



Jungle Survival Expedition

San Jose (overnight)



(07:00 am to 05:00 pm the following day) from Punta Gorda Town

Learn to live off the land

The local's ability to survive off of the jungle is something that impresses many visitors to Toledo. Most Mayan people of Toledo **no longer rely completely on the jungle for sustenance but they are still well-adapted to living off the land.** As well as knowing a lot about jungle plants (edible and medicinal) many Maya's still make tools from jungle materials and can build themselves shelters. Hunting and fishing remain an important part of traditional Maya lifestyle. Our jungle survival expedition gives you the opportunity to spend the night in a tropical rainforest. **You will eat directly from the jungle,** and practice fishing with hand lines and bamboo poles (or sticks). You will be taught about hunting, and building traps and snares. Build, start and maintain a fire for cooking, fashion your own cooking utensils, and see which common wild plants are suitable as food. And finally, build your own natural shelter using only a machete and know-how.

Why use adventure?

Adventure has been recognized by many as an excellent way of enabling people to learn about themselves and others. Adventure is defined as an experience with elements of uncertainty - where outcomes are unknown. There is an essential human need for challenge, and adventure is a powerful stimulant for this.

The Jungle Survival Expedition have numerous significant links at all levels whether it is through Outdoor and Adventurous Activities, Personal, Social and Health or Education.

- » Participation and taking responsible action
- » Problem solving and decision making
- » Effective communication
- » Learning from mistakes
- » Time management
- » Action planning
- » Self -awareness
- » Inquiry skills
- » Goal setting
- » Having fun

Tour operated by



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& IBTM Tours**

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Learn how to survive in the jungle and how to use medicinal rainforest plants

explore the Maya Mountains, the rich biodiversity of flora and fauna and the mysterious caves and cavers of San Jose.



Don't forget your back bag, hiking boots, sunhat, insect repellent, change of clothes, hammock and your camera! Full 2 day tour available from your hotel for US\$ 195 per person -including, transfer, and guide fees. Min. 2 person

