



BAY ISLANDS

Roatan, the biggest, is expensive & more luxurious, but well worth-it for the long stretches of white sandy beaches. Utila attracts more of a backpacker crowd & is 'proper' Caribbean island living, but also great for partying & swimming with whale sharks. Guanaja, only accessible by plane, is again more upscale, known as the 'Venice of Honduras'.

LA MOSQUITIA



The rumours (drug-smuggling, lost cities, military training) about the barely accessible La Mosquitia are renowned. What is for sure is that it's only accessible on tours - the dates of which are sporadic. Remote jungles, wild cats & howler monkeys, twilight riverboat journeys & tribes make it all worthwhile for the lucky few who make it in.

COPAN RUINAS

Famous for the Mayan ruins, the ruins are impressive, but nothing compared to those in Mexico. Copan is one of the most picturesque towns in Honduras & there's a lot to see in the area. There's a Maya Chorti tribe living on the outskirts – ask one of them to give you a tour & they'll show you an old Mayan hospital, among other impressive ruins.



TEGUCIGALPA

Most people try to avoid the sprawling city, but the majority also have to come here to make onward journeys. It's not all that bad. The Statue of Christ is worth a look & downtown can be good for culture – art, orchestras and opera. In the surrounding mountains you'll find Valle de Angeles – a typical artisan town & La Tigra – a cloud forest.



LAGO DE YAJOA

This huge, peaceful lake halfway between Honduras' main cities, San Pedro Sula & Tegucigalpa, is a bit of a hidden gem from the backpacker trail. Locals have rowing boats & will take you onto the lake for a tranquil afternoon. The D&D Micro-brewery is a great place to stay – they have cabins in tropical gardens & make their own tasty beer on-site.

