



*FOUR  
PERFECT  
DAYS*

**KA'ANA**  
SAN IGNACIO, BELIZE



“Nobody can discover the world  
for somebody else. Only when we  
discover it for ourselves does it become  
common ground and a common bond  
and we cease to be alone.”

-

Wendell Berry



## DAY 1

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WAKE UP.  
GREEN JUICE.  
GET ON HORSE.  
RIDE TO MAYA TEMPLE.  
PINIC BY A RIVER.  
RIDE BACK.  
DIP IN POOL.  
MAYA SPA TREATMENT.  
  
DINNER SERVED.

10 A.M.

### GREEN MEANS GO!

Get energized for the day ahead with our Green Juice + Greek Yogurt breakfast. Our juice is a superfood blend of chaya, ginger, pineapple, honey and lime, all sourced from our on-site organic garden.

Pair it with our house-made granola and yogurt parfait with fruits from the local farmers' market for a fresh and balanced start to the day.



A woman with long brown hair, wearing a black tank top and grey pants, is smiling and leaning forward while riding a light brown horse. To her left, a man in a green t-shirt and dark pants is riding another horse. The background features a large, multi-tiered stone pyramid with a staircase leading up to it, surrounded by lush green trees and grass under a blue sky with white clouds.

11 A.M.

## RIDE TO RUINS

Nestled within 400 acres of lush green farmland, you'll begin your horseback journey at Hanna's Stables. From there, you'll make your way to the majestic Xunantunich, where you'll discover Mayan temples and explore the ancient ruins with an archaeologist as your personal guide.

Next, you'll picnic along the banks of the Mopan River and take in the sights and smells of the tropical rainforest over a well-deserved lunch before you meander back home.

3 P.M.

### PLUNGE & RELAX

In the afternoon, take a rejuvenating dip in the salt-water pool and then discover the majestic energy of Belize with a traditional Mayan Abdominal Massage at the Ka'ana Spa.

Passed down through an unbroken chain of midwives, healers and shamans for thousands of years, this ancient massage technique guides internal abdominal organs into their proper position for optimum health and well-being, while improving the flow of chi and fluids of the circulatory, lymphatic and nervous systems. You'll find yourself rested, relaxed and rejuvenated.

#### SPA

our spa is a simple, no fuss experience using organic local ingredients. Our treatments are inspired by the area, fresh and natural. Complimentary homemade teas are included with each treatment.

#### POOL

Our pool is a salt-water pool. It has a constant 5 feet depth.





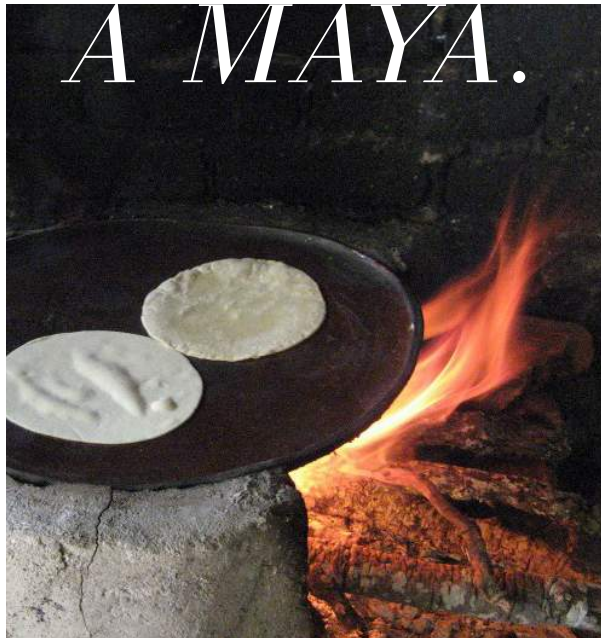
7 P.M.

## TASTING & TOASTING

For your first night, have our chef prepare you a tasting menu of his favorites from our kitchen. Enjoy an intimate, coursed meal under the stars, or paired with wines of your choosing from our cellar. It's the perfect setting to toast to a perfect evening.

BELIZE STORIES

# COOK LIKE A MAYA. EAT LIKE A MAYA.



The ancient Maya civilization is part of Belize's rich culture and it is especially reflected in the food. Steeped in thousand-year-old history and tradition, Maya food is as rich in flavor as it is in ritual and Maya cooks today still use ancient methods to prepare traditional meals for their families.

At Ka'ana, we've built a traditional Maya kitchen on site — complete with a fogon, the traditional Maya stove made of brick and mud — to truly honor the cuisine of our native ancestors. As our guest, you're welcome to experience the Maya culture through its food in a Maya cooking class. In this unique class, you'll learn about the ancient techniques and flavor profiles used while preparing authentic dishes like corn tortillas, tamales and caldo with a traditional Maya cook as your teacher. And once you've learned to cook as the Maya did, you'll enjoy the fruits of your labor and eat as a Maya as well.





DAY  
2

—  
WAKE UP.  
BREAKFAST IN BED.  
JUNGLE HIKE.  
CROSS A RIVER. THREE TIMES.  
EXPLORE A CAVE.  
SEE A CRYSTALLIZED SKELETON.  
SUNSET HAPPY HOUR.  
FIRESIDE DINNER.  
  
NIGHT CAP.



7 A.M.

### BREAKFAST IN BED

In preparation for today's adventure, have an invigorating breakfast delivered to your villa for an unhurried morning as you soak in the sights and sounds of a new day in the jungle. For a local-inspired start, try the chaya (Belizean super food) and eggs with a side of fried jacks.





9 A.M.



## EXPLORE ACTUN TUNICHIL MUKNAL CAVE

Hidden in the heart of the Tapir Mountain Nature Reserve and deep within the jungle, discover one of Belize's most impressive caves – Actun Tunichil Muknal.

Hike through the jungle, cross three rivers and swim into the hourglass-shaped entrance of this sacred cave.

Once inside, you'll climb through to major interior cathedrals, which hold ceramic and skeletal remains from ancient sacrificial ceremonies.

6 P.M.

## FROM DUSK TO DINE

After a long day of adventure, enjoy the sunset and a signature cocktail in the Frieze Lounge. Afterward, move outside for dinner on the fire deck, where you'll dine beside a glowing fire and under glowing stars with the Belizean jungle all around.



BELIZE STORIES



# THE CRYSTAL MAIDEN

Descent into Xibalba

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**D**eep within the Tapir Mountain Nature Reserve lies one of Belize's most impressive and treasured sites. Actun Tunichil Muknal – which translates literally as, “Cave of the Stone Sepulchre” – is home to “The Crystal Maiden,” a fully intact, completely calcified and hauntingly beautiful skeleton of an 18-year old girl. She, along with the over 1400 artifacts found in the cave, have laid here for over 1,100 years and still remain in their same position as when archaeologists first discovered the cave in 1989.

Actun Tunichil Muknal, or “ATM Cave”, was a sacred place to the Maya people; they believed that gods, who provided rain and agricultural fertility, resided in this underworld and it was here that they would perform ritual bloodletting sacrifices to please them.

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In addition to “The Crystal Maiden”, researchers have found the skeletal remains of 14 humans, ranging in age from infant to adult. A kilometer and a half deep in the cave, past huge boulders, stalactites and stalagmites, lay the ritual sacrificed victims made by the Maya to their Gods, more than a thousand years ago.

As part of the ATM tour, guests spend approximately 3 hours in this truly spectacular cave, exploring a natural museum where culture, geology and history merge to form an unrivaled experience. This is an amazing mix of adventure and culture – definitely one of our favorites – allowing you to follow in the footsteps of the Ancient Maya Priests.

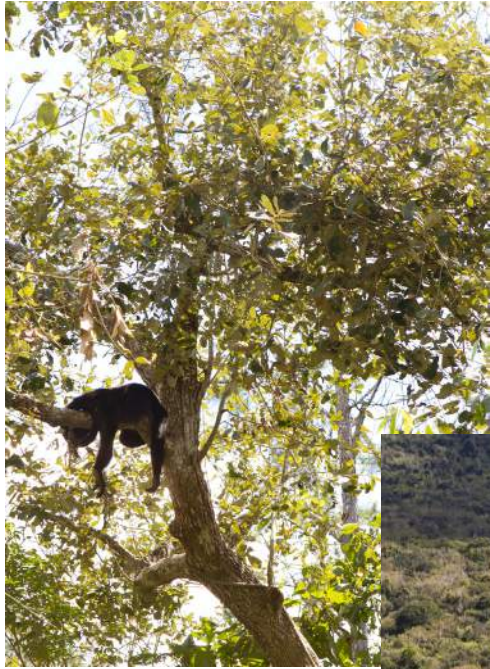
## DAY 3

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WAKE UP.  
YOGA AT A MAYAN TEMPLE.  
BELIZEAN BRUNCH.  
VENTURE TO THE FARMER'S MARKET.  
FIND LOCAL FLAVOR.  
ROAD TRIP TO GUATEMALA.  
EXPLORE A NATIONAL PARK.  
MAKE FRIENDS WITH MONKEYS.  
TOAST ATOP A MAYAN TEMPLE.  
DINNER.

ZZZZ.





7 A.M.



### YOGA IN THE RUINS

Discover a new level of spirituality with a private yoga session amongst the ancient Maya temples of Xunantunich. Set in the expansive grassy center courtyard of the site's main plaza, you'll deepen your practice in this zen locale, which, over a thousand years ago, was a bustling ancient city.

8 A.M.

### LIVE LIKE A LOCAL

Today, discover a deeper understanding of the Belizean culture as you set out to explore San Ignacio like a local, with one of Cayo's very own local personalities as your private guide.

Venture to the farmer's market where you'll mingle with farmers and craftsmen before you enjoying a Belizean brunch. Afterward, you'll visit surrounding villages on a culinary journey, exposing you to some of Belize's most authentic foods and experiences.







6 P.M.

## PINK CHAMPAGNE & PINK GUATEMALAN SKIES

Discover Belize's neighbor to the west, when you take a 60-minute drive across the Guatemalan border to Yaxha National Park where you'll enjoy a private guided tour of this lesser visited, atmospheric site.

Just before sunset, you'll climb a Maya temple for sundowners, majestically overlooking the surrounding rainforest and lake Yaxha. You'll then trek back through the jungle with torches for your return to Ka'ana.



8 P.M.

### CENA A LA CEIBA

After a long day of adventure, retreat to our restaurant, La Ceiba, for a quiet dinner. Our chef will prepare you a meal from the on-site organic garden. One of our favorite dishes is Dukunu, an age old maya corn dish similar to polenta. Served on a bed of arugula from our organic garden with local Mennonite sausage.



BELIZE STORIES

# THE NEXT GENERATION

Meet our bright young neighbors.



At Ka'ana, we're incredibly proud to call San Ignacio our home. So when we learned that our neighbor, the Succotz Primary School, was in need, helping them became a primary initiative for our entire staff, as well as friends of the resort.

Of the 360 students, age 4-13, that attend Succotz Primary School, a mere handful can afford to pay the US\$18.00 yearly tuition. Luckily, the school decided to keep teaching even those who can not pay. However, as a result, the lack of resources has resulted in poor bathroom facilities, leaking roofs, fledgling programs, and inadequate cafeteria facilities.

When our efforts began in 2011, all the preschoolers at Succotz shared one port-a-potty and the older students shared a single, poorly functioning toilet. Ka'ana has since succeeded in building a new toilet facility for the pre-schoolers, and their appreciation

has spurred us on. We're now working to achieve the second part of our goal: building a new bathroom facility for the remaining 300 students, featuring separate boys' and girls' bathrooms with full plumbing and electricity.

In addition to the ongoing bathroom rehabilitation project, Ka'ana has committed to supporting multiple other initiatives at Succotz, including scholarship funds, sports programs and nutrition programs.

We've also partnered with Pack for a Purpose, an organization that enables our guests to support the Succotz school with specific supplies you can pack along in your suitcase. And for our guests who are eager to give back firsthand, we facilitate donations and volunteer work at the school, which is located just 10 miles down the road from the resort. It's an immersive and fulfilling way to experience Belize, not as a tourist, but as family.

DAY  
4

—  
WAKE UP.  
BREAKFAST TO GO.  
SCENIC DRIVE TO A 400-ACRE RESERVE.  
STRAP IN AND GEAR UP.  
JUMP!  
ZIPLINE THE RAINFOREST.  
NAP.  
MASTER THE COCKTAILS.  
COOK LIKE A MAYA.  
DINE UNDER THE STARS.





## RISE AND SOAR

This morning, you'll discover Belize from a bird's eye view as you zipline through the subtropical jungle. After a scenic, 60-minute drive through rugged terrain, you'll reach a private 400-acre reserve, where you'll gear up then soar through rainforest. Surrounded by lush nature, you'll traverse fifteen platforms, a suspended bridge and a hydraulic jungle elevator, which lifts you 50 feet above the jungle canopy.



2 P.M.



### MIX AND MAYA

After the morning's adventure, you'll return to Ka'ana and hone your cocktail skills with a lesson from one of our bartenders. Create one of our unique cocktails, such as the guest favorite, Down the Hatch. A tequila infused with homegrown jalapeno.

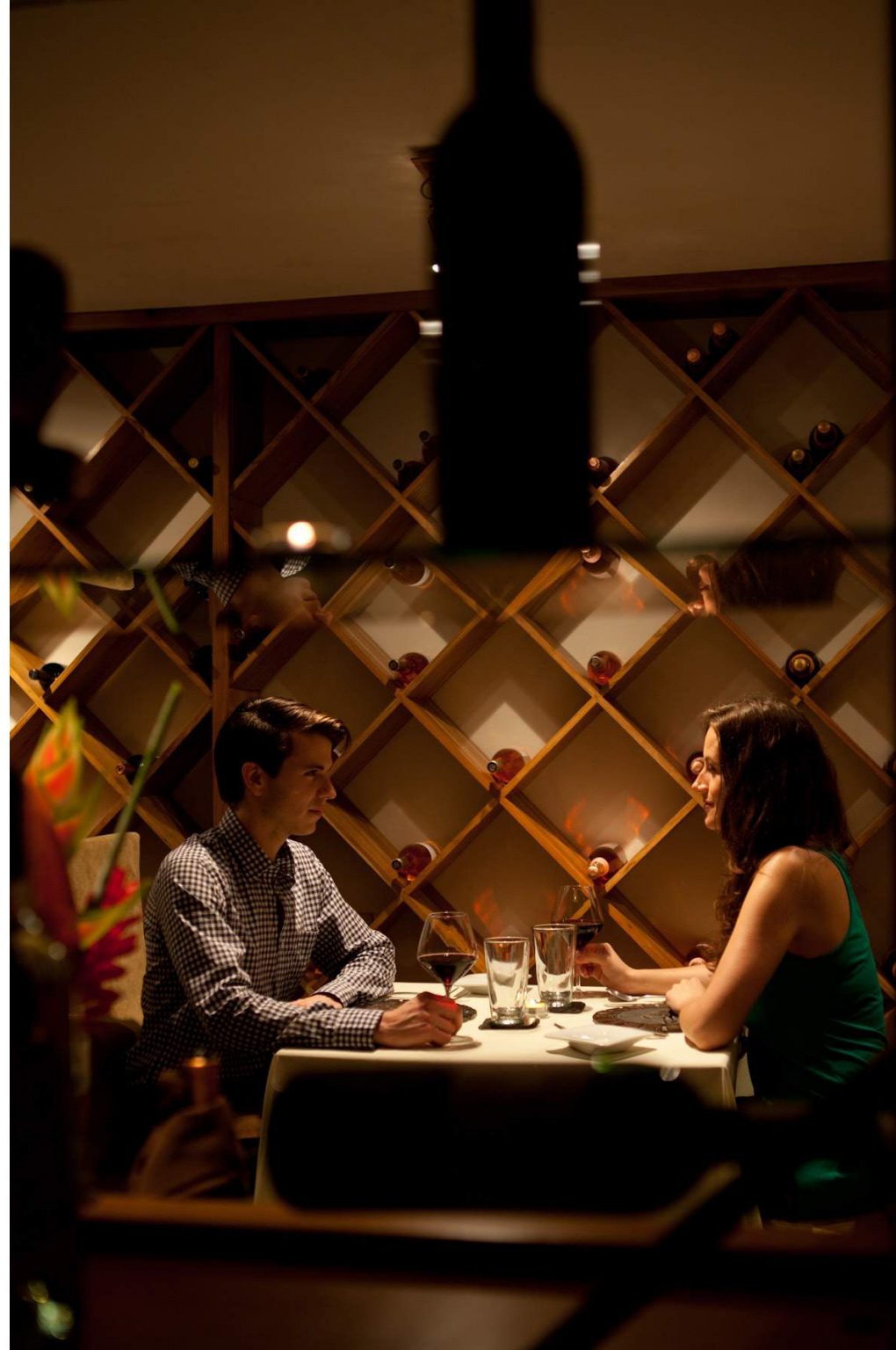
With your thirst quenched, you'll participate in a Maya cooking class. With a traditional Maya cook as your teacher, you'll prepare special dishes such as tamales, corn tortillas and dukunu, while learning techniques and flavor profiles of the Maya.



7 P.M.

## DESTINATION DINING

For a perfect end to a perfect four days, indulge in a private, destination dinner anywhere on the Ka'ana property. From our intimate 2,000-bottle wine cellar to wide-open picnic under the stars, our chef and staff will treat you to an unforgettable evening.

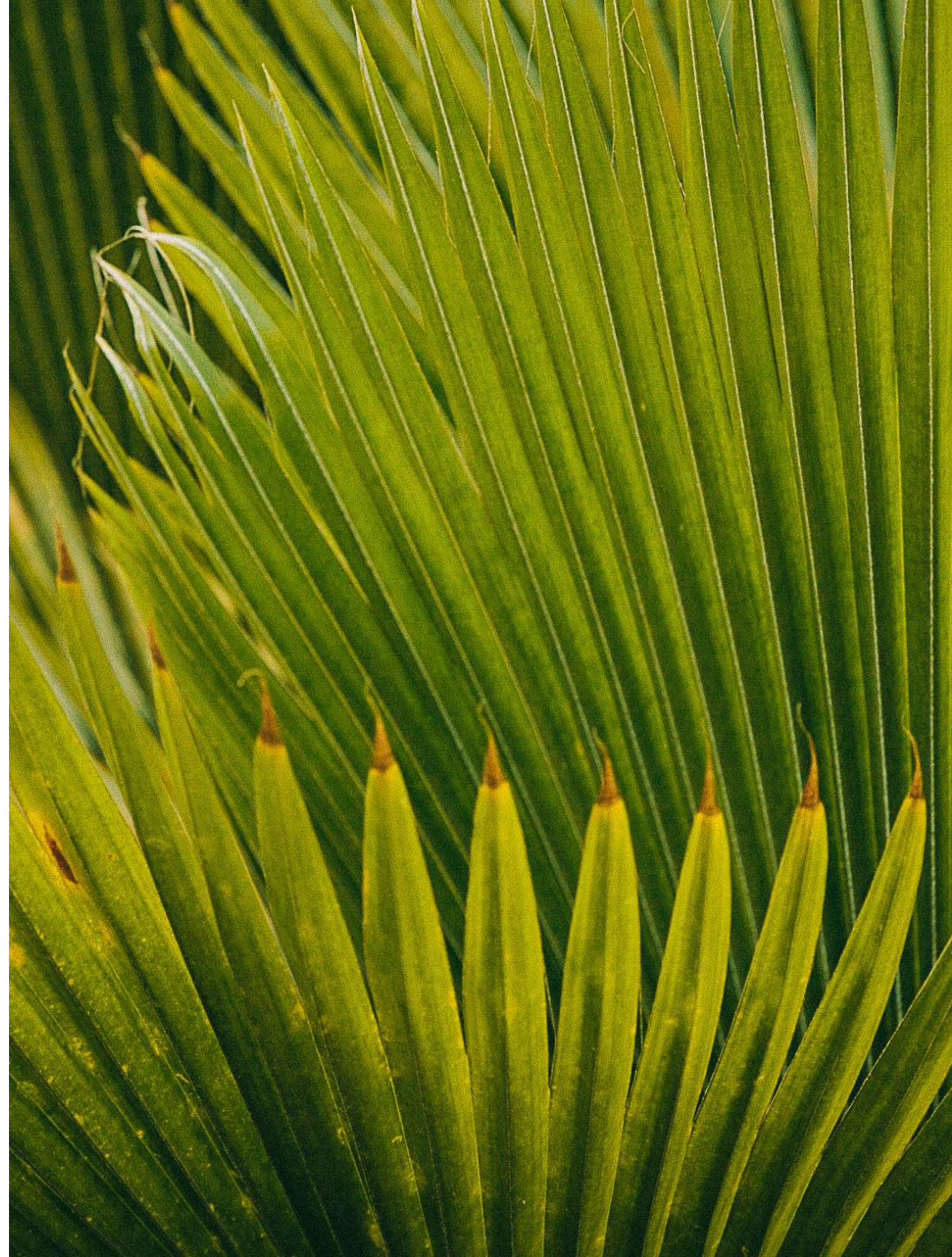






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Until Next Time

**KA'ANA**  
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