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## T.R.E.E.S Hosting Center Activity Guide



All cooking supplies and food provided. We suggest pairing this activity with a Local Village Tour so you may collect your own fresh fruits and vegetables!

Price: \$125 USD for groups of 10 people or less.  
Add \$12.50 USD for every additional person.

#### Ziplining – half day

This new zipline couldn't be any more conveniently located for visitors to T.R.E.E.S – right in our own big backyard! With eight lines, some more than 300 feet about the ground and moving you through the canopy at over 40 miles/hour, this is a must-do activity for adrenaline seekers. Our guide will lead you to our neighbouring property via the new Mot-Mot trail, where you are almost guaranteed to see or at least hear the beautiful Blue-Crowned Mot-Mot. After your ziplining adventure, cool off in a gorgeous deep swimming hole on Dry Creek before you return back to T.R.E.E.S.

Price: \$85 USD per person. Special group rates and student rates are available. Contact us with details on your group for pricing.

#### The Magnificent Blue Hole National Park – half day

Get a chance to explore the magnificent cenote and vast caves of the Blue Hole/St. Herman's Cave National Park. This Audobon-managed park is full of protected wildlife, including the Jaguar and the Tapir (also known as the Mountain Cow), as well as hundreds of species of birds. Take a self-guided visit of this park or hire our guide or one of the park guides at the entrance, whom are very knowledgeable about the biology and terrain of the park.

Price: Park entry \$4 USD foreigners/ \$1 USD nationals plus bus fare to get to the park (\$1 USD). There is also the option of doing a cave tubing trip through St. Herman's Cave which is about a 1.5 hour guided trip. The cave tubing trip is \$50 USD/person. Lunch is not included but can be catered by T.R.E.E.S as a picnic lunch for \$10 US/person.

#### Kriol Drumming Sambai – 7:00 pm to 11:00 pm

Djembe master Emmeth Young and his band the Talla Walla Vibrations will thrill you with their rhythms and energy. Learn about traditional Kriol drumming culture and its roots in Belize. Dance the night away to West African and Kriol rhythms the traditional "sambai" way in a circle around the fire.

Price: \$330 USD for groups of any size staying on site at T.R.E.E.S Hosting Center. For groups staying off-site and only attending the evening sambai, add \$50 USD. The day leading up to or following a sambai, Emmeth can also be available to teach private djembe lessons and run drum-making workshops. Contact us with details on your group for pricing.

#### Visit to Five Blues Lake National Park – full day

Explore the incredible Karst system and biodiversity of Five Blues Lake NP. This park is replete with wildlife (including healthy Howler and Spider Monkey populations) and beautiful "blue lagoon" style cenotes and vast cave systems, some even holding ancient Maya artifacts. Swim in the lakes, crawl through the caves, and dodge fruits and sticks being thrown at you by the monkeys. The park guide is extremely knowledgeable about the biology and terrain of the park and will ensure that you get only the best experience.

Price: Guide, park entry, and transportation to the park - \$65 USD/person. If requested, the guide can arrange climbing on the numerous climbing routes on the limestone cliffs and we have another operator that runs cave kayaking trips through the cave system in this park. Special group rates and student rates are available. Contact us with details on your group for pricing.



## Lecture Series – 45 minutes each lecture

Supplement your course material with additional lectures. T.R.E.E.S biologists are knowledgeable on ecology and conservation issues in Belize. Lectures can be paired with an activity to get the most out of the topic. We can design a customized lecture with advance notice on a topic of your choice. Our existing lectures are \$37.50 USD/lecture, and a custom-made lecture is \$75 USD/lecture. Our biologists can co-teach and co-lead field courses at a cost of \$150 USD/day. Discounted rates are available for Belizean students.



- **Tropical Ornithology** – This lecture includes an introduction to avian taxonomy, the diversity of Neotropical birds, and the characteristics of each of the representative bird families found in Belize. Learn how to identify common species around T.R.E.E.S .
- **Tropical Ornithological Techniques** – This lecture teaches monitoring techniques in the Tropics. Topics include: bird banding and mist-netting, nest searching, point count surveys, avian recordings and call back techniques, and behaviour observation techniques. Best paired with an early morning bird walk.
- **Introduction to Bird Banding** – Budding bird banders learn the history of banding, how to set-up mist-nests, how to extract birds, morphometric measurement techniques, ageing and sexing birds, and the use of Pyle and other resources to start you up on your banding career. Pair this lecture with a mist-netting workshop to get a hands-on practical experience.
- **Tropical Herpetology** – This lecture is an overview of amphibian and reptile taxonomy, ecology, and diversity with a focus on taxa present in Belize. Learn how to identify common species around T.R.E.E.S with a discussion on sampling techniques used, major threats and conservation concerns for herpetofauna of Belize. A night walk to practice hands-on sampling and identification of common herps at T.R.E.E.S. can be added to this lecture.
- **Belizean Ecosystems, Habitats and their Associated Species** – A general introduction lecture on the different ecosystems and habitat types, flora and fauna species associated with each present in Belizean landscape ecology and conservation issues. Five Blues Lake or the Blue Hole National Park are both great sites to visit to showcase major concepts learned in this lecture.
- **Neotropical Rivers: Formation, Function, and Conservation** – This lecture is a great follow-up to the general ecosystem lecture with a more in-depth look at the Neotropical riverine system. We introduce concepts of geology, hydrology and their driving force in riverine ecosystem creation in Belize. Focus is on human impacts to riverine systems; upper watersheds to coastal waters and beyond.
- **Assessing Habitat Quality through Rapid Bio-assessment and Bio-monitoring** – In this lecture we describe how to assess habitat quality (with a focus on freshwater habitat) using environmental parameters like water quality and bio-indicators. Techniques for sampling are reviewed, vegetation mapping and habitat characterization. Pair this lecture with the Stream Ecology Workshop to practice techniques learned in a field setting.
- **Tropical Mammalogy** – This lecture will introduce basic mammal biology, behaviours and lifecycle of Belizean mammals, and basic tracking and monitoring techniques. Pair with a mammal tracking workshop to get a hands-on practical experience.
- **Wildlife Conservation in Belize** – This lecture focuses on describing the main conservation issues affecting Belizean wildlife including poaching, coastal development, climate change, and more.
- **Conservation and Community-Based Management in Belize** – In this lecture, an overview of the mechanisms behind Belizean conservation issues with a focus on opportunities for conservation and how community involvement plays an important role. Pair with a Local Village Tour so students have a rich opportunity to interact with local people and how they live in our rural community.
- **Marine biodiversity in Belize** – This lecture focuses on describing the main marine ecosystems and associated species in Belize. We review how these ecosystems function, their animal and plant biodiversity, as well as ecological threats. Recommended before heading to a marine site.



### Early Morning Bird Walk – 6:30 am to 8:30 am

Join the T.R.E.E.S resident biologist and/or guide to see and identify birds by sight and sound along forest trails and in open orchard habitat. Sightings of impressive species like Toucans, Trogons, White Hawks, and King Vultures are not rare here. It is a birder's paradise at T.R.E.E.S!

Scope provided, but guests must bring their own binoculars.

*Price: Minimum price for activity is \$50 USD for groups up to 10 people. Add \$5 USD for every additional person.*



### Night Walk – 7:30 pm to 9:30 pm

Join the T.R.E.E.S resident biologist and/or guide to look for mammals, amphibians, reptiles and other night-active creatures and learn about their behaviour and ecology. Walk riparian forest trails to see animals like paca, kinkajou, skunks, possums, and armadillos. Explore the river to search for frogs, snakes, turtles, sleeping lizards and birds.

Guests should bring their own headlamps so your hands will be free!

*Price: \$50 USD for 10 people or less. Add \$5 USD for every additional person.*



### Bat Mist-Netting Workshop – Dusk till 10:00 pm

Bat mist net setup and monitoring is introduced. Learn how to differentiate morphological features and utilize our dichotomous key to identify bats to species. Safe handling and extraction techniques will be explained and observed.

All equipment and support for extraction and identification is provided. Note that for the bat's safety and to minimize risk of disease transmission, participants will not extract bats from nets unless they have prior experience and an up-to-date Rabies vaccine.

*Price: \$125 USD for 10 people or less. Add \$12.50 USD for every additional person. Snacks and beverages provided.*



### The 'Will' Walk – 2 hours, any time of day

No visit to T.R.E.E.S would be complete without our quintessential "Will Walk" (really, there is no better name). Will is our main caretaker, a bush-guide with over 20 years' experience on the TREES property. Let Will share jungle survival skills and with practical tips on safety. Learn what to eat and not eat if you are lost in the jungle, how to stitch your own wounds, and how to tie supplies to your back using only plants, then this walk is essential!

*Price: \$50 USD for 10 people or less. Add \$5 USD for every additional person.*



### Bird Banding Workshop – half day starting early morning

Strengthen your bird identification skills by studying birds like the real ornithologists do – catching them in mist-nets, note their plumage, moulting patterns, condition, and putting bands on them for future tracking and individual identification. This workshop is a must-do for bird lovers. When else do you get to hold these lovely creatures in your hand (using the proper bander's grip of course!)?

All equipment provided. For the bird's safety, participants will likely not extract birds from nets (unless they have prior experience).

*Price: \$125 USD for group of 10 people or less. Add \$12.50 USD for every additional person. Coffee and fruit/pastries provided.*



### Mammal Tracking Workshop – half day

Curious about the mammals traversing the jungle trails? Want to learn about how to identify their signs? In this workshop you will learn techniques for studying the elusive mammals – camera trapping (check to see what traveled the paths the night before), identification of tracks and other tell-tale signs of presence, and how to make plasters of tracks. Fun for nature enthusiasts and forensic science enthusiasts alike! All equipment and materials provided.

*Price: \$125 USD for 10 people or less. Add \$12.50 USD/person for every additional person.*



### Stream Ecology Workshop – all day

In this workshop you will be wading through the waters of Dry Creek to learn about the creatures that call the stream "home". Learn ecological field techniques from T.R.E.E.S resident biologists including habitat characterization, benthic macroinvertebrate sampling using dip nets, and fish and tadpole sampling using minnow traps. Identify your catch in the lab using lab techniques and dichotomous keys. A short lecture on macroinvertebrate identification is a part of the lab component.

All equipment provided.

*Price: \$125 USD for 8 people or less. Add \$12.50 USD for every additional person.*



### Waterfall Hike – all day

T.R.E.E.S is proud to have one of the largest waterfalls in Belize in their very own backyard! It is an all-day hike to get to these beautiful falls through a rugged mountain trail. You may get to see birds like the Crested Guan, Tody Mot-Mot, and Black Hawk. You are also likely to tread on jaguar and peccary tracks, and if you are very lucky you might even get a chance to see a Tayra, Agouti, or pack of Coatimundis. Our guide is knowledgeable about local trees and plants and their uses. You won't miss anything with our great bush-tracker who is certified in Wilderness First Aid. Bring your swim suits because you will not want to miss swimming in these refreshing waterfall pools!

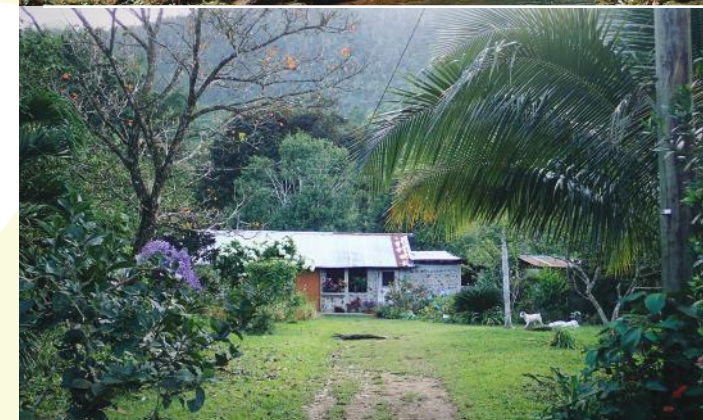
*Price: \$75 USD for group of 10 or less. Add \$10 USD for every additional person. Rappelling on the waterfall can be arranged through Maya Guide Adventures for an additional fee.*



### Local Village Tour – half day

T.R.E.E.S is happy to be located adjacent to the lovely village of Mile 28, a traditional Central American village full of welcoming people. Most of our neighbours are subsistence farmers who grow their own fruits and vegetables to sell at little road-side stands. Ever wonder how pineapples grow, or where sugar comes from? Taste the unique fruits that are grown in the villager's yards, have the children take you to their favourite swimming hole, or play a little game of soccer with the kids!

*Price: \$50 USD for 10 people or less. Add \$5 USD for every additional person.*



### Belizean Cooking Workshop – half day

Ever wonder why you pay so much for store-bought tortillas full of preservatives when you can make them yourself with only a bit of effort and a couple of cups of flour? What makes Belizean stews so darn delicious? Spend some time with our cook(s) and you will learn the secrets of the trade! You will learn to make the basics like flour and corn tortillas, stews using the all-important Belizean Ricardo paste, and traditional Maya, Garifuna, and Kriol dishes using staple local fruits and vegetables like plantains, coconuts, and cassava, to name a few. Together you will prepare a delicious feast to enjoy!

