guinea pig the size of a police dog), and the world's largest ant.
- *Drinking lowers rather than raises the body temperature. There is an illusion of heat because alcohol causes the capillaries to dilate and fill with blood. In very cold weather, drinking alcoholic beverages can lead to frostbite.
- *Sugar plays more roles in jams and jellies than just sweetening the fruit. Sugar helps to preserve the fruit in jams and jellies from its ability to "tie up" water in the mixture and inhibit the growth of microorganisms and bacteria.
 - *Baby rattlesnakes are born in August and September.
- *The gastric juices of a snake can digest bones and teeth but not fur or hair.
- *Of all the ore dug in diamond mines, only one carat in every 23 tons proves to be a diamond.
 - *If you are taking a class in pistology, you are studying faith.



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- ❖ New completed 3rd floor beachfront 2 bedroom condo with 4th floor penthouse suite unfurnished offers must sell!
- ❖ Banana Beach Resort: 1 bedroom ocean front suites with 2 Pools, beach, restaurant and bar from \$150 to \$165,000 with guaranteed rental incomes.
- 'Vista Del Mar' ideal income producing property owner's home with 4 1 bedroom apts immaculate. \$ 575,000
- ❖ Villa del Mar new custom built beachfront home, 1 ac, pier, 3 bedroom \$945,000.
- All new construction Cayo Espanto area turnkey luxurious bay front 4 bedroom homes. Inquire.
- Spacious rental beach home south of town. Sleeps 10 plus guest cottage. Pool, mature landscaping, large pier. Inquire.
 Mata Grande Caye Villas with pool.- 2 Bed 3 bath fully furnished
- from \$394,000.
- San Pablo canal home w/ 200ft water frontage, 2 boat slips, ramp, fully fenced, 2 storey duplex 2bed/1bath up 1bed/1bath down. \$ 254,000 seller financing 30% down.
- **❖ Tres Cocos garden home** 1bed w/apt \$275,000.
- The Castle 10 apt complex: \$400,000.

UNDEVELOPED PROPERTIES

- ❖ Mata Chica area beach lot ½ acre \$ 295,000 offers
- West Bay private sandy cove 260 ft \$ 265,000
- Palmeros Point beachfront residential lot \$197,000.
 Robles beachfront 100 ft beach \$200,000.
- **❖** Robles beachfront **200** ft beach \$400,000.
- ❖ Boca Ciega 4.5 acres 170ft beach front. \$350,000.
- ❖ Buena Vista Point ocean view 75ft x 150ft \$79,000 each.
- ❖ Buena Vista Point ocean view 75ft x 150ft \$89,000 each.
- ♣ Laguna Estates ocean view lots from \$60,000.
- ❖ West Bay Caribbean Coves 100 ft x 500 ft ocean front west side \$ 85,000.

All prices are in US dollars and subject to change without notice. For further details on these properties and much more call your AMBERGRIS CAYE SPECIALISTS

