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Looking For Adventure, Spa, Wellness? Check Out This Central American Hot Spot



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barrier reef in the world? Do you want to enjoy a great spa and maybe partake in some yoga and meditation? Well, come to Belize, where you can have three different experiences all in one trip.

This Caribbean country allows for three different experiences—jungle, beach, wellness—all in one vacation.

Why Belize?



The toucan is the national bird of Belize. GETTY

There are direct flights from New York on United, American, and Delta. Anyone traveling with kids knows that direct flights are key. Plus, many people don't realize that Belize is the only English-speaking country in Central America—so language barriers are never an issue. Add to that the combination of so many activities and landscapes—Belize has the second-largest barrier reef in the world, plus impressive Mayan ruins, and

wellness retreats—and you’ve got a great family vacation (enough to make everyone happy).

Jungle Escape

The first stop is San Ignacio, where the Macal River and the foothills of the Maya Mountain intercept. You’ll be in the heart of the Belize jungle where naturalist guides will take guests horseback riding, mountain biking, and hiking through the dense rainforest taking in the diverse flora and fauna of the region. Be sure to take a canoe trip down the Macal River to see birds, howler monkeys, and other wildlife.

Where to stay: [The Lodge at Chaa Creek](#), a 400-acre eco lodge specializes in adventure with dozens of different activities offered each day. Be sure to go on a bird-watching tour—this area has some of the best bird watching in the country—or take a tubing excursion deep in the jungle. Zip line among the trees to see a view of the jungle from above. Stay at the new Ix Chel Luxury Rainforest villas—they have private plunge pools, al fresco showers, and personal butlers. Think luxury in the rainforest. Ten percent of room rates go toward environmental and community projects.

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Island Getaway



Belize has an expansive underwater world with colorful corals and tropical fish. GETTY

With more than 200 miles of coastline, Belize is world famous for its beautiful Caribbean landscapes. Travelers can snorkel, scuba dive, fish, windsurf, kayak, and enjoy the beautiful waters of Belize.

Where to stay: The award-winning [Victoria House Resort & Spa](#), located on Ambergris Caye, features spacious villas for larger families, a gourmet restaurant with freshly caught seafood fare, two beachfront pools, and a dive shop where groups can arrange charters for exhilarating adventures, such as diving the world-renowned Great Blue Hole or snorkeling Shark Ray Alley. The resort also boasts the largest spa on Ambergris Caye—taking luxury and wellness to the next level. Be sure to book one of the villas—ranging from two to five bedrooms and up to 5000 square feet—some have their own private pool. (All are located beachfront.)

Wellness Retreat



Wellness, including yoga and spa treatments, is a big draw in Belize. GETTY

Whether travelers are looking for a challenging yoga session, an inspirational hike, or a relaxing soak, the Placencia area of Belize—located in the southern part of the country—is the place to be.

Where to stay: [Naia Resort and Spa](#) can provide exactly what one needs to recharge over a holiday. At the heart of the resort lies [Naia Spa](#), a breathtaking retreat that is spread over a collection of small islands dotting an enchanting freshwater lagoon where the resort's skilled and experienced therapists work their restorative magic. The spa features a fully equipped fitness center, plus a yoga and movement studio that overlooks a tranquil lagoon. Leisure bike rides, kayaks, and SUP will leave guests centered and rejuvenated.

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