

Cultural Tour (Barranco and Midway)

08:30 am to 04:30 pm, from Punta Gorda Town

The Southern Highway might end in Punta Gorda, but it's certainly not the end of the road! Head into Toledo's 'deep south' to discover the fascinating 'Garifuna' costal settlement of Barranco and Maya Village of Midway.

Leaving from Punta Gorda you will travel south-east to the Q'eqchi Maya community of Midway Village, one of five villages that border the Sarstoon-Temash National Park. Here you will learn and experience about the fascinating culture and history of the Q'eqchi Maya. Highlights may include learning about organic cacao farming, tortilla making, and visiting the Sarstoon-Temash National Park Ranger Station. A 45 minute rainforest hike will take you into the Sarstoon-Temash National Park. Your Guide will lead you along a trail that passes through traditional corn fields and secondary forest and into lush, dense rainforest of the park.

Leaving Midway you visit **Barranco.**, named for the 'red cliffs' on which it sits. Here you'll learn more about the fascinating history of the Garinagu people, their language, religion, and customs, and their journey to Belize via Roatan (Honduras).

Numerous individuals of Barranco's 600 inhabitants have traveled far from their village to become some of Belize's most renowned musicians, painters, and researchers. Watch how **cassava bread** is made, and try a refreshing glass of hiu – a spicy drink made of cassava and sweet potato! After your traditional Garinagu lunch your guide will show you around the village and its botanical garden.

You will visit the Barranco Garifuna Heritage Cultural Center which houses historical photos, traditional tools, samples of herbal remedies and a traditional bedroom, as well as the Dugu Temple where Garifuna spiritual ceremonies are held. Feel free to help the women kneed bread, cut plantains or just observe the kitchen behind the scenes.

Following your cultural tour (these experiences will turn into memories , to last a lifetime) you will head back to Punta Gorda.



Tour operated by
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& IBTM Tours**

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- ☑ Experience the Garifuna culture of Barranco and Midway the home of "Q'eqchi" Mayans.
- ☑ cassava bread and tortilla making
- ☑ Learn about Rainforest Remedies



- ☑ Don't forget sunscreen, sunhat, insect repellent, and your camera!
- Option:**
"Swimming"
Full day tour available from your hotel for US\$ 95 per person – including lunch, transfer, all entrance fees and guide fees. Min. 2 persons

