

# ACTIVITIES & TOURS

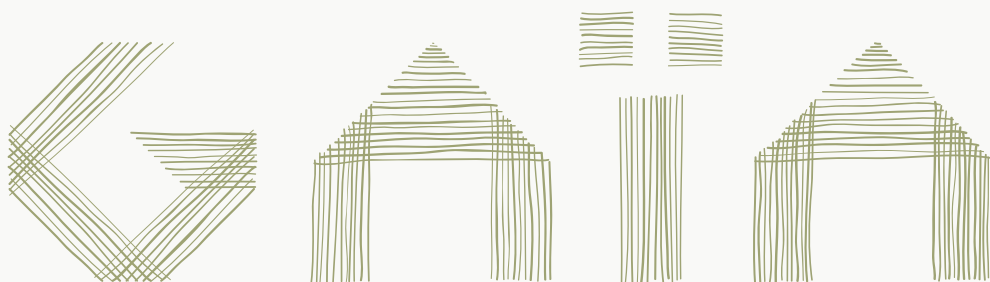


RIVER LODGE

**GAÏA RIVERLODGE**

PO BOX 173,  
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CENTRAL AMERICA

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R I V E R L O D G E









## THE GAÏA EXPERIENCE

Celebrate the lush rainforest of the Mountain Pine Ridge Forest Reserve...  
Experience one of the most celebrated ecotourism destinations in Belize.

Enjoy the views from your beautiful private cabana, surrounded by  
exquisite flora, visited by spectacular birds.

Tempted to take your relaxation to a next level, have a yoga session  
or rejuvenate your mind and body at our spa.

Use our complimentary mountain bikes to explore Mountain Pine Ridge  
on your own and cool off on the waterfall at the edge  
of our property during your excursion.

Explore the natural and cultural wonders of our country.  
Complete your vacation with a stay at Matachica, our sister property  
on the glimmering Caribbean Sea.

An extraordinary adventure you will remember forever...

**PLEASE CONSULT OUR FRONT DESK FOR BOOKINGS**







## GAÏA SPA

Indulge your senses...

Treat your muscles to complete relaxation.

Consider a calming, beautifying facial.

Refresh your body and spirit.

Pamper yourself at our spa.

**PLEASE REFER TO THE GAÏA SPA TREATMENT MENU AND INQUIRE  
AT THE FRONT DESK TO BOOK YOUR APPOINTMENT.**





## TREATMENTS



### *Sixty-Minute Sunset Aromatherapy Massage*

This stress-reduction massage can be slow and gentle, or vigorous and bracing. It loosens tight muscles and reduces stiffness, removes energy blockages and increases blood circulation.

### *Sixty-Minute Head and Foot Therapeutic Massage*

This wonderful massage focuses on the specific stress areas of the neck, hands, head and feet. A perfect treat for your body after a day of Mountain Pine Ridge adventures!

### *Eco-Calm Facial*

Enjoy a stress relieving facial using exfoliating sea salt scrub and an organic cucumber extract mask. Numi's collagen is gently massaged into the skin. Our facial ends with nourishing mineral care spray.

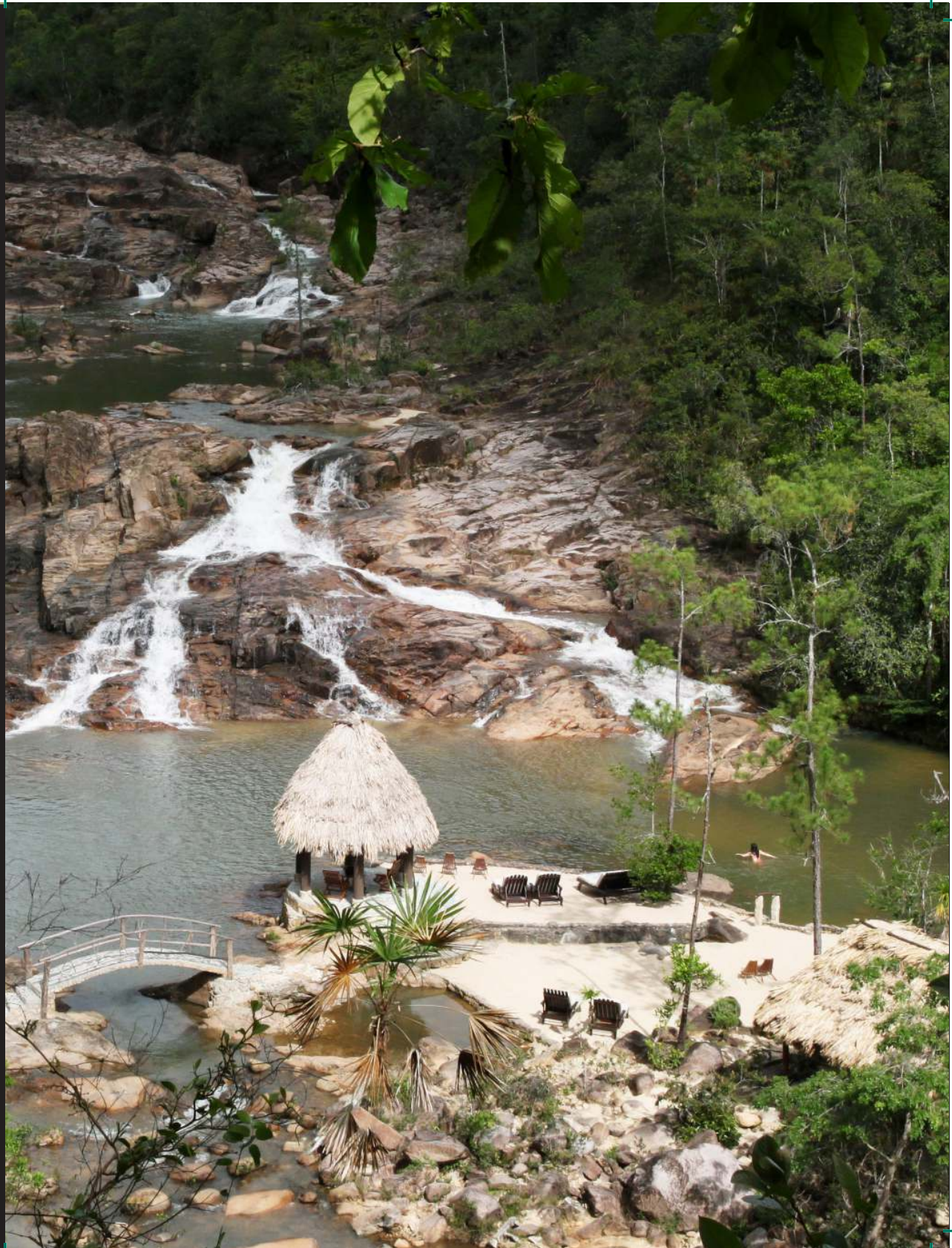
### *Banana ~ Papaya Facial*

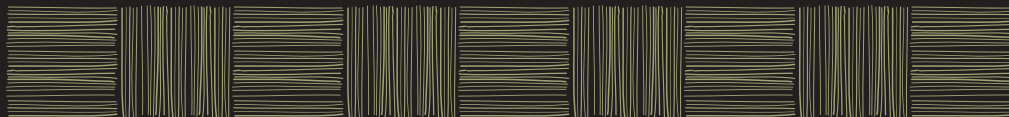
Rejuvenate your body with a choice of either papaya scrub or a blend of banana and brown sugar, with a few drops of essential oil. This is gently massaged into your skin, followed by a clay mask (specially formulated for aged skin), to help clear up spots and let your natural youth shine through. A vitamin-E capsule completes this unique experience to give your skin a healthy glow.

### *Ninety-Minute Therapeutic Massage*

Benefit from this rejuvenating blend of Swedish, Deep Tissue and Shiatsu massage. Relax deeply as we relieve your chronic tensions with realignment, balancing and breathing therapy. Our therapist will focus on trigger and pressure points to rebalance your energy and alleviate the stress of the real world.







## TOURS

At Gaïa Riverlodge we understand your passion for discovery and your fascination with our beautiful country. Belize is filled with natural wonders, exciting adventures and historical and cultural treasures, from jungle tours to cave diving, zip-lining, exploring ancient Mayan ruins, bird watching and horseback riding. Please inquire at the front desk where our staff will be pleased to help you choose the activity that would suit you best and arrange any excursion that is of interest to you.

**IF YOU WOULD PREFER A PRIVATE TOUR, PLEASE INQUIRE AT THE FRONT DESK  
WHERE PRIVATE CHARTERS AND TOURS ARE EASILY ARRANGED.**









### *Caracol Tour*

Our first stop on this day tour, the newly excavated ancient Mayan site of Caracol is located deep in the Chiquibul Rainforest. The Mayans once ruled over the areas surrounding Tikal in Guatemala, and the ruins date back to the 7th century AD. The tour also visits the Rio Frio Cave where ancient Mayans once performed religious rituals. Finally, the tour stops at Rio On, where adventurers can swim in the cool, refreshing waters.

PRIVATE TOUR



1-2

GROUP TOUR



4+



### *Mountain Pine Ridge Tour*

This full-day tour visits Belize's largest national park. Up in the Hidden Valley area you'll visit the picturesque "Thousand Foot Waterfalls". Next stop is the famous Rio Frio Cave, whose stalactite and stalagmite formations will amaze you. Finally, enjoy the Rio On pools, where you will be able to take a refreshing dip.

PRIVATE TOUR



1-2

GROUP TOUR



4+



### *Macal River & Archaeological Tour*

This full-day tour starts with a canoe ride down the Macal River, which flows through the twin towns of San Ignacio and Santa Elena, allowing visitors to observe a variety of local birds, orchids and green iguanas in their natural habitat. You will then head for lunch at one of San Ignacio's local restaurants. The tour later continues to the archeological site of Xunantunich, one of whose highlights is a wonderful view of El Castillo. At 130 feet above the main plaza, this site consists of 6 major Mayan plazas and 25 temples.

PRIVATE TOUR



1-2

GROUP TOUR



3+

### *Barton Creek Cave Tour (with Butterfly Farm)*

This full-day tour lets you experience one of the most ancient Belizean Mayan sites by canoe. It was used at one time as a burial and ceremonial site, and original Mayan pottery and 2000-year-old skeletal remains can still be found in the cave. En route to Barton Creek Cave, a short stop will be made at the Green Hill Butterfly Farm to view 25 different species of tropical butterflies.

PRIVATE TOUR



1-2

GROUP TOUR



3+





### *Barton Creek Cave Tour (Canopy Zip-Line)*

This full-day tour allows you to experience one of the most ancient Belizean Mayan sites by canoe. Once used as a burial and ceremonial site, original Mayan pottery and 2000-year-old skeletal remains can still be found in the cave. Discover Mayan history at Barton Creek and canoe through the ancient burial site, followed by the exhilarating adventure of zip lining through the jungle canopy.

PRIVATE TOUR



1-2

GROUP TOUR



3+

### *Horseback Jungle Adventure*

You will be driven to the stable in San Antonio, 30 minutes from the lodge. From there, gallop through the rain forest, visiting Mayan plazas and ceremonial sites, including Skeleton Cave. Stop to do some cave exploration and learn about the area's biodiversity from our knowledgeable guide, then finish the day at Big Rock Falls, where you can take a refreshing dip before heading back to the lodge.

PRIVATE TOUR



1-2





### *Tikal Day Tour*

An early morning departure brings you to the famous archaeological site of Tikal in Guatemala. A professional guide with special expertise in archaeology will be on hand to point out its many spectacular features. On the way back to the lodge, the tour will make a stop in the border town of Melchor De Men-  
cos so you can enjoy some local shopping.

PRIVATE TOUR



1-2

GROUP TOUR



3+



### *Cave Tubing*

Float on rubber tubes over crystal-clear waters, through majestic caverns with breathtaking stalagmite and stalactite formations. This tour is only available in combination with transfers between Belize City and the lodge.



2+

### *ATM Cave Tour (Actun Tunichil Muknal Cave)*

Visit the cave described by the National Geographic Channel as “the most spectacular cave in this part of the world”. Enter deep into the underworld (Xibalba), where you will have a first hand view of the completely intact skeletal remains of a Mayan princess, as well as the pottery once used for offerings to the Gods.

**NO PRIVATE TOURS**



### *Zip-lining*

Gliding over 1,750 feet above the canopy of our rain forest, this tour gives you a unique perspective on Belize. Lots of fun and adventure and a real adrenaline rush!



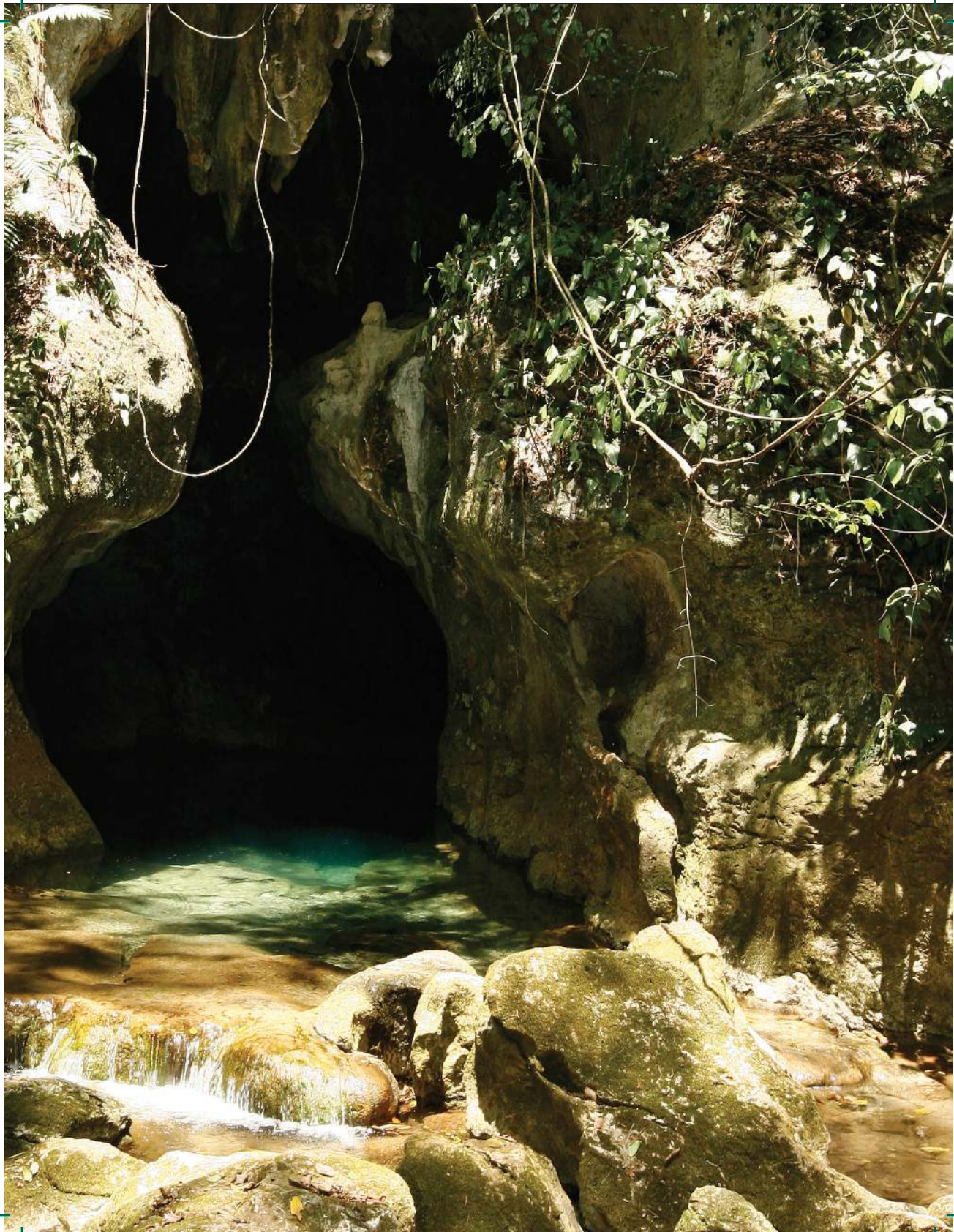
**PLEASE NOTE: 12.5% SALES TAX AND 10% SERVICE CHARGE WILL BE ADDED TO THE TOUR RATES.**

**ALL-DAY TOURS INCLUDE PROFESSIONAL GUIDE, LUNCH, SODAS & WATER AND PARK ENTRANCE FEES.  
HALF-DAY TOURS DO NOT INCLUDE LUNCH.  
VISAS AND EXIT FEES FOR TIKAL ARE NOT INCLUDED.**

**ITINERARIES ARE SUBJECT TO CHANGE DUE TO WEATHER OR ROAD CONDITIONS BEYOND OUR CONTROL.**











## CANCELLATION POLICY



A 50% cancellation fee will be applied to all confirmed tours  
cancelled within 24-hours of tour departure.



EMBARK ON THE JUNGLE  
ADVENTURE OF A LIFETIME  
AT GAÏA RIVERLODGE.



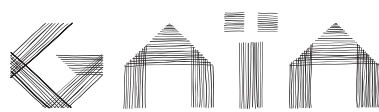
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RESERVATIONS 011 501 834 4005  
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*Escape to Matachica Resort & Spa,  
the hidden seaside jewel of Belize.*



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RESERVATIONS 011 501 223 0002  
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