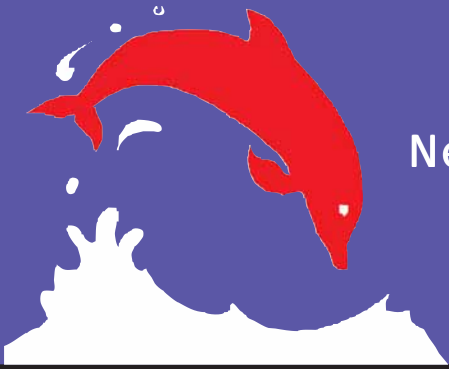
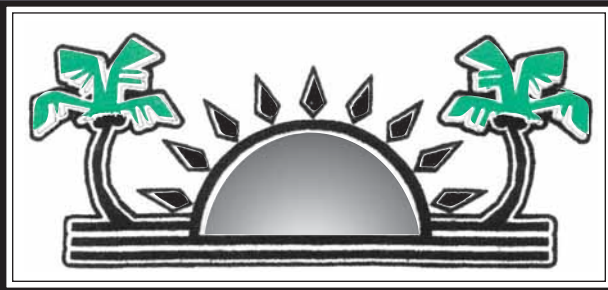


THE SAN PEDRO SUN VISITOR GUIDE



The
Island
Newspaper

Vol. 19
29



July 30, 2009

FREE

Ambergris Caye, Belize
Central America

Exploring Toledo:

*The hidden
gem of
Belize*



Mother Nature has blessed Earth with profound greatness. Each corner around the world possesses its own beauty but acquiring the best of both worlds is almost impossible. Not in Toledo, the southernmost district in Belize. The wondrous and mysterious caves, the eyes into the past beckon exploration. The hike through the lush jungle thrills your very core as you explore nature's maze. In half an hour, step into white sandy beaches topped with bright green tropical flora. Swim in the clear, shallow waters or snorkel in waters that provide glimpses into the kaleidoscope of colors available in the Caribbean Sea's floor. Toledo, magical to say the least, has opened its doors and proudly welcomes you to get to know the forgotten district. Beauty like this can not go unnoticed and the Belize Tourism Board proposes just that with their 2009 Media Tour through Toledo.

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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



The **Coral Ed Ventures** team pose with their copy of *The San Pedro Sun* in front of their college's sign. According to **Hannah Dunning**, they all miss San Pedro a lot and hope things are going well for La Isla!

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.

The *San Pedro Sun* is mailed everywhere.

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SuDoku! Level: *Difficult Answers on Insert A

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Exploring Toledo - the hidden gem of Belize



Thatched roofs, children walking hand in hand, not a care in the world - Toledo is a throwback to the simple pleasures in life.



Departing from Belize City, the group was en route to the Toledo District. Soon enough, the Caribbean Sea disappeared from sight and standing in its place were rolling hills and splendid mountains. Every now and again, as the road continued to snake through the hills, creeks, lakes and rivers make their way through the bright green landscape.

Toledo, undiscovered and unspoiled, suddenly peeks through, thatched roof after thatched roof appear in the horizon as kids hold hands and walk down the grassy roads. Women can be seen tending to their laundry on riverbanks

as the children frolic in the rolling river. As the group arrives, some are accommodated at the Lodge at Big Falls while the others travel a bit more and find their rooms at Sun Creek Lodge. Both lodges, unique in their own right, offer a closeness with nature that is completely unimaginable. Flowers bloom as the delicious sweet scents captivate while you walk through the gardens. A light shower falls and you know you are in Toledo, where rain is often expected and always welcomed.

Once everyone has been settled in, Bruno Kuppinger of Sun Creek serves as our guide and drives his green bus to our first stop - Eladio Pop's cacao

Continued on Page 4

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ICE COLD BEER!



From harvesting cacao to the roasting, to the grinding and to the intriguing chocolate drink, it's a family affair.

Exploring Toledo

Continued from Page 3

plantation. Pop, along with his family, have made a living and have lived off of the plantation for the past 36 years. Once the cacao beans have been fermented, dried and roasted, they are then shipped to the United Kingdom where the company, Green and Blacks,

anxiously await their arrival. These beans are then converted into the orange flavored Mayan Gold chocolate. Lunch is served at Pop's home where his wife and family have prepared rice and beans with stew chicken for the group. Cooked over the fogon (outdoor

wood stove), the food is full of flavor and delicious. Once lunch is completed, the comal (griddle) is used as the roasting machine for the cacao beans. The chocolate scent wafting from the beans is a chocolate lover's heaven. The beans are grinded and a "not so sweet" chocolate drink is produced. This drink is a staple at most homes in Toledo, especially during breakfast; it contains great medicinal qualities as well.

We say goodbyes to Pop and his family and make our way to Lubaantun

(Place of the Fallen Stones). Shortly after 890AD, the site was abandoned by the Mopan and Ketchi Maya. Discovered in 1903, Lubaantun still remains for the most part unexcavated with mysteries still covered by the extended arms of the surrounding jungle.

Our third stop is the glorious Hokeb Ha Cave located deep in Blue Creek. What starts as a grassy trail soon becomes rocky. Hopping through rocks to get across the creek, holding on to

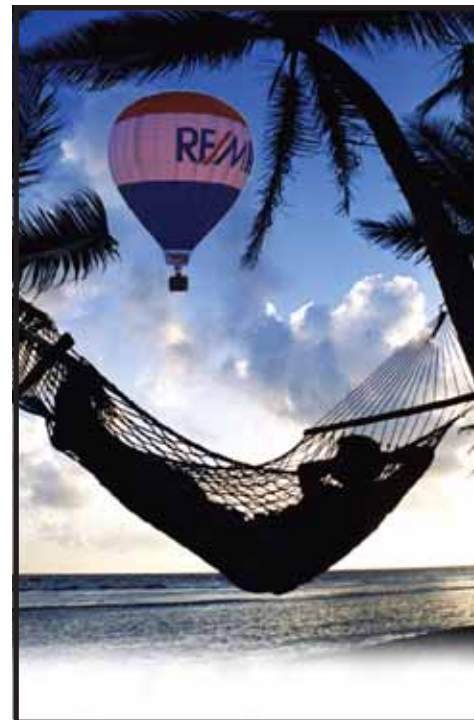
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Exploring Toledo

Continued from Page 4



vines as we pull ourselves up, holding on to boulders as the trek up continues, Hokeb Ha envelopes us in its grand environment. Small creeks guide our way as they continue to roll down while the walls of the mountain stand proudly. Various shades of green are everywhere and the air is crisp and fresh. After about half an hour we arrive at the entrance of the cave and what a sight to behold! The cave, believed to have been used for ceremonial purposes in the past, looms straight ahead, dark, temptingly spooky but certainly piques everyone's interest. A dip in the waters offers a soothing and refreshing end to the day. The hike, adventurous to many is certainly well worth it when swimming in the cool river waters.

Continued on Page 6

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Exploring Toledo Continued from Page 5

The second day of fun is in the hands of Garbutt's Marine who are well known for their fishing expeditions and cater only to catch and release anglers. Dennis' knowledge of the surrounding waters is extensive and he explains the area very well, the passion can be heard in his voice as he navigates the boat to our next destination - Snake Caye. White sandy beaches, crystal clear shallow waters are



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the picture perfect place for a beach barbecue. As we waded in the waters, the grill is fired up, chicken and fish slowly cook while we explore the area. To the east of the island, the waters are deeper and bright colorful coral are found eight feet under water. Parrot fish, angel fish and a slew of companions swim around you as they welcome you to their world. With seagulls flying above, Snake Caye is uninhabited and you can't help but have the Robinson Crusoe experience.

Places to stay while in Toledo are not hard to find and each offers something different than the others. However, they all are alike in the sense that each resort will offer you only the best - the best in hospitality, food, and experiences. Beya Suites are located right on Punta Gorda's beach front and offers comfortable suites equipped with tv, wireless internet and other amenities, while Hickatee Cottages offers you that jungle atmosphere with its lush garden and the variety of wildlife in their property. Coral House Inn is more modern and its pool invites you for a nice dip. Also located on the beach front Coral House Inn is spacious and perfect for any kind of traveler.

According to Lorraine Herrera, Product Officer for BTB, the tour was organized as a way to promote the south to visitors and Belizeans. Toledo is the perfect getaway for a fun vacation - tropics, mountains, and ruins combine to offer you the best vacation you could possibly have. Come on, what are you waiting for? Explore your own backyard. Toledo awaits you!

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SCUBA Diving

"Dennis, do you SCUBA dive?" Charlie T asked.

I was sitting at the bar at BC's after the Sunday Jam Session

"Not a chance," I said. "I've never had the desire. I don't mind snorkeling because I'm on the surface of the water. I just don't like things swimming over the top of me. It seems like a dangerous hobby to me."

"I tried it a couple of times," Charlie said. "You're right. It is a dangerous sport."

"I've been diving since I was fourteen years old," Dulce said. "There's nothing dangerous about it if it is done properly."

"I wouldn't mind trying it," Melody said, "except that you have to use the buddy system. I'd rather go by myself so I don't get embarrassed if I do something wrong."

"The buddy system is part of the safety," Dulce told her. "Your buddy can help you if you have equipment problems or if you run out of air."

"Yeah," Charlie said. "And if you run into a mean shark, your odds are fifty fifty of being eaten instead of a hundred percent."

"I don't like the idea of wearing all of that dive gear," I said. "That, and falling out of the boat backwards. What's up with that?"

"It's simply the easiest way to get in the water," Dulce said.

"I thought it was because the equipment is so heavy you can't stand up with it on," Charlie said.

"You guys aren't very smart," Melody said. "It's easy to see why they fall out backwards. I figured that one out right away."

"How so?" I asked.

"Well, if they fell forward, they would still be in the boat."

Trivia Tidbits

*A raisin dropped in a glass of fresh champagne will bounce up and down continually from the bottom of the glass to the top.

*In 1932, Porto Rico was renamed Puerto Rico.

*From birth to adolescence, selected bones in the human body fuse together. The last bone to fuse is the collarbone, and this occurs between the ages of 18 and 25.

*The hummingbird's tiny brain, 4.2% of its body weight, is proportionately the largest in the bird kingdom.

*A male moth can smell a female moth from 100 yards away.

*In the U.S., 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.

*Diamonds are rare: an average of 350 tons of ore must be mined and processed to find an uncut diamond large enough to cut a single one-carat polished diamond. Of all the diamonds mined, only 20 percent are even suitable for jewelry.

*The Earth rotates on its axis more slowly in March than in September.



Riddle Me This:

Q: I cover what's real, hide what is true, but sometimes bring out the courage in you. What am I?

Answer Below



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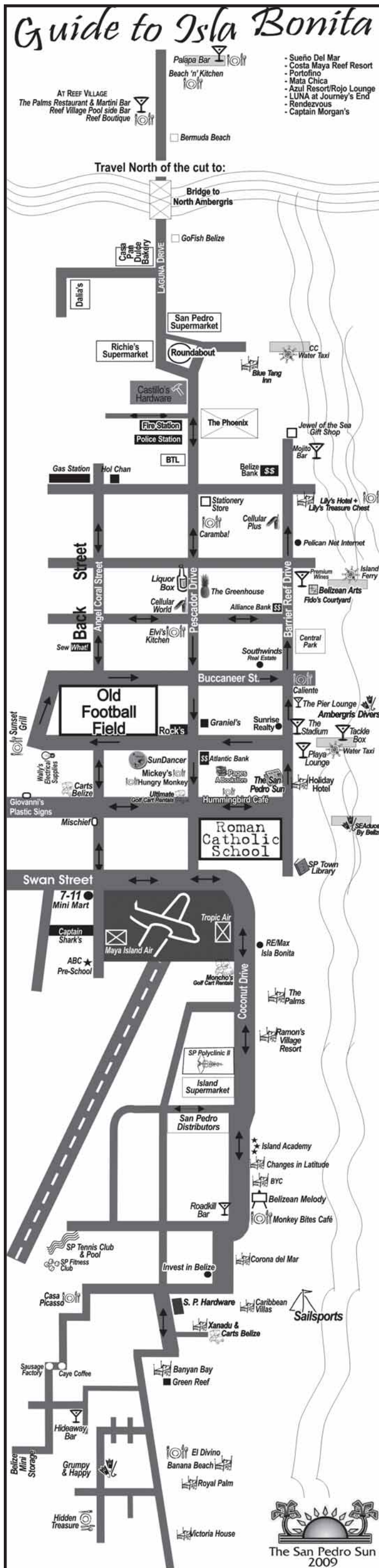
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Ambergris Hopes Clinic - 226-2660, Emergencies: 629-3618.
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Church Services

San Pedro Roman Catholic Church
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm.
 Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.
Living Word Church Service Sun. 10:45 a.m., Youth Meetings on Sundays at 7:30p.m., Women's meetings on Wednesday at 7:30 p.m., and Men's meetings on Thursday at 7:30 p.m. We do Christian charity work. 226-2950.
Assembly of God Church on Angel Coral St. T-W-St.-Sn. 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 - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Lagoon St. (between the bakery and the bridge).
San Pedro Community Church - meets Sundays at 10a.m. at the Ambergris Elementary School. All Are Welcome.

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 /226-2833
San Pedro AA - 226-4464, 600-9061, 624-7705.
Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.
CARE BELIZE - Children's Specialist, San Pedro. 622-8200
SP Town Library - 206-2028



Tourist Information

Belize Tourism Board - 227-2419.
Belize Tourism Industry Association (BTIA) - 227-5717.
Belize Hotel Association - 223-0669, bha@btl.net
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Water, Sports & Tours

GRUMPY & HAPPY - Snorkeling - private snorkel tours - just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234. Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.
AMBERGRIS DIVERS - Come on... "Immerse Yourself In Our World!" Full service Belizean owned and operated Dive Center offering specialized scuba and snorkeling activities, catering to experienced as well as the novice enthusiast. 226-2634.
SNUBA - Go Beyond Snorkeling! Enjoy the fascination of diving with the ease of snorkelling. No certification required! Call 226-2882 for more information!

Real Estate...

ELITE REAL ESTATE INVESTMENTS (EREI) - We are Ambergris Caye's real estate specialists. Call now to schedule your free professional investment consultation. Under \$200K to \$4.1M. Call 226-2260, or email: sales@erei-belize.com. By appointment.
SUNRISE REALTY - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or Email: info@SunriseBelize.com
SUEÑO DEL MAR - Paradise has a new address! Located on Barrier Reef Drive (Front Street), across from Fido's Restaurant. 8:30AM to 5PM, www.dreambelize.com, Phone: (US #) 719-302-5398, (Belize #) 011-501-226-4001.
CORAL BEACH REALTY - Professionalism at its best. Visit our office on Barrier Reef Drive, 226-2681. www.CoralBeachRealty.net.
HOLDFAST LTD. INLAND & RIVER FRONT SPECIALISTS, SMALL FARMS - 36 YEARS IN CAYO San Pedro, 50' x50' beachfront lot, Basil Jones area, \$85kUSD John, Beth & Sandra Roberson 662-5700, 663-6777, 664-7272. HoldfastBelize.com
RE/MAX Isla Bonita, located at 10 Coconut Drive, San Pedro. 226-4400 e-mail: info@owninbelize.com or visit our website at www.owninbelize.com

Transportation...

CRISTAL GOLF CART RENTAL - Along with Island Tour Rentals, have combined to offer the best rates on the island! Special hourly, weekly & monthly rates. Daily rates are \$85 BZ. 4- & 6- Seater golf carts available. Security deposit required. Cristal - 226-4949 or 626-5555. Island Tour - 226-2351 or 226-2972.
MONCHO'S GOLF CART RENTALS - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.
CARTS BELIZE - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.
ISLAND FERRY SERVICE & WATER TAXI - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.
CRYSTAL AUTO RENTAL - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1600, 0-800-777-7777.

Services...

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.
S.P. HARDWARE - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522.
HARMOUCH CENTER - Hardware, housewares, furniture and more. Pescador Drive across from BTL 226-3860.

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.

ELVI'S KITCHEN - serving the finest food since 1974. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday - come try our Mayan Buffet. Now Opening Monday - Saturday from 11:00 a.m. - 10:00 p.m. Call us for group reservations. Ph 226-2176/2404 "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.

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.

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. **BLUE WATER GRILL** - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

EL DIVINO RESTAURANT at BANANA BEACH - Serving breakfast, lunch and dinner from 6 a.m - 10 p.m. Book your party or banquet today! Phone 226-2444.

RENDEZVOUS RESTAURANT AND BAR - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

BEAN RESTAURANT/SHADE BAR - @Ak'bol Resort- full service- awesome bartender! Local food @ Local prices on the beach \$1-\$15BZ + unique specials+ desserts daily. Interesting pizzas \$25BZ+ up. Saturday Beach BBQ. One pier North of Palapa Bar.

CASA PICASSO TAPAS + MARTINIS - Small plates, big pastas and fantastic desserts! "Hippest martini spot" - *Frommer's*. Nightly 5:30pm, closed Sundays. reservations 206-2272.

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.

PORTOFINO RESTAURANT AND GREEN PARROT BEACH BAR - Meet our boat at 6:30 p.m. at Fido's Dock for a complimentary ride to one of the best culinary experiences you will have while in paradise. For reservations, call 220-5096.

BC'S BEACH BAR & GRILL - On the

beach between Sunbreeze & Ramon's, BC's is open every day from 8am - midnight. Live music Thursday and Sunday Jam Session. **SUNDAY BBQ** from Midday. 226-3286; bcbarr@btl.net. Burritos and nachos every day.

PALAPA BAR AND GRILL - The Coolest Place, North of Bridge. Drink & Dine out over the Caribbean waters with cool breezes and no mosquitoes. Specialty is a BBQ, Slow Smoked, Pork Sandwich and Fresh Caught Fish Tacos. Open 7 days, Happy Hour Drinks from 4:00pm - 6:00pm. Telephone: 226-3111. **NAUTICA SEAFOOD GRILL & BAR** - Fine dining on an intimate balcony overlooking the water. Fresh seafood, island flavors, pasta, grilled specials. Upstairs inside Fido's.

HUMMINGBIRD CAFÉ - serving a wide variety of healthy, homemade wraps, salads, specialty meals, gourmet coffee drinks and desserts. Dine in air conditioned comfort. Located at the Vilma Linda Plaza, open Mon. through Sat. 8am-5pm, 226-2754.

HIDDEN TREASURE - Discover great food in an enchanting setting! Featuring Latin American and Caribbean Cuisine, and the Island's Best Martinis & Mojitos! Open for Lunch and Dinner. For Reservations, please call 226-4111.

...Unique Offerings...

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

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 Pescador Dr, next to St. Francis Xavier Credit Union. 226-2084.

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@providentbank.bz

PAGES, A BOOK STORE - carrying new and used books. We also trade gently used books. Located at the Vilma Linda Plaza, open Mon. through Sat. 8am-5pm, 206-2254.

BELIZEAN ARTS GALLERY - Local art!

SUNDANCER - Unique boutique featuring quality clothing, jewelry and great gift items for men. Phone: 226-2948.

LINDA MIKULICH - "Design with you in Mind" - Artist/Interior Decorator. Fine Arts Paintings, faux finishes, murals. 610-0277.

CORONA DEL MAR - Hotel - Apartments. Your home at Woody's Wharf! To make your reservations, telephone 226-2055 or visit our website at www.ambergriscaye.com/coronadelmar. Your home away from home!

7-11 - For all your grocery needs. Located at the corner of Swan and Tropical Wave Street, 7-11 is newly remodeled to better suit your shopping needs. Call 226-3300 or come by and shop in comfort!

AK'BOL YOGA RETREAT & RESORT - Daily Yoga Classes/Day Retreats/Group Retreats. The only resort dedicated to the practice of Yoga and Wellness. Yoga studio at the end of the pier overlooking the sea...Open to All *Beginners Welcome* Mats Available

Mon thru Sat 9-10am gentle morning flow,
Tu & Th 3:30-5pm asana+ meditation,
Sunday 1pm Kids Yoga + Pizza Day
Private sessions/Group Classes available
226-2073, 607-7305, 626-6296
Om Shanti Om-peace to all....

RICHE'S SUPERMARKET - Belizean owned supermarket located at the entrance of San Juan. From local to imported rums, fruit, vegetables and other grocery items, get all your items in one place. 226-4192.

BELIZEAN MELODY ART GALLERY at Exotic Caye Beach Resort.

Party...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.

FIDO'S RESTAURANT & BAR - Fun & food on the beach. Live music nightly, island drink specials, new shot menu with over twenty selections!

BC'S BEACH BAR - Serving food all day. Live music every day. Famous Sunday BBQ and Jam Session starting at noon. We do catering. On the beach between the SunBreeze Hotel and Ramon's Village. Open daily from 9:00 a.m. to 12 p.m.

LA PLAYA LOUNGE - Casually elegant beachfront bar. Enjoy great drinks, snacks and lounge while listening to great music. Watch beach volleyball, enjoy weekend pig roasts and more. On the beach by SP Belize Express dock.

SuDoku Answers! Puzzle on Page 2

5	3	6	1	9	4	7	8	2
1	2	7	8	6	3	9	5	4
4	8	9	7	5	2	3	6	1
6	9	8	5	7	1	2	4	3
7	1	4	2	3	8	6	9	5
2	5	3	9	4	6	8	1	7
8	6	2	3	1	5	4	7	9
9	4	1	6	2	7	5	3	8
3	7	5	4	8	9	1	2	6

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