



REEF HAVEN
BELIZE



Guest Information Guide

Tours & Activities



A Note About Our Shoreline



During your stay, you may notice natural seaweed along parts of the shoreline, known as sargassum. This is a seasonal occurrence across the Caribbean, and while it's part of the ocean's natural rhythm, its presence can vary day to day and may occasionally impact the beach experience.

At Reef Haven Belize, we understand how important the beach is to your stay. Our team works daily to manage conditions along the shoreline, with ongoing efforts to keep the beach as clean and comfortable as possible for our guests.

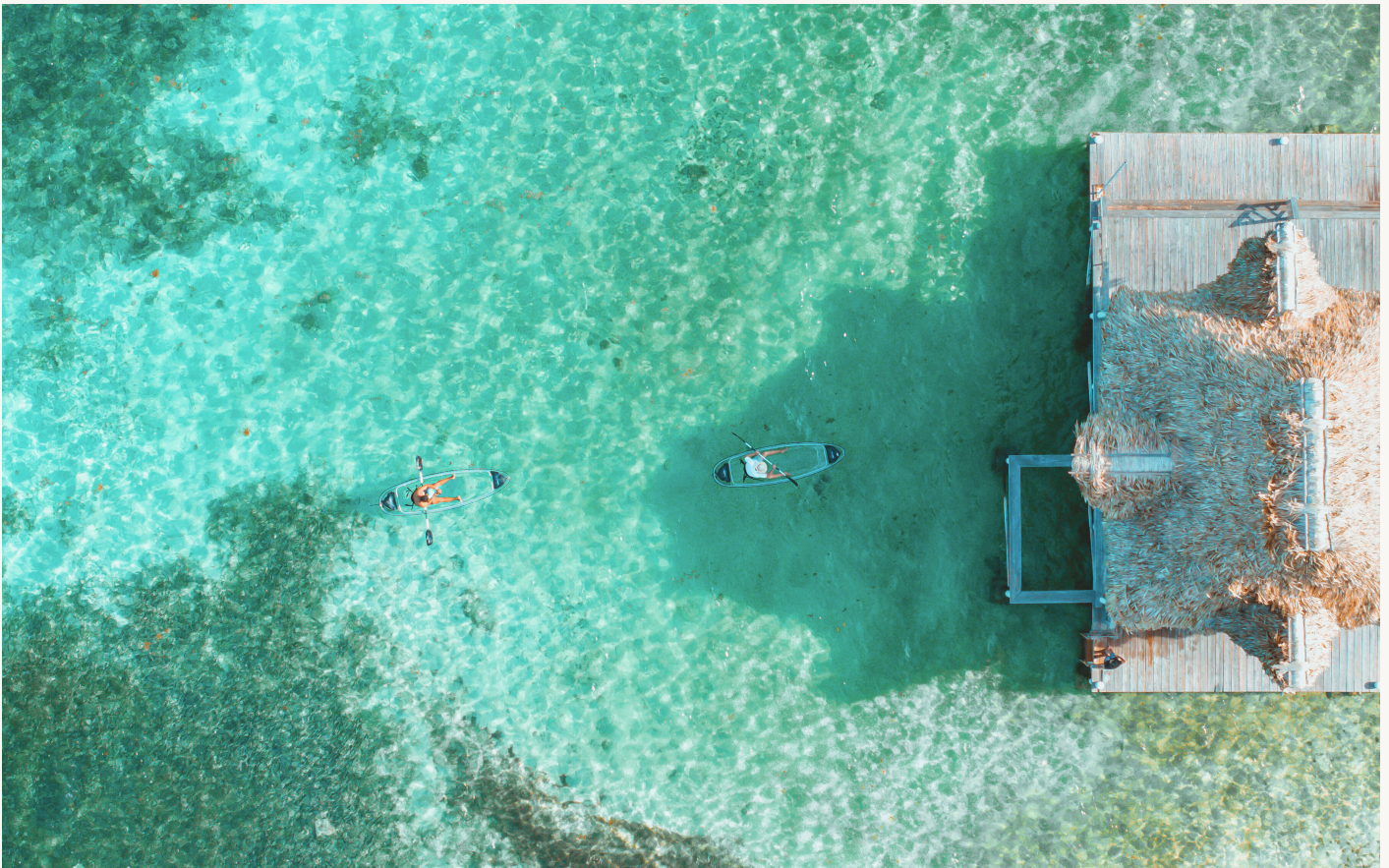
While the sea moves on its own terms, there are many ways to enjoy your time here. From poolside moments and wellness experiences to snorkeling, excursions, and time spent exploring Ambergris Caye, our team is always here to help you make the most of your stay. Sargassum itself is a natural part of the marine ecosystem, supporting fish, sea life, and the surrounding reef. Its presence is influenced by currents, weather, and seasons — typically more noticeable at certain times of year.

We appreciate your understanding and are here to support you throughout your stay. If there's anything we can do to enhance your experience, please don't hesitate to let us know.

Pause. Breathe. Belong.

On-Site Activities, Tours & Memorable Experiences





But, Before You Explore... Enjoy What's Right Here

Whether your stay calls for quiet restoration or gentle adventure, Reef Haven Belize invites you to experience the island at its natural rhythm. Our thoughtfully curated programming blends wellness, culture, and exploration, designed to help you slow down, reconnect, and engage with Belize in meaningful ways.

Throughout the week, guests are invited to enjoy a variety of complimentary experiences, including sunrise meditation and yoga, snorkeling at your pace on the Belize Barrier Reef, creative and cultural workshops, relaxed moments on the water by kayak or paddle board, and friendly games on our pickleball court. Evenings unfold with music, storytelling, sunset rituals, and gatherings that celebrate connection and place.

Our weekly schedule is intentionally balanced, offering space for movement and stillness, shared moments and personal time. Whether you're joining a Garifuna drumming session, learning the art of ceviche, stretching by the sea, enjoying a match of pickleball, or raising a glass at our signature Until Next Tide sunset toast, each experience is designed to feel effortless and enriching.

For guests wishing to explore beyond the resort, our Concierge Team is available to arrange additional land and sea excursions, tailored to your interests and pace.

This is more than a list of activities—it's an invitation to be present. To move with intention. To discover Belize through nature, culture, and connection.

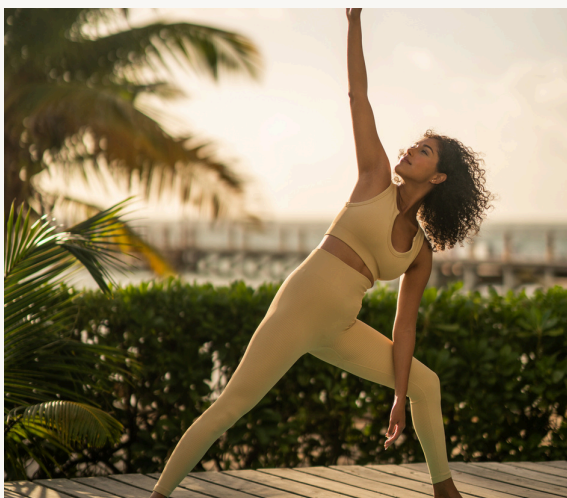


COMPLIMENTARY ACTIVITIES



Activities & Experiences

- Snorkel gear for individual exploration (included per stay)
- Aquacise, games
- Pickleball (reservations needed)
- Kayaks and paddle boards
- Weekly programming
- Cultural Entertainment



Wellness

- Sunrise yoga and guided meditation
- Family-friendly classes
- Full fitness centre
- Family yoga class
- Meditation class
- Premium loungers & cabanas



Cultural & Culinary

- Ceviche Making
- Mixology Classes
- Sip and Paint
- Garifuna drumming
- Bonfires

Independent Snorkel

Prefer to go at your own pace? Complimentary gear available and snorkel right off the beach, dock or explore nearby shallow spots.

- 8:00 am to 5:00 pm



Crystal Kayak & Exploration

Glide across the Caribbean Sea in a transparent kayak and experience the reef from a whole new perspective. These unique crystal-clear kayaks allow you to see straight through to the vibrant marine life, coral formations, and sandy seabeds below—turning your paddle into an unforgettable, underwater sightseeing tour.

- Each kayak seats 2 guests; included



CULTURAL & CULINARY EXPERIENCES



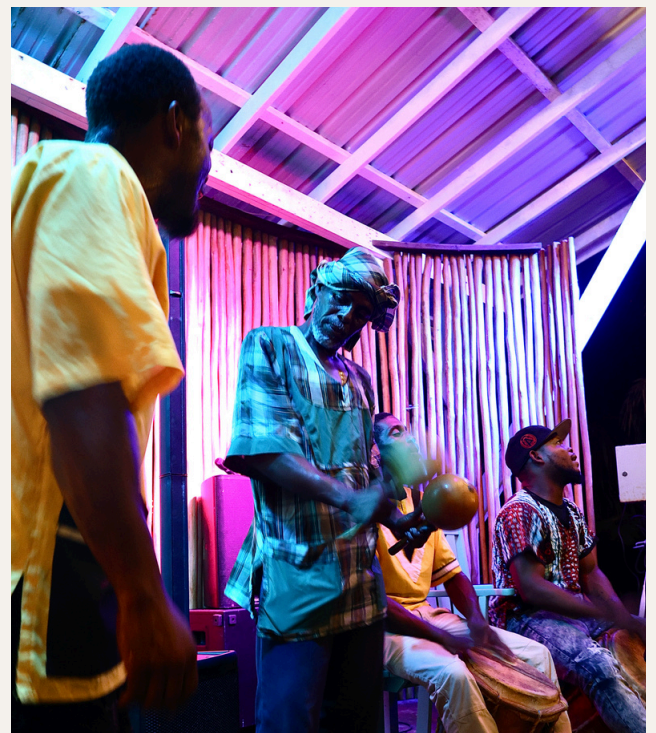
Mixology Class

Shake, stir, and sip your way into island cocktail culture at our Mixology Class, hosted at the vibrant Driftwood Bar & Grill. Under the fun and friendly guidance of our expert bartenders, you 'll learn how to craft signature tropical cocktails using fresh, local ingredients and a few trade secrets.

- **Must be 18 years or older.**

Garifuna Experience

Step into the rhythm of Belize through an immersive Garifuna cultural experience. Guests can discover the vibrant traditions of the Garifuna people through live drumming, storytelling, and energetic dance. This lively gathering celebrates the music, heritage, and coastal spirit that shape Belize's culture.



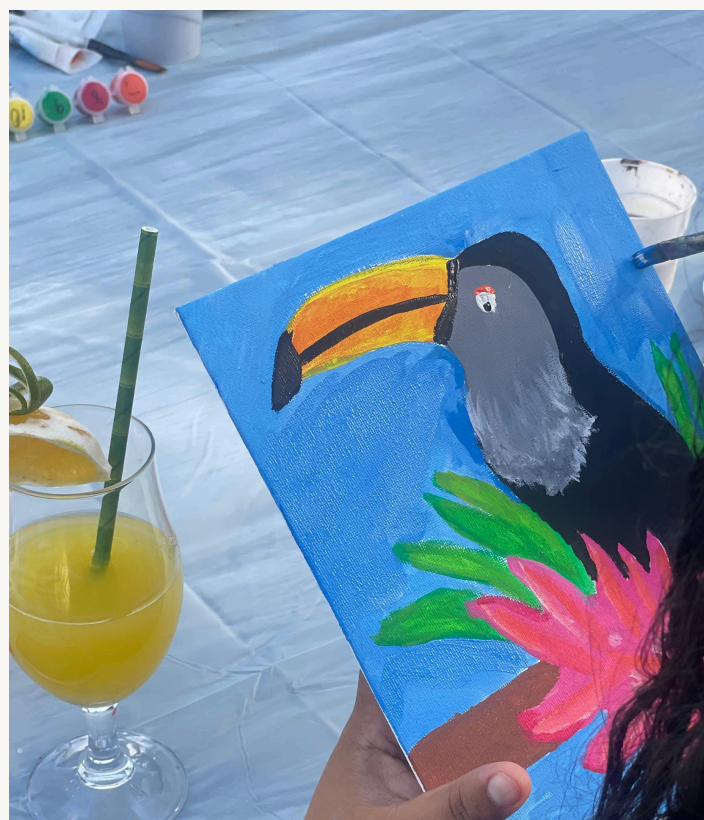


Ceviche Making Class

Discover the bright flavors of the Caribbean with a hands-on ceviche making class. Guided by the resort's culinary team, guests learn how fresh local seafood, citrus, and herbs come together in one of Belize's most beloved coastal dishes. It's a relaxed experience that blends culture, flavor, and a taste of Belize.

Sip & Paint

Unwind and let your creativity flow at Reef Haven Belize's Sip & Paint experience, where art meets relaxation in a serene island setting. Guided by a local artist, you'll create your own tropical-inspired masterpiece while enjoying a curated selection of wine. Designed for both adults and families, this laid-back, social experience welcomes guests of all ages—while little ones join in the painting fun, adults can sip and unwind.



Additional Activities



Reef & Sea Adventures

Dive into Belize's stunning Caribbean waters. From colorful snorkeling spots and fishing thrills to glass-bottom kayaking, our ocean adventures deliver unforgettable moments above and below the surface.



Snorkeling is by far the most popular activity on Ambergris Caye—and for good reason. With warm, crystal-clear waters and one of the world's most vibrant barrier reefs just offshore, it's the perfect adventure for all ages and experience levels.

Each tour includes all snorkel equipment, fresh fruit, water, expert local guides, and a chance to experience the wonder of the reef up close.

Whether it's your first snorkel or your fiftieth, this is a bucket-list adventure you'll never forget.

- **Mexico Rocks & Stingray City (2 stops) \$140USD**
- **Hol Chan Cut & Shark Ray Alley (2 stops) \$160USD plus \$15USD Cash Park fee (1 - 4 guests; no lunch included)**
- **Caye Caulker Private Snorkeling \$950 USD**

SIGNATURE ADVENTURES

Looking for something extra special?

These private, personalized adventures are ideal for families or couples wanting a one-of-a-kind experience in Belize.



Beach BBQ Full Day Family Trip

Make unforgettable memories on this private, all-in-one Belizean adventure—perfect for families or small groups. Your day begins with reef fishing in the crystal-clear waters, followed by a relaxing visit to a secluded beach where your expert guide prepares a fresh, beachside BBQ using the catch of the day. While lunch sizzles over the grill, enjoy lounging on the sand or exploring the remote shoreline.

After your delicious meal, the experience can continue with a guided snorkel stop at one of the area's vibrant marine sites. It's a perfect mix of relaxation, excitement, and island flavor, all at your own pace.

- **\$950USD for the full day (1-4 guests)**
- **\$125USD per additional guest**

CULINARY EXPERIENCES

3-Course Belizean Dinner Experience

Savor the true taste of Belize with this flavorful, family-style dinner inspired by our country's rich culinary heritage. Your 3-course meal, hosted by a local team member, features traditional dishes passed down through generations—think savory meats and seafood, fresh local vegetables, rich spices,

and tropical ingredients that reflect our diverse cultures. Served in a warm, communal setting, this dinner isn't just a meal—it's a celebration of Belizean life, flavor, and hospitality.

- **\$60USD per person**
- 8 guests minimum



Private Dinner at Ember Yard

Elevate your evening with our Private Dinners, an exclusive outdoor dining experience designed for romance, celebration, or simply an unforgettable night in paradise. Set beneath a canopy of string lights at our garden grill area, this private dinner features personalized service and bold Belizean flavors.



What's Included:

- A beautifully arranged private dining setup with string lights and garden side ambiance
- A dedicated private chef preparing your meal live at our outdoor grill area
- Personalized service from our culinary and hospitality team
- A curated 3-course dinner with your choice of:
 - One of Three Starters
 - One of Three Main Courses
 - Chef's Dessert of the Day
- Local Alcohol is included. *Imported wine and spirits will be charged based on consumption.

Whether you're celebrating a honeymoon, anniversary, or simply craving something special, this one-of-a-kind dinner is the perfect way to experience island life at its finest.

Advanced reservations are required. Available on select evenings, weather permitting.

- **\$45USD setup fee**
- **\$52USD per person for the 3 course dinner**

Beachside Moments & Signature Celebrations

From Champagne at Sunset for two with bubbly on ice and a charcuterie board as the sky turns gold, to relaxed beachside picnics for families and private beach bonfires under the stars, these experiences are curated to feel intimate, effortless, and unforgettable. Champagne at Sunset: \$200 for two. Beach & Bonfire: \$150 setup + \$25 per person. Picnic: pricing varies by group size. *Advance reservations required. Inquire with our Front Desk.*



Starlight Dinner at the Lighthouse

An exclusive dining experience set at the resort's iconic lighthouse, where candlelight, ocean air, and a curated multi-course menu come together under the stars. One of the most memorable settings on Ambergris Caye for a truly special evening.

Advance reservations required. Inquire with the Front Desk for availability and pricing.

Special Requests & Personal Touches

Make any moment feel like yours. From balloon setups and celebratory cakes to floral arrangements and custom room décor, our team can prepare thoughtful details for birthdays, anniversaries, proposals, or any occasion worth marking. *Just let us know what you're celebrating. Inquire with the Front Desk to arrange.*





Reef Fishing

Join us on a reef fishing trip where you and up to 3 other guests can experience the thrill of fishing along Belize's vibrant barrier reef. Perfect for both novice and seasoned anglers, you'll have the chance to reel in snapper, grouper, and more, while enjoying the stunning views of the Caribbean Sea. The best part is, you can bring your catch back to the kitchen and we'll cook it for you! It's a fun and exciting adventure for all!

- **1/2 Day Reef Fishing \$650USD (1 - 4 guests)**
- **Full Day Reef Fishing \$900USD (1 - 4 guests)**

Secret Beach Visit

Ready for a day of sun, fun, and white sand? Visit to the ever-popular Secret Beach, located about 10 miles from the resort on the west side of Ambergris Caye. This hotspot is known for its calm, turquoise waters, powder-soft sand, laid-back vibe and local eateries that captures the essence of the island.

- **\$75USD per person**
2 pax minimum



Fresh Catch, Kitchen-Prepared

Head out on a reef fishing trip and bring your catch — snapper, grouper, and more — back to our kitchen. Our culinary team will prepare it your way for a true ocean-to-table moment. Advance booking for preparation required (at least two hours prior).

\$25USD per person preparation fee. Barracuda is not accepted. Inquire with our concierge about fishing tour options.





Fly Over The Famous Blue Hole

Soar above the breathtaking Great Blue Hole on this scenic flight. Witness the stunning contrast of turquoise waters and the deep navy of the Blue Hole, along with aerial views of Turneffe Atoll and the Barrier Reef. A must-do experience for any visitor to Belize.

- **\$325USD per person**



SCUBA DIVING EXPERIENCES

Explore Belize's underwater world with our expert diving options. From beginner dives to the iconic Blue Hole, there's something for every level of adventurer.



Local Barrier Reef Scuba Diving

Explore Belize's famous Barrier Reef with a dive experience that's perfect for beginners and experienced divers alike. Whether you choose a single dive or a two-dive tour, you'll be amazed by the underwater beauty of the reef, with colorful coral, diverse marine life, and excellent visibility. Divers have to be transported from the resort to the dive shop; \$18.00 USD per diver.

- 1 tank Dive \$74USD per person
- 2 tank Dives \$120 USD per person
- + \$40USD scuba gear rental (if needed)

Local Barrier Reef Scuba Diving & Snorkeling

Dive or snorkel into the vibrant world of Belize's Barrier Reef, one of the most stunning marine ecosystems on the planet. Whether you're an experienced diver or prefer to snorkel, you'll explore colorful coral reefs teeming with marine life, including tropical fish, rays, and nurse sharks. It's the perfect way to experience the natural beauty of Belize's underwater paradise!

Divers have to be transported from the resort to the dive shop, 6 miles south of the resort and this is \$18.00 USD per diver.

- Mexico Rocks & Stingray City (1 dive & 1 snorkel) \$140USD
- Hol Chan Cut & Shark Ray (1 dive & 1 snorkel) \$150USD
- + \$40USD scuba gear rental (if needed)

Please note that prices for Scuba Diving may be subject to change. Our concierge can advise prior booking.



Discover Scuba – Try Scuba Without The Commitment

Curious about scuba diving but not quite ready to get certified? Our Discover Scuba Diving experience is the perfect way to dip your fins into the underwater world—no prior experience needed! Under the guidance of a certified instructor, you'll learn the basics and then take a shallow dive along the Belize Barrier Reef, all in the same day. It's a safe, fun, and unforgettable way to explore what lies beneath without the full commitment of a certification course. Ideal for first-timers and ocean lovers alike!

- **\$236USD per person**
(\$15USD drop off fee)
- **Marine Reserve fee is already included**
- **Requires advanced booking**

Open Water Certification: E-Learning

Ready to take the plunge and become a certified diver? Our Open Water Certification Course is your first step into a lifetime of underwater exploration. Begin at your own pace by completing the academic portion online through PADI (approx. \$200 USD, paid directly to PADI) using this link so we can track your progress. Once you arrive in Belize, you'll complete the two day required in-water training dives with our certified instructors right on the Belize Barrier Reef. It's the perfect blend of flexibility, adventure, and unforgettable experience—earning your certification in one of the world's top dive destinations.

- **\$625USD per person**
(\$15USD drop off fee)
- **Marine Reserve fee is already included**
- **Requires advanced booking**

Blue Hole Scuba Diving

Experience the Thrill of Diving in Belize's Iconic Blue Hole, one of the world's most famous dive sites. This full-day tour includes dives at the Blue Hole (130 feet), Half Moon Caye Wall (50-60 feet), and the Aquarium (50-60 feet), showcasing the diverse marine life and stunning coral formations of this pristine marine reserve.

Requirements:

- Open Water Diver certification or higher
- At least 6 months of diving experience

- **\$299USD per person**
- **There is an additional Marine Reserve Entrance fee of \$40USD per person, payable in cash.**
- **+ \$40USD scuba gear rental (if needed)**

Minimum of 10 divers or snorkelers required for tour confirmation - so booking this requires a call to the dive operator to confirm a seat during the guests visit in advance.



ISLAND EXPLORATION

Feel the local vibe and explore at your own pace. From beach barhopping to wandering town streets, these experiences bring you closer to authentic island life.

San Pedro Town Golf Cart Rental

Get a true taste of island life with a self-guided adventure through San Pedro by golf cart, the vibrant heart of Ambergris Caye. This experience lets you wander at your own pace through colorful streets filled with local charm, from art galleries and gift shops to bustling markets and waterfront cafés.

- **Rental: \$95USD per day**

San Pedro Town Boat Transfer

Want to grab something in town, or just go grab a meal somewhere else? No problem. The resort has regularly scheduled boat transfers during the day and you're free to jump on one of those trips. Consider it your maritime Uber.

- **\$15USD per person, one way**



Tropic Nights

Experience the energy of San Pedro after dark. Visit local bars, enjoy live music, and experience the best of San Pedro's nightlife scene. This tour offers the perfect night out on the town. Departure time is 6:00 pm and departure back to resort from the last stop is 10:00 pm. Food and drink consumption are paid separately by the guest.

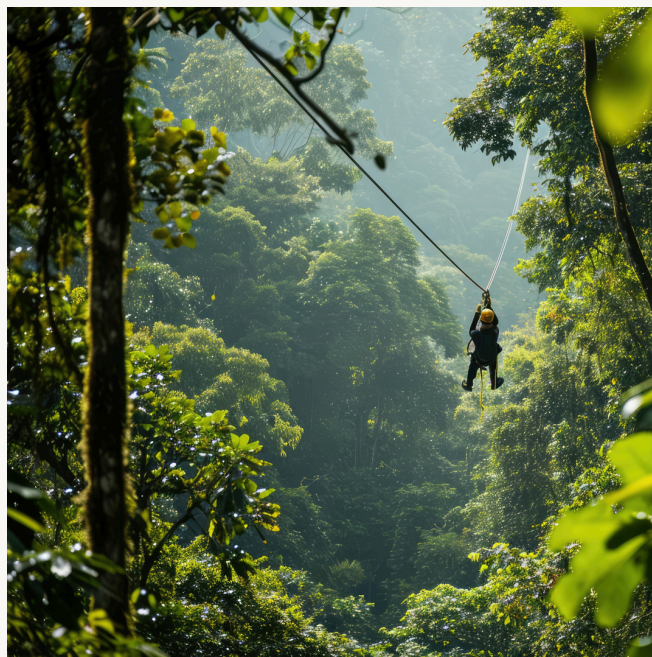
- **\$75USD per person**
2 pax minimum

EXPLORE THE MAINLAND



Cave Tubing

Float through Belize's lush jungle and ancient cave systems on a guided tubing adventure. Discover towering limestone formations and hidden caverns for the ultimate Belizean adventure.



Zip Lining

Soar above the jungle canopy on an exhilarating zip lining experience. Glide from platform to platform while taking in sweeping views of Belize's rainforest from a whole new perspective.



Xunantunich

Explore one of Belize's most impressive Maya archaeological sites at Xunantunich. Wander through ancient plazas, climb towering temples, and take in panoramic views of the surrounding jungle from the top of the iconic El Castillo.

Tour	Description	Water Taxi (USD)	Airplane (USD)
Altun Ha / Cave Tubing	Explore the ancient Altun Ha Maya Ruins followed by a relaxing cave tubing adventure through Belize's limestone river caves. This tour combines light walking, temple climbing, and a gentle float through underground waterways. Ideal for families and first-time adventurers looking for culture and light activity.	\$370	\$395
Cahal Pech / Xunantunich	Visit two impressive Maya archaeological sites in one day. Expect moderate walking, stair climbing, and panoramic views from hilltop temples. Perfect for guests interested in Belizean history and cultural exploration.	\$370	\$410
Belize Zoo / Cave Tubing	Start the day at the Belize Zoo observing native wildlife, then cool off with a scenic cave tubing experience. Light hiking and relaxed river floating make this a great family-friendly adventure	\$370	\$410
Cave Tubing / Zip Lining	Experience the thrill of ziplining through the jungle canopy followed by a refreshing float through underground caves. Moderate physical activity with short hikes between activities.	\$370	\$395
Xunantunich / Cave Tubing	Climb the iconic El Castillo temple at Xunantunich before enjoying a relaxing cave tubing experience. A balanced day of culture and adventure with moderate walking.	\$370	\$395
Cave Tubing / ATV	Ride through rugged jungle terrain on an ATV, then unwind with a cave tubing adventure. Expect dusty trails, river crossings, and light hiking	\$425	\$475
Cave Tubing / Horseback Riding	Enjoy a scenic horseback ride through jungle landscapes followed by a cave tubing experience. Light to moderate activity suitable for beginners.	\$400	\$440
Belize Zoo / Cave Tubing / Zip Lining	A triple adventure day combining wildlife viewing, underground cave tubing, and jungle canopy ziplining. Active but suitable for most fitness levels.	\$440	\$455
Altun Ha / Cave Tubing / Zip Lining	Combine Maya history with two exciting jungle adventures. Temple climbing, ziplining, and cave tubing make this a full-day experience.	\$430	\$445
Xunantunich / Cave Tubing / Zip Lining	Temple exploration, river cave floating, and canopy ziplining in one adventurous day. Ideal for travelers wanting culture and thrill.	\$430	\$445
Zip Lining / Cave Tubing / ATV	The ultimate adventure combo featuring off-road ATV riding, ziplining, and cave tubing. Expect active participation and outdoor excitement.	\$440	\$460

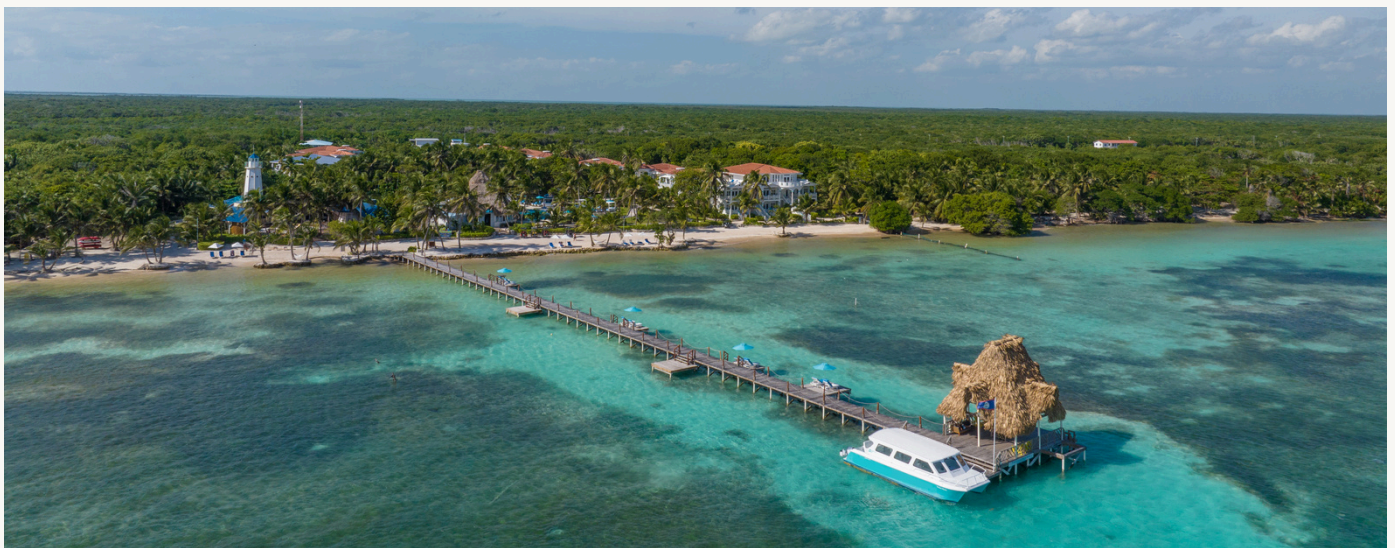
Crystal Cave / Zip Lining / Cave Tubing	A physically demanding cave exploration involving hiking, climbing, and navigating rugged underground terrain. Not recommended for beginners..	\$415	\$445
River Cave Tubing Expedition	An advanced river expedition requiring kayaking experience. Strong currents, extended paddling, and intense cave exploration.	\$435	\$470
Lamanai	Travel by boat along the New River before exploring the impressive Lamanai archaeological site. Expect moderate walking and scenic wildlife viewing.	\$375	\$410
Altun Ha / Bird Sanctuary	Combine the history of Altun Ha Maya Ruins with a peaceful nature experience at a bird sanctuary. Expect light walking on mostly flat terrain and plenty of opportunities for photos. Great for wildlife lovers and travelers who want a relaxed day with culture and nature.	\$425	\$465
Altun Ha / Baboon Sanctuary	Visit Altun Ha Maya Ruins, then head to the Community Baboon Sanctuary to see Belize's black howler monkeys in their natural habitat. This tour is a comfortable pace with light walking and easy terrain, ideal for families and wildlife enthusiasts.	\$415	\$450
Tikal Overnight	Travel to Guatemala for an unforgettable overnight experience at the world-famous Tikal archaeological site. Explore towering temples and rainforest trails with a professional guide. This trip includes extended travel time and walking at the ruins, but remains manageable for most guests.	\$550	\$610
ATM Cave	Belize's most iconic adventure tour. The ATM Cave experience includes hiking, multiple river crossings, swimming, and guided cave exploration through an ancient Maya ceremonial site. You'll see remarkable cave formations and archaeological features along the route..	\$465	\$500
Altun Ha / Maruba Resort & Spa	A relaxing culture-and-leisure day combining Altun Ha Maya Ruins with time at Maruba Resort and Spa. Expect light walking at the ruins, followed by a slower-paced, wellness-style experience. Best for guests who want history with a more laid-back finish.	\$370	\$400
Black Hole Drop	An extreme adventure featuring a jungle hike to a massive sinkhole, followed by a controlled rappel descent and cave exploration. This experience is physically demanding and best for confident, active travelers comfortable with heights and rugged terrain.	\$455	\$485
Chocolate Tour / Medicinal Walk / Adventure	Learn chocolate-making and enjoy an added activity.	\$415	\$445
Garifuna Experience	A cultural immersion into Garifuna heritage through music, food, storytelling, and local traditions. This is a low-impact experience focused on learning and authentic connection, with minimal walking and a relaxed pace.	\$445	\$475
Mayan Experience	Experience Maya culture through food, history, and local traditions. This tour focuses on cultural learning, demonstrations, and community connection. It's a comfortable pace with minimal physical intensity, ideal for guests who want a deeper understanding of Belize.	\$445	\$475
UTV / Altun Ha / Cave Tubing	Off-road UTV ride, ruins visit, and cave tubing.	\$495	\$515

DESIGNED FOR EASE:

What's Included in Every Tour

All mainland tours are comprehensive and include the following services and amenities:

- Round-trip transportation, including municipal airfare, water taxi, and taxi to and from the hotel.
- Park entrance fees and equipment rental (excluding water shoes).
- A light breakfast, refreshing sodas, water, and local Belikin Beer.
- Enjoy a delectable local lunch accompanied by your choice of soda, water, or juice.
- Travel in style and comfort in well-maintained air-conditioned vehicles.
- Be guided by expert tour guides, ensuring an informative and enjoyable experience.
- Committed to ensuring 100% guest satisfaction, and your enjoyment is a top priority.
- Optional souvenirs are available for purchase at the tour site.
- Upon request, overnight trips are also available to enhance your adventure.





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*Prices do not include a 12.5% taxes and a 10% service charge.