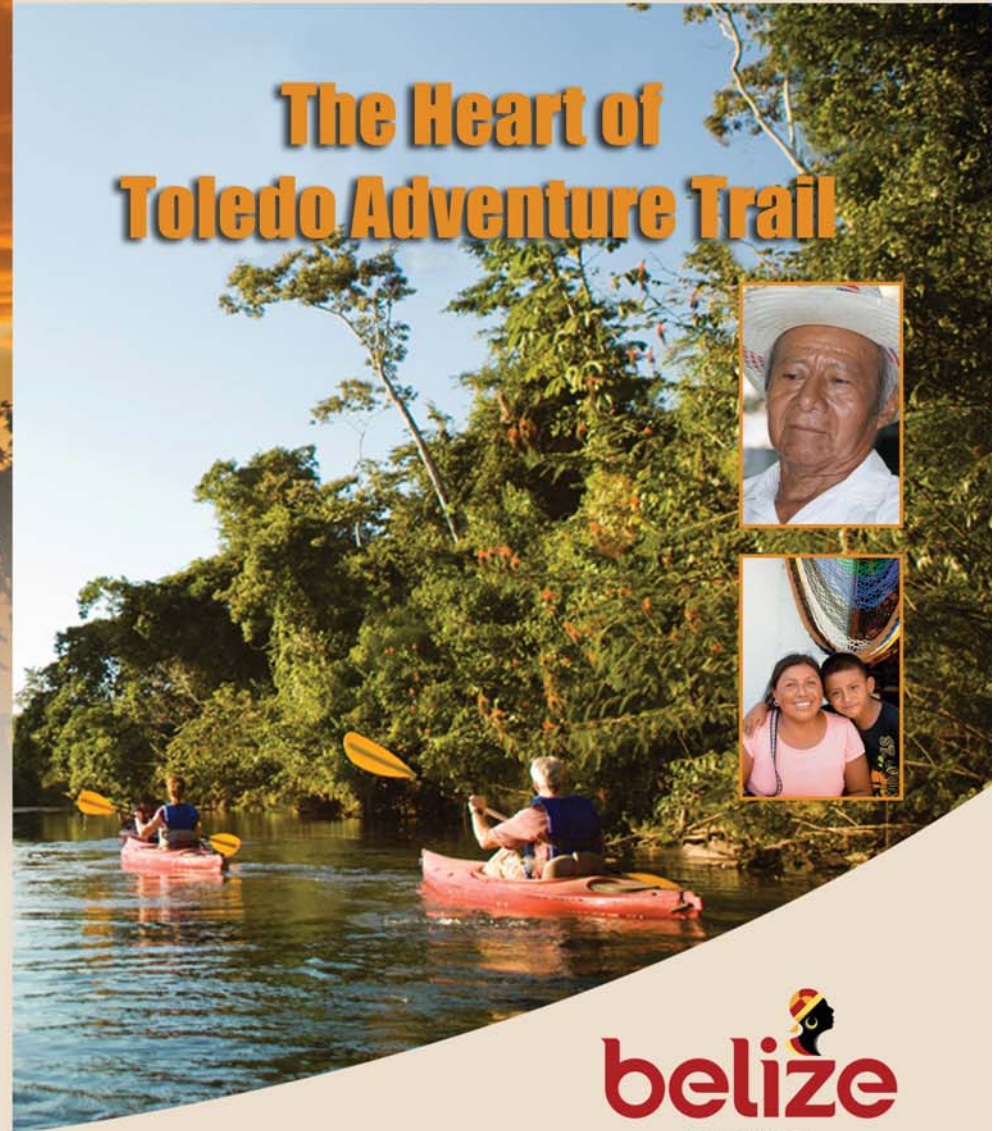




belize

## The Heart of Toledo Adventure Trail



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SOUTHERN





*Toledo Adventure Trail*



## Toledo Artisans

Anna Choco	Big Falls	635-7020	
Delphina Sho	Blue Creek	669-5407	Crafts
Eujenia Pop	San Pedro Colombia	636-0631	Crafts, Jewelry
Everlina Coy	San Pedro Colombia	600-5023	Crafts, Jewelry
Faustina Coy	Big Falls	633-1784	
Juanita Choc	Indian Creek	669-5104	Crafts, Jewelry
Louis Cucul	Aguacate	633-9954 664-6633	<a href="mailto:cuculouis@hotmail.com">cuculouis@hotmail.com</a>
Luisa Kan	Aguacate	623-8846	<a href="mailto:cuculouis@hotmail.com">cuculouis@hotmail.com</a>
Manuela Chiac	Big Falls	630-7446	
Marcela Choco	Big Falls		Crafts
Maria Cucul	Big Falls	635-4593	Carvings, Jewelry
Santiago Cal	Aguacate	637-2044	Crafts, Arts Text
Alicia Cob Pop	Armenia	662-2837	
Concepciona Coc	Indian Creek	662-8539	<a href="mailto:coconcepciona@yahoo.com">coconcepciona@yahoo.com</a>
Mercedes Choc	Indian Creek	661-7304	<a href="mailto:chocmercedes@yahoo.com">chocmercedes@yahoo.com</a>
Adelina Cus	San Pedro Colombia	604-2610	Crafts
Angelita Can	Aguacate	632-1176	Art
Angelita Xol	Toledo	605-7020	Crafts, Jewelry
Bernardo Choco	Aguacate		Package Foods
Catharina Baki	Big Falls	663-4975	Crochet
Concepciona Kan	Aguacate	664-8246	Crafts
Darius Chen	San Pedro Colombia	604-5733	Crafts, Jewelry
Desiree Arnold	Punta Gorda Town	630-4424	Crafts
Dolores Tash	Aguacate	637-5820	Crafts, Jewelry
Domingo Villanueva	Santa Cruz	631-9318	Crafts
Edita Choco	Big Falls	605-7020	
Fajina Craft Center	San Antonio	600-9353	Crafts, Jewelry
Filberto Choco	Aguacate	636-9573	Package Foods
Irma Maquin	San Benito Poite	00502-49145-9587	Crafts
Jake Pop	San Pedro Colombia	636-0631	Arts, Jewelry
Jose Tush	Aguacate	602-4256	Package Foods
Juan Choc	Aguacate	664-6633	
Luisa Cucul	Aguacate	628-6408	Crafts, Package Foods, Art
Manuela Chee	San Pedro Colombia	635-3930	Crafts, Jewelry
Maria Cus	San Pedro Colombia	635-0300	Crafts
Maria Shol	Big Falls	605-7020	
Martin Ack	San Miguel	602-6240	Crafts
Mateo Choco	Big Falls	605-7020	
Maura Canti	Santa Cruz		Crafts
Minita Cucul	Aguacate	702-2973	Crafts
Santiago Tash	Aguacate	637-5820	Crafts, Jewelry
Tizamna Women's Group	San Miguel	602-6240	Crafts
Veronica Chiac	Big Falls	605-7020	
Veronica Coc	Blue Creek	626-2236	Jewelry
Yum Kax Group	Indian Creek		





## *The Heart of Toledo Adventure Trail*

The southern district of Belize, Toledo offers tourists a large variety of tour options that are not being utilized to its full potential. This raises the question on the rural communities in the Toledo District, and how to develop a successful tourism product in the rural areas. The Destination Planning Department has been working endlessly to find creative methods to develop and promote the tourism product in the rural parts of the country; through the Village Outreach Program, the Village Arts and Crafts Expo has blossomed into a bi-annual event. The Village Outreach Program's goal is to ensure that rural communities have an opportunity to benefit from the tourism industry, both directly and indirectly.

The Heart of Toledo Adventure Trail is a collaboration between the Destination Planning Department of the Belize Tourism Board and businesses and micro-enterprises located along the heart-shaped route in central Toledo. The trail allows the independent traveler, to explore the area, meet organic cacao (cocoa) farmers and other Mayan families or take advantage of the adventure opportunities that include a zip-line, river tubing and kayaking. The route includes the four villages of Big Falls, Silver Creek, San Miguel and San Pedro Columbia. We hope this brochure and map will help visitors get the most out of their time in Toledo.





## Big Falls Village

Living Maya Experience — Anita Cal

### Contact Information

Phone #: 627-7408

Email: [livingmayaexperience@gmail.com](mailto:livingmayaexperience@gmail.com)

The Cals showcase a Mayan home as it might have been fifty years ago before the modern world began to impinge.

They have a bed in which the mattress is made from the rolled out bark of the "macapal" or moho tree and a bench seat made from a balsa trunk. There is a wooden mangle for squeezing the juice from sugar cane and wooden moulds to make the sugar cakes. They grow four different kinds of corn, white, yellow, red and black, and keep a sack of berries from the soapberry tree for guests to use to wash their hands.

Food is cooked on an open fire hearth and drinking bowls are made from the calabash fruit. They also prepare meals for their guests who can roll up their sleeves and get involved in the preparation with Anita and her daughters, grinding corn, cocoa or coffee on the "metate" (volcanic grinding stone) or wrapping fish in waha leaves and baking corn tortillas on the iron "comal" over the fire.

Visits are highly interactive and fun with all five senses involved.

On a tour around the kitchen garden yard guests can taste and smell the herbs and spices used to season the Mayan cuisine."

Dem Dat'sDoin — Alfredo and Yvonne Villoria

### Contact Information

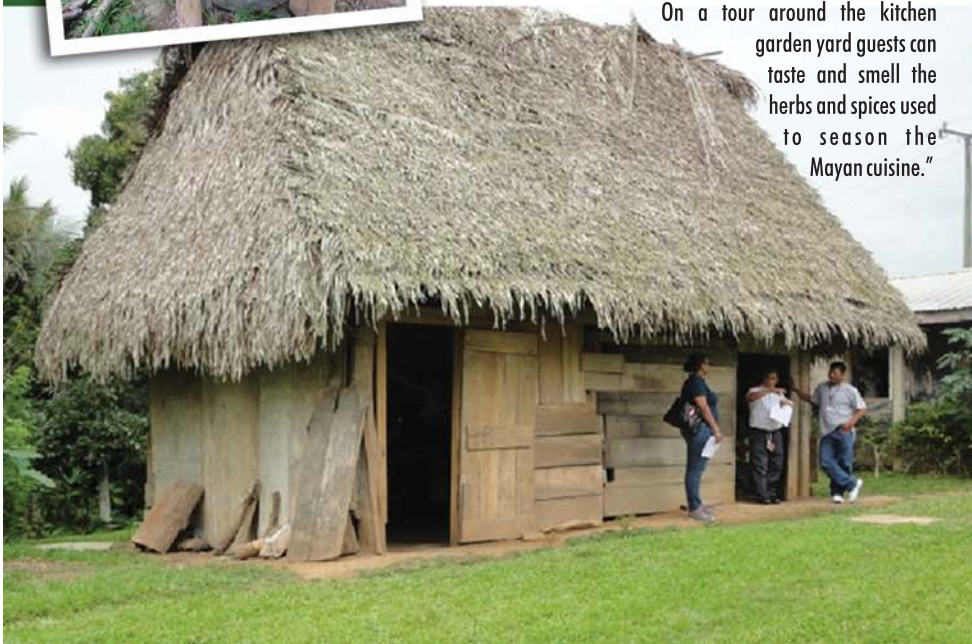
Phone #: 632-7929

Email: [demdatsdoin@btl.net](mailto:demdatsdoin@btl.net)

Website: [www.demdatsdoin.com](http://www.demdatsdoin.com)

Alfredo and Yvonne Villoria own both the Toledo Botanical Arboretum and Dem DatsDoin Farm, the latter of which is an organic "ecofarm" using sustainable agricultural techniques. More than 55 varieties of fruit trees are grown on the property, including starfruit, guava, passion fruit, and apples. Jams, preserves and pickles are also produced.

The arboretum features over 1,000 species of exotic plants and trees, as well as examples of energy-sufficient farming, natural fertilizers and insect repellents. The grounds also include a small nursery selling ornamental plants and seeds to locals.





Columbia River Cooperative — Lisa White Kile

Contact Information

Phone #: 623-5945

Email: belisalisa@yahoo.com

It's her love for the blue Morpho butterfly has made her transform her front yard in a butterfly farm. Although the farm is to raise butterflies for export, Ms. Lisa is always glad to take in school children for a tour of the butterfly farm and explain the process that each egg goes through in order to become a beautiful blue Morpho butterfly.

Living Maya Experience — Martha Chiac

Contact Information

Phone #: 632-4585

Email: livingmayaexperience@gmail.com

The Chiacs make functional crafts that are bought by other villagers for their own use. Visitors to the Chiac's can all have a go at making these crafts under the guidance of Juan, Hilaria and their daughter Marta. The visit lasts a couple of hours. The time really flies by and guests leave with their face muscles aching from all the laughing they have done; mainly at themselves and their beginners' efforts. It is only when you visit the family that you realize the amount of work that goes into making a basket or hammock. What is most impressive is that to make the hammocks and bags Juan Chiac goes out into the forest to collect the leaves of the henequen plant from which he extracts the fibres that he then manually weaves into long soft thread. To make baskets he collects the taitai vine from the forest which he strips and dries in preparation for its use. He makes large baskets, hammocks, shoulder bags, palm leaf fans and small rosewood carvings. His wife Hilaria weaves cuxtal bags.





## *San Pedro Columbia*

Agouti Cacao Farms – Eladio Pop

### Contact Information

Phone #: 632-4328

Email: [agouticacaofarm@gmail.com](mailto:agouticacaofarm@gmail.com)

Eladio Pop owns the Agouti Cacao Farm, one of the larger farms surrounding San Pedro Columbia village, and as a good businessman has extended his farming to offer tours to visitors. Guests can tour the farm with Eladio and help harvest some cacao pods to make delicious chocolate treats and drinks. Agouti Cacao Farm also grows coffee beans which they dry, roast and grind to make a local Belizean coffee.

Back at Eladio's home in the village, visitors can enjoy a fresh fruit juice and eat a local Belizean meal incorporating some of the crops Eladio grows.

Big Falls Extreme Adventures – Andrew Caliz

### Contact Information

Phone #: 634-6979 or 620-3881

Email: [andrewcalizbelize@gmail.com](mailto:andrewcalizbelize@gmail.com)

Big Falls Extreme Adventures offers a zip line and river tubing. Located by the roadside where the southern highway crosses the Rio Grande the zip line offers six runs totaling around three thousand feet and crossing the river itself four times.

The zip line, built to international standards with safety paramount, carries guests high above the forest canopy before whizzing them back to the starting point.

For river tubing guests are driven a short distance upstream from Big Falls village.

The float downstream takes them past a point where a hot spring on the hill feeds into the Rio Grande and guests can stop and bask in the warmer waters of the stream before continuing down to the bridge.

They also offer Belizean food and a bar.







### Back-a-Bush Guest House

#### Contact Information

Phone #: 631-1731

Email: [info@back-a-bush.com](mailto:info@back-a-bush.com)

Website: [www.back-a-bush.com](http://www.back-a-bush.com)

Back-a-bush guesthouse offers affordable accommodation with shared or private bath on an organic farm in San Miguel. The farm produces coffee, cacao, vegetables, spices, fruits and hardwoods in the traditional Maya way.

Much of the produce finds its way to the dinner table, which is under a big thatched roof with hammocks to the side. The owner and host Elsbeth is passionate about cooking and will adapt the menu to the wishes of her guests. She uses local fresh ingredients and combines them with her knowledge of international cuisine. The results are surprising, healthy and delicious. The dogs, cats, ducks and horses all live together, they provide entertainment and add to the peaceful atmosphere. Back-a-bush has two swimming holes on the beautiful Rio Grande river that borders the cacao field. The village, Tiger cave and Lubaantun are within walking distance. The owner will help her guests in choosing their activities and making the arrangements. Back-a-bush is the perfect place to experience the local way of life, meet the Maya people, and slow down and enjoy nature.

### The Lodge at Big Falls — Rob & Marta Hiron

#### Contact Information

Phone #: 732-4444 or 610-0126

Website: [www.thelodgeatbigfalls.com](http://www.thelodgeatbigfalls.com)

The Lodge at Big Falls is one of southern Belize's premier inland resorts offering both accommodation, meals and tours. The tours focus on nature, adventure and culture. The lodge has an expert guide and offers birding both on and offsite in different local habitats. Half day kayaking trips on their Hobie sit-on-top kayaks go from the bridge at San Miguel downstream to the lodge. The lodge is on a one mile bend of the Rio Grande and river tubing starts and finishes at the lodge with the chance along the way to bathe in a warm pool fed by a hot spring. The swimming pool and restaurant are open to day visitors.

Tours from the lodge around Toledo go to Blue Creek cave, Lubaantun and Nim Li Punit Mayan sites and other cultural tourism attractions featuring chocolate making, Garifuna drumming and more.





Coleman's Café — Thomas Coleman

Contact Information

Phone #: 630-4432

Email: belizetom@aol.com

Website: [www.facebook.com/colemanscafe](http://www.facebook.com/colemanscafe)

They say of restaurants, that it is always a good sign when they are popular with the locals and Coleman's is both popular with locals and visitors from overseas. It is a favourite stop for Belizean commercial travellers who make regular trips south and many make a point of stopping at Coleman's seduced by the generous lunchtime hot buffet with a range of their special dishes.

At lunchtime you can find rice and beans or white rice and stewed beans along with baked chicken and stewed beef and pork. Pearleen does not neglect the vegetables and other dishes include cohune cabbage and calaloo and Pearleen's home-made chutney. When available you can also find game meat such as gibbon and venison.

Visitors dine in their covered outside area and can enjoy the hummingbirds and flowers that surround the restaurant.

Ka'k'alene! Kar Sa' Nima'

(River Fish Watcher) — Alberto Cal and Kenny Cal

Contact Information

Phone #: 623-9361

The CCSN offers guest an experience like no other. They take guests on an Ethno-botanical trail along the banks of the Rio Grande. Their informative trail leads guest to experience the Mayan Culture through plants, how the Mayas were able to survive using these plants found in the Belizean forest, for food and medicine. The trail leads to the Tiger Cave, where tourists get a chance to explore the mystery that lay beneath. Guest can also jump into the cold and refreshing Rio Grande River for a swim or a calm river tubing tour of the river.





## San Miguel

Mayan Harpist – Florencio Mes

Florencio Mes has been keeping the musical traditions of the Maya alive for the past fifty years or more. Florencio Mes and his Kek'chi Maya Strings have been recorded by Stonetree Records and have performed around the world at music festivals in Mexico, Jamaica, Italy and Malaysia. At home he not only plays the traditional harp, violin and guitar but also crafts them from tropical cedar.

Florencio enjoys receiving guests at his home and during a visit of an hour or more will play his harp for guests, demonstrate his instrument making techniques and give them a tour of his kitchen garden where they can touch, taste and smell a variety of plants and fruit which are grown either for food or medicine. It is a fascinating experience giving a glimpse into a vanishing world.

## Silver Creek

Organic Cacao Farm Tours – Miguel Choco

Contact Information

Phone #: 630-4075

Miguel Choco of Silver Creek village is one of the growing number of farmers in Toledo who belong to the Toledo Cacao Growers Association (TCGA) and whose cocoa product eventually finds its way to Green & Blacks in the UK where it is made into the famous Mayan Gold, orange flavoured chocolate. Miguel grows rice, beans, corn, cassava, pumpkins and other vegetables but it was only in 2004 that he began to plant cacao trees. Miguel is a strong supporter of organic farming. Being organic is a requirement for the farmers supplying cacao beans to TCGA but Miguel has chosen to make his entire acreage organic.



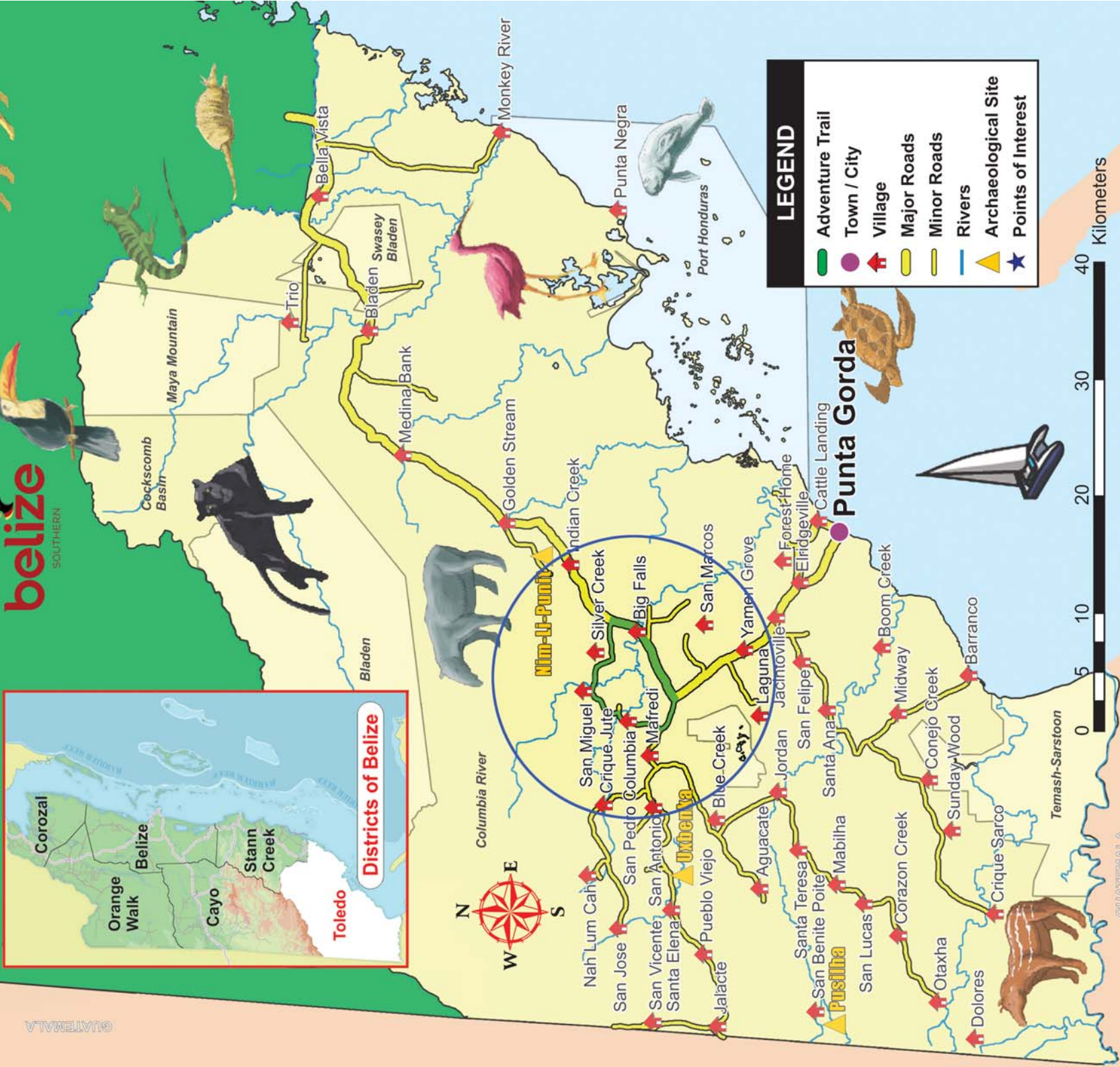


# TOLEDO DISTRICT

**belize**  
SOUTHERN



GUATEMALA



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