



Welcome

to

LaruBeya

Best Villa "On the Beach"





Table of Contents

- Welcome
- About Us
- Amenities / WiFi info
- Palmetto Bay
- Arrival / Departure
- Emergency Services / Area info
- Activities
- Restaurants
- Shopping
- Roatan FAQ
- Your Accommodation / Policies
- Summary Letter
- Reviews / Thank you!!



Welcome

Welcome to your home away from home!

We are so happy you arrived safely, and hope you had no troubles in your travels here!

We know you must be ready to get your vacation started, so make yourself at home!

The "Welcome" Binder is packed full of useful and fun information! We encourage our guests to flip through it, as you will find information about the property, the community and fun local things to do during your stay.

If you have any questions, you can reach Carolina at her WhatsApp number or her email listed below.

In the binder, you will also find our check out policy and how to wrap up your stay.

We hope you love your visit in Roatan and book with us again!

Enjoy your stay,
Juli and Jeremy



About Us



Hello!

Welcome to Laru Beya, our vacation rental in Roatan! We are the owners, Juli and Jeremy, from small town outside of Dallas, TX. We are so excited to share our dream home with you! We fell in love with Roatan and the people the first time we vacationed there. We, along with our property manager, Carolina, are committed to delivering excellent service, but please let us know if there is anything we may have overlooked. We hope you choose Laru Beya for your paradise vacation again! Thank you for visiting!

Sincerely,

Juli and **Jeremy**

Laru Beya is not only maintained by such an amazing manager, Carolina, she also provides several concierge services! Carolina helps you make the most of every minute you spend with us. We strive to make your travel experience spectacular. She respects your privacy, but can give you the inside track on all there is to see and do in and around Roatan. Carolina welcomes every guest to Laru Beya for check-in and ensures you know your way around and that you have everything you need for a memorable vacation. Please let her know about any special requests.

- Airport Transportation
- Grocery Shopping
- Activities and Tours
- Driver or Directions
- Personal Chef
- Restaurant recommendation and reservations
- Professional Photographer
- Celebration of Special Occasions



Amenities

This beautiful 4,000 sq. foot villa has 4 bedrooms: 1 king bed, 2 queen bed, 2 twin beds and 1 sofa bed. The Villa sleeps 10 people and has 3.5 bathrooms

- 50 steps to the beach and Palapa
- Stunning ocean view and balconies
- Outdoor shower, infinity pool, gas BBQ Grill
- 2 master suites with en-suite bathroom/shower
- Cable TV, WiFi, & play room
- A/C and Ceiling fans throughout
- Fully equipped Kitchen and Washer/Dryer
- Onsite Restaurant/Bar and Dive Shop
- Weekday workouts by the community pool
- Activities and Tours available
- Gated Community, 24 hour security and Pool
- Kayaks, paddle boards, snorkeling
- Swim up/Jump Off Platform in the Bay
- Community Dock and Palapa with hammocks

WiFi

Network: IC-1326440

Password: 241169033



Palmetto Bay

Palmetto Bay is the only private eco beach and dive resort of its kind on Roatan. Located on the picture perfect north shore and mid-island, where you will find the most beautiful kaleidoscope of turquoise and blue sea colors, unique to Roatan. Situated right in front of the world's second largest barrier reef system, Palmetto's pristine reefs make us a diver's paradise. Palmetto's lush gardens and walking lanes make us a nature lover's paradise. Year after year Palmetto welcomes return guests that cannot get enough of the outstanding marine-life, attentive friendly staff, and relaxed private atmosphere.

Guests appreciate the convenient inviting atmosphere of our centrally located and stylish clubhouse, home to the beach-side pool, famous Cove restaurant and bar, dive shop, activities and information desk.

Enjoy the un-observed Caribbean scenery, away from the hustle and bustle of the tourist traffic and vendors, and still be minutes from all the popular attractions. Our tour desk offers exciting daily excursions for the non-divers, while divers take full advantage of the outstanding pristine world below the surface.

Whether you are looking for a wedding destination location, an action-packed dive vacation, or rest and rejuvenation, you will find exactly what you are looking for in Palmetto Bay.

Bio Security Measures

By design, Palmetto Bay offers natural Covid-19 social distancing, due to its intelligent use of the sprawling 150+ acre private beach community, minimizing risk of Covid-19. No vendors, no through traffic, yes to peace, yes tranquility.

Our self contained fully equipped homes are perfectly distanced for privacy and now, protection from potential covid-19 transmission. Our bar/restaurant provides open air, exceptionally distanced dining seating.

Walk the nature trails, enjoy the many hammocks, private dock and beach, or dive your heart's content.



Palmetto Bay Amenities

Restaurant/Bar

Our newly renovated beachfront restaurant is located in the central building. The Cove offers live music paired with special international menu Friday, Saturday, Sunday's (seasonal) and daily happy hour, specialty cocktails, local and international beer, fresh squeezed juices, and coffee bar. A landmark location on Roatan.

Gardens

Palmetto Bay Community is surrounded by a protected nature preserve that is home to many beautiful, free living wild life. Walk the lanes bird watching, Marvel the manicured tropical jungle, and listen to the sounds of a variety of birds singing the day away.

Free Wi-Fi

Laru Beya is equipped with wi-fi should you need to work between excursions, and satellite tv for those evenings you prefer to kick back and relax at home. The bar and restaurant area also offer wi-fi and a tv at the bar to watch the big game.

Beach

Enjoy miles of marine park protected private beach, without the cruise ship traffic, vendors, or noisy party crowds. Shaded palapas, palm trees, hammocks line the beach, and a fantastic covered dock and swimming platform.

Pool

You will enjoy the coolness of the beach-side pool on a hot Caribbean day. The attentive wait staff will be sure you get everything you need, while you soak in the pool, or soak up the rays from a lounge. The shared pool is only for guest use, so it is never overcrowded.

Activities

There are daily activities your group can book, from diving or snorkeling through our onsite dive shop, to ziplining, or our very popular day catamaran sail and snorkel charter. If you prefer to use a private driver, no problem, book our trusted drivers.

SCUBA, Snorkeling, Watersports

Scuba Roatan, operates an on-site shop providing a wide variety of activities above and below the water Including: snorkeling, SCUBA, and traditional handline fishing.



Arrival & Departure Information

Directions: If renting a car, please enter Palmetto Bay into your GPS or tell the taxi Palmetto Bay. This will take you directly to the Entrance Gate of Palmetto Bay. Please tell the security guard you are staying at Laru Beya on East Beach Villa Road and they will escort you to our house. If they are unable to leave the gate, please WhatsApp Carolina at +504 9913-8616 and she will come to the gate and direct you.

Check in instructions: Check in is 4pm, however, we are flexible if the house is available and can get cleaned in time for early check in. Please provide our property manager, Carolina, with your flight information in order for her to have the house prepared for your arrival. She will meet you at the house with the keys and help get you settled and answer any questions you may have. She will be your direct contact on the island. Her contact information is below.

Check out Instructions:

- Check out time is 11am
- Turn off all AC units and lights
- Load dishwasher with any remaining dirty dishes
- Place dirty towels in the hamper by the Washer
- Beds stripped and used linens placed by the Washer
- Take Trash to outside bin and Recycling to appropriate bins by The Cove/Palmetto Bay Center



Area Information

Emergency services: Bull Dog Security +504 9765 8721

Emergency 911

POLICE NUMBERS FOR PARTS OF ROATAN, UTILA AND GUANAJA
<u>LOS FUERTES SECTOR</u> LUIS MELENDEZ <small>POLICE DEPUTY OFFICER III</small> +504-9955-8393
<u>COXEN HOLE SECTOR</u> ANA MARTÍNEZ <small>POLICE OFFICER</small> +504-89778459
<u>SANDY BAY SECTOR</u> SANDER HERRERA <small>POLICE OFFICER</small> +504-8977-8459
<u>WEST END/WEST BAY SECTOR</u> NANCY SOLORZANO <small>POLICE OFFICER</small> +504-3321-0384
<u>MONTE PLACENTERO /LOS FUERTES</u> NIMER QUIÑONEZ <small>POLICE OFFICER</small> +504-9682-7693
<u>FRENCH HARBOR</u> YURY ORELLANA <small>POLICE OFFICER</small> +504-9938-2889
<u>JOSE SANTOS GUARDIOLA POLICE</u> <small>(OAKRIDGE AND EAST END)</small> DILCIA DUARTE <small>SPECIAL AGENT</small> +504-9859-8130
<u>THE ISLAND OF UTILA</u> NELLY FLORES <small>POLICE OFFICER</small> +504-3171-4025
<u>THE ISLAND OF GUANAJA</u> GREBIL SALINAS <small>POLICE OFFICER</small> +504-8983-8799
<u>OFFICE FOR CRIMINAL INVESTIGATION</u> ELVIN GONZALES <small>DPI INVESTIGATOR</small> +504-9479-9904
<u>TRAFFIC ACCIDENTS OR TRAFFIC CONTROL</u> CINTIA MUNGUÍA <small>POLICE OFFICER TRANSITO</small> +504-3229-4957
<u>COMMUNICATIONS MANAGER FOR 911</u> JOSUE VASQUEZ <small>POLICE OFFICER</small>



Emergency services:

Ambulance: American ALS +504-3378-8282 or Alert International +504 9472-9790

Fire Department: +504 2445-1198 or +504 3349-4510

Municipality of Roatan: +504 2445-1299

Clinics and Hospitals on Roatan:

Woods Medical Center

Located in Coxen Hole. This Medical Center offers CT Scan, Air Ambulance, Pharmacy 24/7, Inpatient treatment, Doppler USG, O.R, Biopsy Results, EKG, Laboratory Test, Hospitalization, Outpatient treatment, X-Rays, USG, and ER Services.

UNIMED Urgent Care [+504 9560-9945](tel:+50495609945)

Located in Coconut Tree Plaza - [West End](#). UNIMED offers a Doctor Available 24/7, X-Rays, Ground ambulance and air ambulance arrangements. UNIMED Accepts some international insurance, medical house calls, telemedicine, internal medicine, and lab services.

Anthony's Key Resort +504 2407-2244

[Anthony's Key Resort](#) (AKR) is located in Sandy Bay and has its own medical staff available on-site, home of the only Hyperbaric Chamber on the island. Having a camera at this resort is crucial for the safety and treatment of any dive-related problem. However, the clinic service is available to the general community and not only for divers.

Island Med Clinic Roatan

Located on the main street of Coxen Hole. This Clinical Laboratory and Medical Center gives at your disposal these services: Urologists, EKG, Orthopedics, Home Doctor, Minor Surgery Service, Medical Specialist in Internal Medicine, Ecography, Cervical Cytology, Laboratory, General Medical Consultants for kids and adults, and Prenatal Control.



Clinic Esperanza [+504 9776-2120](tel:+50497762120)

This Clinic is located in Sandy Bay. Services provided to the patients include a walk-in medical clinic, a women's health center, diabetes care, pediatrics, a maternity center, a dental clinic, a pharmacy, and a laboratory. The clinic also offers outreach clinics, community health education programs, and school health screenings for vision and oral health.

Public Hospital Coxen Hole

Located in Coxen Hole. The Roatán Public Hospital is part of the Honduran Public Health Care System and has limitations. The local community works to supplement these limitations. The limitations of a patient needing hospitalization were big on the island of Roatan before. However, Roatan now has other alternatives for both residents and tourists.

Hospital Cemesa Roatan

The CEMESA Medical Group in San Pedro Sula now has a branch of its renowned medical facilities on the island of Roatán. It is one of the best healthcare centers in the country, employing some of the best doctors in Central America. They have a complete hospital with the possibility of providing patients with surgical procedures. They also provide emergency services on the island. Hospital Cemesa is a popular medical center in Honduras, especially in the city of San Pedro Sula. In June 2016, the Cemesa Hospital opened its doors in [French Harbor](#), Roatan at the Mall MegaPlaza. The Hospital covers the entire second central building of the mall. It offers first-class services and facilities, including 24-hour emergency care. This location especially helps serve the East End community, as it is closer than the other services located in the towns of Coxen Hole and Sandy Bay. It offers, X-Rays, Operating Room, ICU, Maternity, Hospitalization, Emergency 24/7, Laboratory 24/7, Tomography.

Many of the doctors who provide services in San Pedro Sula will alternate with those in Roatán as a second location where their services will also be available. The Roatan Medical facility has the support from doctors from the Cemesa Hospital in San Pedro Sula.



There are a good number of doctors on the island, such as Internal Medicine, Gynecology, Pediatrics, and Obstetrics, Dermatology, Ophthalmology, Physiotherapy, Orthopedics, Pain Therapy, Odontology, Optometrists and even chiropractors, among others.

Other medical services on Roatan

Roatan also has an Alert International Rescue for outpatient and emergency 24/7 available, located at the West Bay Mall in West Bay. This Roatan Clinical Service offers Ambulance and Emergency Medical Services. Accepts international medical insurance and is associated with several Hospitals:

1. Baptist Hospital of Miami
2. Honduras Medical Center
3. Hospital Cemesa
4. Hospital del Valle
5. Hospital Bendaña
6. Medical Network
7. Hospital Cemesa Roatan
8. Health City Cayman Islands
9. Hospital and Clinic Vicente Dantoni

This Medical Service is available at your doorstep. House calls service from allergies, coughs, fevers, the qualified doctors in Roatan will treat your condition quickly the same day. If necessary, doctors can refer you to a specialist. They also offer medical visits by specialists such as Surgeon, Pediatrician, Internist, Orthopedics, and Cardiologist.

Finally, in the Roatán medical facilities, you can find Garm (Global Alliance of Regenerative Medicine) that offers innovative stem cell technology. Located at Parrot Tree Plantation, just after French Harbor. In addition, on Wednesdays, it offers a monthly clinic at the Infinity Bay Resort in West Bay. GARM clinic specializes in alternative medicine and offers a wide range of services for residents and visitors seeking to improve the quality of their life. GARM has attracted several medical



tourists to Roatan, and they are associated with Hospital Cemesa, UNAH and Hospital Cemesa Roatan.

GARM was established in 2013 with the goal of providing safe and effective treatment and management options for patients diagnosed with selected chronic disease states and/or acute injuries in a restorative resort setting. GARM believes in using adult autologous stem / stromal cells with bio cellular medicine to help the body heal itself.

The GARM Clinic offers comprehensive medical treatments using a combination of elective services, such as adult autologous stem cell treatments and biocellular medicine, immunomodulating bioenzyme systems, general medical care, basic diagnostic tests, advanced ultrasound diagnosis, non-invasive regenerative procedures, comprehensive medicine services, wellness services, as well as nutritional advice with detailed and personalized plans which are developed for each patient. The services focus on treating the entire patient, not just the condition of the disease. Their goal is to improve their patients quality of life.

Local services:

Bank/ATM: Closest are at the Mega Plaza Mall. ATM will be Limpera
Pharmacy: French Harbor next to Pizza Inn, close to Eldons Supermarket

Transportation:

Driving rules / speed limits: Aggressive driving and watch for motorcycles
Drivers /car rental/ tour operators that you can fully customize what, where, when, etc:

- Cleve's Tours and Adventures +504 9922-5407
- Hyde Transportation +504 9991-2257
- Chris Gonzalez search and message on FaceBook
- Alex +504 9590-1743
- Ernesto Zelaya search and message on FaceBook
- Roatan Transportation Service +504 3248-5867
- Ramirez Rentacar - search and message on FaceBook

Gas stations – BIP in route from Airport and on the way to West End/Bay



Activities

Roatan Island Brewing Co.

Roatan Island Brewing Co. is located in the lush Palmetto Valley of Roatan, only a five minute walk from Laru Beya. Brewing a variety of easy drinking ales and lagers, many with a tropical twist. Our property includes nature trails, foosball, ping pong tables, horseshoes, fire pit, and even a TV for those who need to catch up on some football. Each week we have a specialty food, beer launch, or special event. It's best to check our Facebook page for what's going on this week at the brewery. Now open Fri, Sat and Sun from 11am to 5pm. www.roatanislandbrewing.com

Roatan diving

Roatan is famous for its amazing offshore reefs and perfectly suited for both new and advanced divers .It's a well-known destination for coral gardens, shipwrecks such as the Odyssey and Aguila, sharks and all sorts of fish, but it's also famous for encountering the largest fish in the sea: [the majestic whale sharks](#). You'll see them from February – April and from August – October, although they can appear anytime.

Try snorkeling

If you'd like to explore the tropical underwater in the Caribbean Sea but aren't a fan of scuba diving, you can try snorkeling. It doesn't take any practice and you'll be closer to the surface.

The snorkeling is really great at West Bay in front of the Grand Roatan and West End's Half Moon Bay Beach. You can snorkel right offshore and see lots of fish, shellfish and maybe even an octopus. If you have a car, the best way to snorkel West Bay without getting a day pass at either Infiity Bay or Grand Roatan is to park by the West Bay Mall. Turn right just after the mall, taking the street toward Bananarama and the lot is just past the pharmacy. The attendant will give you a ticket to note your arrival time and charges \$1.00 per hour. Walk toward the beach/Bananarama and turn left and just past the Infinity Bay resort is an area to rent beach chairs for \$10/day and the attendant will watch your belongings while you snorkel, swim, shop, eat, etc. The beach chair area is unavailable on the days cruise ships are at the island as it is reserved for cruise passengers only. Check <https://roatantourismbureau.com/cruise-schedule> for days cruise ships arrive. The reef is right in front of the chair area and even better the further down, to the left, toward Grand Roatan. There is plenty of street parking by Half Moon Bay in the West End and the beach is easily accessible.

You can also join a snorkeling tour, where they'll take you to the best snorkeling places for a few hours of underwater exploration where snorkeling gear is included.



Glass-bottom boat tours

If you'd like to watch the coral reef and marine life, but without getting wet, you can take a glass-bottom boat tour. It's kind of like a submarine where you sit 2 metres below the surface with windows on each side. You'll be able to see the coral reef, sharks, eels, and a whole lot of different fish.

A tour usually takes 40-50 mins, and the boat is air-conditioned.

Swim with dolphins at Anthony's Key

One of my favourite things to do in Roatan island was visiting Anthony's Key. Here, you can snorkel, dive or swim with Bottlenose dolphins on their own terms, with no trained behavior. You can also dive with them in the open sea.

Zip lining

Another fun Roatan activity is zip lining. You can ride on a high cable through a tropical forest and see monkeys up close. One of the good places to try zip lining is at Monkey Trail Canopy in Gumbalimba Par or [you can take a tour](#).

The price varies from US \$45-65 and it's great fun for the whole family.

Paddle boarding

The great bays and clear, calm water makes Roatan great for paddle boarding! There's a wrecked sailboat with a giant rope swing that you can play on at Half Moon Bay (at West End). There's also a steel skeleton shipwreck in Mahogany Bay, which is insane to explore as the hull towers over you while you paddle.

Hiking

Thanks to its tropical jungle which is surrounded by hills, Roatan is an ideal destination for long hikes. Hiking on the island is a relaxing activity and there is not much climbing involved. The most popular hiking route can be found at the Blue Harbor Tropical Arboretum which is located close to Coxen Hole and offers extensive jungle trails. There is also the Carambola Reserve in Sandy Bay and its tropical garden where you will find a nice trail that offers spectacular views of Anthony's Key Resort.

The East End of Roatan is still largely undeveloped, resulting in most of this half of the island still being in pristine and natural condition. Roatan is a rather rugged island, making for great vistas and views from its many hilltops. The East End is home to the Port Royal Wildlife Refuge, over 2,000 acres of land set aside for the protection of island's animals and birds. The highest peak on the island, Picacho, is located in this reserve. While the main island road runs through the East End, it has very little traffic, making it a great path to follow for some hikes. The local communities of Diamond Rock and Camp Bay Town are good examples of contemporary Afro-Caribbean communities.

We recently hiked thru the park up Picacho Peak. The trails were quite good - a bit steep in just a few spots 1/4 mile from the summit. There were a handful of stunning vistas which were good for photos. If you go from nearby Paya Bay, it will be a nice ~5 mile round trip up/down in ~2 hrs. Or drive past Paya Bay and take the Port Royal dirt road on the right up to the Wood shack and park on the side of the road. The trails start behind the shack. Wear bug spray! A great excursion, with excellent long views of the island and nearby reefs.



Visit the indigenous Garifuna on Cayos Cochinos

The Cayos Cochinos are a group of two large island, Cayo Menor and Cayo Grande, and thirteen tiny coral cays between Roatan and the Honduran mainland. Tourists can visit Cayo Grande whereas Cayo Menor is only permitted for scientists and people who work for the Honduras Coral Reef Fund.

Approximately one hundred people reside on these islands, and nearly all of the residents are members of the indigenous Garifuna community.

What to bring:

- Swim suit (wear it under your shorts)
- Hat
- Sunglasses
- Beach towel
- Reef friendly sunscreen
- Reusable water bottle
- Snorkel gear. You can bring your own, but many of the companies can provide them for you as well.
- Camera

Utila

Utila is one of the other Bay islands and another popular visit in Honduras. And – it's super close to Roatan. You can do a day trip there, although I recommend spending a night or two because it's more convenient.

There are a few ways for you to get there from Roatan. Make sure to book in advance:

- By air (quickest and most expensive). It takes 15 mins, and you can contact [Morgan's Travel](#) or [World Wide Travel](#) in Utila for details of latest schedules and prices.
- By charter boat (most flexible but can be expensive). Try [this one](#) for \$75, one way or reach out to Capt. Vern. He does daily trips between Roatan and Utila (leaving at 1 p.m.). Try him at his phone: 9910-8040/3346-2600 or email: vfine@hotmail.com.
- By ferry (least expensive, but slowest). It takes 3.5 hours. Take the Galaxy Wave from Roatan to La Ceiba, then the Utila Dream Ferry to Utila.

Little French Key

- One of the other great things to do in Roatan island is visiting Little French Key.
- Little French Key is a private island paradise off the shore of Roatan. At this little piece of heaven, you can relax or do activities, such as paddle boarding, kayaking, zip lining, snorkeling or seeing wildlife.
- The basic [Little French Key](#) day package costs \$59 (in 2020) and includes transportation to the island, a beach chair and visit to the island's tropical animal rescue center. I would suggest upgrading to the \$88 package, which also includes a meal, two drinks, and access to snorkeling gear, kayaks and paddle boards.



Daniel Johnson's Monkey and Sloth Hangout

- *Entrance fee: \$12* (they also offer transportation, check out their website)

- There's lots of **wildlife** running around the island, but at the animal and botanical parks, you'll be sure to get up close with them.

- Daniel Johnson's Monkey and Sloth Hangout is one of the most popular wildlife parks on Roatan. The animal park sanctuary is located in French Cay and houses rescued wildlife like sloths, capuchin monkeys, scarlet macaws, and parrots. You can also see the indigenous Agouti, also known as the Roatan Island rabbit and spider monkeys.

Gumbalimba Park

Entrance fee: \$35 / plus canopy: \$45 / plus zip lining: \$55

Gumbalimba Park is located right outside West Bay Beach, and to us it was one of the best things to do in Roatan, Honduras.

Here, you can mingle with friendly capuchin monkeys, the largest population of black iguanas, and free-flying exotic birds like macaws, hummingbirds and peacocks. It's also home to a few sloths although we didn't see any there. Aside from the animals, the park includes a museum, pool, a suspension bridge, several waterfalls and more than 200 colourful plant and tree species.

Things to do at Gumbalimba:

- Nature Trails and botanical gardens
- Watch and pet the animals
- Zip lining
- Kayaking
- Relax at pool or beach

Carambola Gardens

- If you're interested in nature and botanical gardens, you should head to Carambola Gardens in Sandy Bay. The park's many jungle trails are the perfect place for hiking, scenic photography, bird watching and nature studies.

- While you can also spot wildlife here, you're more likely to see the very vibrant plants, and fruits, including a chocolate tree and the world-famous Honduran mahogany tree.



Roatan Reef Tours - Fishing and more! Check out their website for a lot more amazing tours.
<https://roatanreeftours.com/>

Get ready to discover the exotic waters of Honduras with Rotan Reef Tours! Your captain for the day, Enry Padilla, is a local angler who's been fishing these waters since the day he could hold a rod in his hand. Along with him and his first mate (and occasional captain) Christian Watler, you'll explore some of the most secluded parts of the Caribbean in search of big game species. You'll spend the day aboard a 27' Sea Devil walkaround boat, equipped with state-of-the-art electronics, tackle, and safety gear. She comes with a private head and ample room for you and 4 other guests to fish at the same time. The crew welcomes kids of all ages aboard and loves keeping them entertained throughout the ride.

The waters between the Honduran coast and the island of Roatan are filled with amazing fishing opportunities. You'll be able to choose between bottom fishing, drifting, trolling, and spinning while targeting a wide variety of species. You'll encounter big game fish, such as Yellowfin and Bluefin Tuna, Mahi Mahi, Blue Marlin, Sailfish, Amberjack, Wahoo, and Barracuda. Closer to shore, you'll have the opportunity to reel in the likes of Permit, Bonefish, and Cobia. No matter what you plan on targeting, Capt. Enry and Capt. Chris will work hard to put you on fish and get you hooked up. You'll be provided with top-quality rods and reels made by Penn and Shimano. Your fishing license is also included, so you can come straight to the dock, ready to fish. Capt. Enry also keeps his cooler stocked with fresh fruit, water, soda, and beer for the adults.

Feel free to bring along some nibbles for the ride, and be sure to pack sunscreen, a hat, and sunglasses. Everything else will be taken care of so you and your family can enjoy a fun outing together.

Join Roatan Reef Tours for a fun adventure and get ready to create lasting memories. Your Caribbean getaway is only one click away, so start planning your adventure and book your trip today



West End

Restaurants

Café Escondido: Upstairs from West End Divers, this popular café serves up great noodle and rice bowls, great breakfast food, and a daily "Diver Deal". The food is tasty and the prices are wallet friendly as well. There are lots of vegetarian choices here. \$

Pazzos Italian Restaruant – This is a unique place and nothing fancy but the handmade pasta by owner Johnny Pedretti is exceptional. No liquor license so bring your own wine. He is reservation only (place sits about 15 people and is just outside of West End +504 9889-1732

Off the Hook at –Coconut Tree: Just at the entrance to West End, upstairs from the dive shop, this is a great spot to grab a tasty meal and a strong drink. The menu has typical bar fare as well as smoked meats and fajitas. \$\$

Por Que No? A quaint place specializing in Mediterranean food with a tapas menu and entrees, and the best homemade desserts on the island! \$

Rotisserie Chicken: Relaxed, inexpensive, popular local hangout. Serving up homemade meals, rotisserie chicken, chicken burritos and great side dishes. The brownie sundae is a must! \$

Blue Marlin: Live entertainment frequently and a small food menu. Located in the heart of West End. Thursday Night for Karaoke is always packed and rowdy. \$

The Argentinian Bar & Grill: Known for its Argentinian beef plates but serving a full menu with seafood and pasta, "The Arg" is a popular dinner destination. East of the main intersection, about one block down on the right, past Sundowners. Beach side dining available. \$\$

Gingers Caribbean Grill- located behind the Baptist Church on the point in Half Moon Bay. This place has amazing burgers, tacos, tasty appetizers, as well as fresh seafood. The owners Ginger and Jeff are friendly and work hard to make sure you are having a great time. \$\$

Sundowners Beach Bar: The quintessential beach bar favored by expats, tourists, and locals alike! Bar food menu with wraps, sandwiches and appetizers. Come by for a Monkey La-La at sunset or to watch hockey games, especially the Maple Leafs. \$

Roatan Oasis: open for dinner Monday through Friday, just up the hill towards West Bay. Chef Brittany oversees an amazing menu that changes weekly consisting of imported meats, fresh seafood, and vegetarian options that all have a gourmet touch. The portions are large with prices to match, but the food is always stellar. The drinks menu is worth the visit alone \$\$\$ Reservations 9484-6659

Thai Place: Opens Daily from 12–3PM, 5–9:30PM for authentic Thai food served waterfront in West End. Old standards like Pad Thai to Caribbean tastes with a grouper or lobster. Worth a visit. 9777-4040 \$\$-\$\$\$



West Bay

Restaurants

Bananarama: The service is friendly and the view can't be beat. Serving typical American food and a few good seafood dishes. The frozen drinks here are amazing! Every Sunday – live music, crab races for charity, and a fire dancing show! 2 for 1 large pizzas every Monday. \$\$

The Vintage Pearl: This restaurant has been known as the most romantic restaurant on the island for quite some time. Roatan style fine dining and a nice wine list. Reservations recommended. 9610-8734 \$\$\$

Ibagari: Tranquil, fine dining, in a gorgeous setting. Changing menu based on chefs inspiration from sourced products. Reservations highly recommended 9546-2909. \$\$\$

Xbalanque Resort – Together with the Buddha Bar, we offer you the the best in Roatan food and drink menu. Depending on your tastes, dietary concern, catch of the day, or what you happen to be in the mood our staff will prepare for you to order. Contact – xbalanqueresort@gmail.com – 504.9469.6300
Tamarind Drive West Bay, Roatán

Celeste's Island Cuisine: Enjoy a 'gourmet baleada' or fine local cuisine. Experience a romantic special dinner for two. Breakfast, lunch, and dinner served Monday through Saturday. \$

Beachers: Enjoy a lounge in the sun, buy drinks, and enjoy the day at this locally run establishment located on the West Bay Beach. Featuring live music Saturdays and Sundays from Sundown until 9:00pm. \$\$

Argentinian Grill West Bay: Sister location to their West End restaurant, with extended menu options. Beautiful new building located directly on the beach. \$\$

Java Vine: Coffee and fine wine. Sandwiches, bagels, snacks, full coffee menu and wine bar. Wireless internet available. \$

Mangiamo's: Deli foods, lunch, imports, sundries, and cheeses. Open Monday – Saturday 8:00-5:00 p.m. \$-\$\$

Hangover Hut: Casual Comfort food and great Ceasars– Open Sunday to Friday noon to 9pm Saturday Noon to 7pm, located behind Bananarama \$-\$\$



Restaurants

Sandy Bay

Jolly Octopus Water Adventure Bar in Sandy Bay, Roatan, Honduras offering a variety of delicious food and beverages as well as kayak tours, snorkeling, swimming and equipment rentals directly from our beach on the beautiful Caribbean Sea! located in Sandy Bay east of AKR and West of Lawson Rock.

Tranquil Seas: Every Tuesday, live music and Spanish Tapas night. Beautiful sunset view! Now open for lunch and dinner 7 days a week! \$-\$\$

Lawsons Market and Delicatessen: Lunch and Breakfast with healthy and comfort food options and small market. The wine and cheese selection for takeaway is super convenient. Lawson Rock Beach Club \$

Blue Bahía: Freshest Catch of the day in Sandy Bay and a great selection of smoked meats with dining right on the beach. Rob is always got something great cooking! Ask about daily specials. \$\$

The Salty Mango: Breakfast and Lunch and Dinner. Located in Sandy Bay behind Blue Island Divers (just east of Lawson Rock on the beach). Nice full menu with local flare. \$\$

Palmetto Bay (East of Sandy Bay)

The Cove relaxed dining in an idyllic setting with a delicious creative menu. Palmetto Bay

Roatan Island Brewing Company – An artisanal brewery nestled into the lush tropical hillside of the Palmetto valley in the picturesque north shore of Roatan.
<https://www.facebook.com/roatanbrewery/> Message them on facebook or Call 9961-6093 to confirm as each week is a different theme and so much fun!

Silversides - poolside dining room at Barefoot Cay – Reservations recommended – tel. +504-9781-9858 email – silversidesroatan@gmail.com

Romeos French Harbor Waterside gourmet dining (Island with Italian flair) open Monday thru Wednesday from 10:00 AM until 6:00 PM. Thursday, Friday and Saturday until 10:00 PM. Will open for dinner on other nights for parties of 15 or more. Reservations 9967-0380

Herby's and Pineapple Grill: Located in the Clarion Resort in French Harbour, Herby's is great for watching your favorite game (with dozens of flat screen TV's all in HD) \$\$ and Pineapple Grill for having a relaxing upscale dinner experience. They also offer movies on Thursday, Friday and Saturday night. \$\$\$

Kristis Overlook – Great food, cold drinks and beautiful views! Serving a wide variety of Mexican and Tex Mex food in a fun casual environment. Phone 9438-2391 Located at 1/4 mi East of Parrot Tree, Ctra. Principal Roatán, Islas De La Bahia, Honduras \$\$

La Sirena de Camp Bay - Great Little Over-the-Water Bar/Restaurant Local cuisine, Caribbean, Seafood, Central American, Vegetarian Friendly \$



Shopping

There is no shortage of shopping options here on Roatan Island. Whether you are looking for unique souvenirs and gifts for your family and friends back home or you wish to visit a commercial shopping center to purchase clothing, Roatan has got you covered. From the markets in Coxen Hole and cute souvenir shops along West Bay Beach to the Mega Plaza Mall in French Harbor, you will find a wide range of shopping options on the island. The great thing about Roatan is that you can find both local and imported products here. They sell local crafts and fresh homemade foods, but also import everything that is needed for vacationers who are visiting Roatan during the summer season.

Coxen Hole Shopping

There are plenty of shopping opportunities for vacationers in Coxen Hole. Many shops can be found that sell Honduran crafts like Garifuna art, lenca pottery, and different kinds of straw baskets. If you wish to get fresh fish, look along the main street for street vendors or head to one of the many seafood stores.

Shopping in West End

Expect to find a number of shops in West End, most of them are small stores that sell souvenirs and gifts. For cool paintings, crafts made by artists from Honduras, and jewelry, make sure to visit the awesome Waves of Art Gallery which is situated in a bright yellow house. West End is also home to the Marine Park Office of Roatan that sells dive maps and offers information on how to save the natural sites and the reef in the Bay Islands.

French Harbor Shopping

French Harbor houses the largest shopping center on the island called Mega Plaza. This place has it all. From dozens of clothing stores and ladies shops where you can find accessories and purses to jewelry stores and barber stores, there is something for every at this shopping mall. Four local banks have their branches here, making it convenient for travelers who are looking for banking services. Claro and Tigo, both of the Roatan cell phone companies are also situated in the building where they sell sim cards and offer various services. Vacationers will be happy to hear the Mega Plaza in the French Harbor is home to numerous restaurants also. If you need to buy appliances like computers, TV's, or furniture, there is a large department store here called LadyLee.

Grocery Shopping

In Roatan we find a variety of grocery stores, ranging from the most basic pulperias to great grocery shopping centers that are well supplied on US products. This is great for local islanders and also tourists; we have the opportunity to enjoy both Honduran and American products, it's best of both worlds!

Pulperias are small, local stores found almost everywhere on the island. They are packed with cold drinks, our famous plantain and banana chips, and sweet treats like chocolates and cookies.



FAQ

Roatan Weather

The Honduras Bay Islands which include the islands of Roatan, Utila, Guanaja and Cayos Cochinos, have year round weather that is really good for a vacation. While traveling in the Bay Islands you can expect daytime highs in the mid 80's and 90's and night time lows in the 70's. Rainy season varies from year to year, but it normally rains from late fall through early winter which is considered the "rainy" season for Honduras. During the rest of the year, rainfall is minimal unless there's a storm in the Caribbean and often light showers during June and July.

Water temperature ranges from 78 degrees - 84 degrees with visibility consistent between 60-100ft, sometimes more! Diving takes place on both sides of island. When it is choppy on one side of island the other side is usually calm and provides the experience you hope for even in bad weather.

Banks: Normal business hours, you will find them crowded with long lines at peak times.

Credit Cards: Accepted most places not all, best to inquire before trying to use.

Currency: Limpera National currency with the USA dollar quite common. Bring 1, 5 & 10's larger bills can be a problem. Any defects on bills and they will not be accepted.

Languages: Spanish national language with English a close second.

Time Zone: Central time zone but daylight saving time is not observed. GMT six hours behind.

Electricity: Same as USA 110 volts 60 MHz same plugs. European style plug converts if you use this type and surge suppressors are a good idea to bring.

Tips: what is the standard rate on Roatan? 10% is standard although 20% helps the local economy. Some places add it to your bill, you will need to check your receipts on this. **If using a credit card, add tip prior to it being run as you cannot add it later.**

Is the drinking water safe to drink? Tap water is not recommended to drink in Honduras. All good restaurants and hotels will provide purified water or use purified water in food preparation. Purified water can be bought easily throughout the country.



Your Accommodation

AC instructions / Electricity – Please help us conserve energy and turn off all AC units and lights when not in use.

Games: Provided games are in the drawers of the TV stand

Beach gear available: Pool/beach toys are in basket for your enjoyment

Washer / Dryer: Please empty dryer lint drawer after each use

Drinking water: Tap water is not safe. Please use 5 gallon dispenser in pantry for drinking water, coffee and cooking. The Ice maker is filtered.

Safe: A safe with instruction is in the upstairs master bedroom closet

Extra linens/towels: Are provided in each bedroom and bathroom

Cleaning supplies: Are available under the kitchen sink

Trash: Place trash outside of house in bin by front door

Recycle: Please help save the planet by recycling plastic bottles/containers (not the lids) and aluminum/tin cans. Wash and crush before placing in bins by The Cove restaurant / Palmetto Bay Center. A provided crate is in the pantry and more information is located on the entryway table.

Toilets: Please only flush waste and toilet paper. Dispose of everything else in the trash.

Policies:

- No parties
- No pets
- No smoking
- If something breaks notify Carolina
- Owner's Storage Room is off limits
- **Have fun and make great memories!!!**



Summary Letter

Whoop Whoop! Vaca is getting closer! Great news that you no longer have to have a Covid test to get back into the US! If you are flying American Airlines to Roatan, use the Verify app to ensure you have all the correct documents and it makes it quicker at the airport for check in. Customs in Roatan can take an hour or so, but it's a smooth process, just a small airport.

Our property manager, Carolina, will reach out to you to coordinate your check in to the house. Please download/install the WhatsApp on your phone for easy communications on the island.

I definitely recommend getting a car at the airport, either Avis, Alamo, or Thrifty are all good. Sixt is right outside the airport, walking distance, but the customer service wasn't that great. Cell service is really good on the island, so GPS will work great. Just put in Palmetto Bay and it will give you the correct directions. It's about a 15 minute drive from the airport to our house/neighborhood. If you decide not to drive, there are plenty of options for drivers, see below.

We provide a 5 gallon jug of water for drinking, as the water isn't good to drink, but I suggest when you go grocery shopping to get a couple extra if you all drink a lot of water and use it for coffee, ice, cooking, etc. There's great grocery stores close by, the Eldon's in French Harbor (12 minutes away) check the hours online as this one sometimes closes. Or the other Eldon's in Coxen Hole, but not on Main Street as this is a very small one, go to the other Coxen Hole location and you will find everything you need. The prices are in Limpera and the easiest way to calculate what it equals in USD is to divide by 24.

Most places take credit card, but do bring plenty of cash for vendors and activities and some restaurants. They are picky about the dollar bills being clean and no rips and also prefer smaller bills vs using \$100's. If using a credit card at a restaurant, let them know what you would like to tip before they run the card.

Close by restaurants we love are Sunken Fish and Blue Bahia in Sandy Bay (you will drive on the beach to get to them), Snappers is a great casual restaurant and Silversides is a bit nicer with amazing food! The Cove at Palmetto Bay is also good and will sometimes have entertainment (check their Facebook page for schedule).

You can also book Chef Jenny through Roatan Chef Service Facebook page or +504 3312-5550. She is absolutely amazing! And there is Roatan Mobile Massage that comes to you, book through their Facebook page or +504 9951-3380

For souvenir shopping, go to the West End or look up the Roatan Local Market on Facebook and see which resort/place they will be while you are there. The West End is



lively at night with lots of music and a lot of fun. Also Infinity Bay Hangover Hut by the Bananarama on West Bay has live music Tues, Wed and Sat and Papa Bones on Sunday nights.

Other restaurants we love are Kristi's Overlook, view is incredible, for \$3 Taco Tuesday and \$5 margaritas, if you like Poke bowls or Smoothie bowls you will love Crisp in the West End, Dragon Fly is awesome sushi, and Sundowner's, Ginger's and Happy Harry's in West End are awesome hang outs. In West Bay, we like Sunset Hideaway on certain days they have \$17 for three lobster tail dinner! Also in West Bay is La Palapa Beach Bar at Infinity Bay and Annie's Boardwalk Cafe that are yummy! And you can't miss La Sirena if you go to the East side!

Our top things to do have been snorkeling at West Bay, drive and park by Bananarama Resort Drive and walk toward the rock/Grand Roatan, there are chairs to rent on days that the cruise ships are not in and reef is absolutely gorgeous and a ton of sea life! We also love to go fishing and used roatanreeftours.com, Cleve's Tours is also amazing. Diving, of course, is spectacular and our dive shop is in the community next to the restaurant. The brewery right by the house is also a lot of fun and sometimes has craft market, check hours/days open on the Roatan Island Brewery Facebook page. Gumbalimba Park is fun to see the Macaws and monkeys and beautiful scenery. I think you can also zipline there, South Shore zipline is also amazing. The Rum Factory is nice with a gorgeous view and the the Chocolate Factory in West End has the best desserts ever! Ask Cleve Tours about the mangrove tour in Jonesville, Calabash Bight and Oakridge, super fun and go to the world famous Hole in the Wall restaurant! Port Royal National Park on the East Side has a hike to the tallest peak on Roatan that is stunning.

Here's a list of drivers /car rental/ tour operators that you can fully customize what, where, when, etc:

- Cleve's Tours and Adventures +504 9922-5407
- Hyde Transportation +504 9991-2257
- Chris Gonzalez search and message on FaceBook
- Alex +504 9590-1743
- Ernesto Zelaya search and message on FaceBook
- Roatan Transportation Service +504 3248-5867
- Ramirez Rentacar - search and message on FaceBook

Hope this helps!!! Please let me know if you have any questions!

All the best!
Juli



We hope you enjoy our little piece of paradise and we see you again! We would love to hear from you and appreciate you leaving a review! Thank you for choosing to stay with us!

