

Belize

BUILDING INFLUENCE  
IN BELIZE RETREAT

Travel guide





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# Our Resort

A boutique beachfront resort located on Ambergris Caye in San Pedro, Belize. The resort is situated south of the main town, about a 15 minute golf cart ride from the airport. All rooms have ocean views, a pool, a bar and so much more! Here you'll be able to relax, enjoy the beautiful beach, partake in multiple activities and tours, and explore all that Belize has to offer.

Mata Rocks Resort, owned by a mother-daughter duo, is a passion

project for these women and they hope you enjoy it as much as they do.



Light and airy, each room is uniquely decorated with Caribbean colors accented by native hardwoods, stucco and concrete flooring. Rooms feature air conditioning & ceiling fans to keep you comfortable through our balmy nights. The rooms also have a mini-fridge to keep your bottled waters happy.



## IMPORTANT INFORMATION

Schedules will be sent out daily so that you can feel prepared for the activities a day in advance.

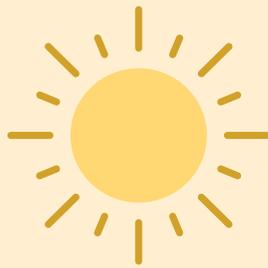
# Arrival

Once you arrive at the Belize City Airport (BZE) you will make your way to the Tropic Air ticketing counter to check-in for your flight to the island where San Pedro is. The flight is only about 15 minutes and once you arrive at the airport (SPR), you will be picked up by golf cart to be taken to Mata Rocks Resort!

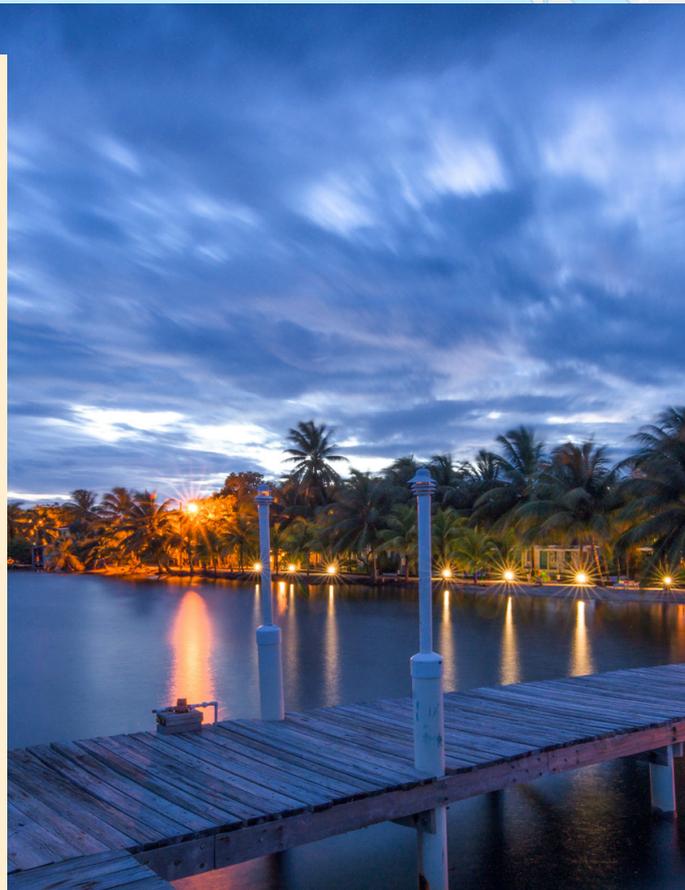
From that point on, you can settle in and relax in your room, hang out by the pool or beach. You'll be greeted and given a schedule for the evening.



## Typical Weather



January is peak season in Belize! Highs are typically around 80 degrees with lows around 70 degrees.



# What To Pack

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## Casual Wear

*Think beach casual: breezy & sunshine-friendly!*

- Sunglasses & Hats
- Swimwear
- Sandals and/or water shoes
- Shorts
- Short-sleeve shirts/blouses + summer wear.
- Light jacket for small rains & winds
- Swimsuit coverups
- Beach bag or backpack

## Evenings

- Light jacket or sweater for windy nights
- Dinner outfits - think beach “dressy,” such as linen shorts, pants, blouses, sundresses.
- Sandals & Flip Flops

## Activewear

- Workout clothes for daily yoga and beach workouts
- Trainers/Sneakers + socks for workouts and hikes



## OTHER ITEMS:

- Book/Journal for free time
- Any Medications you need
- Bug Spray
- Sunscreen
- Water Bottle for Daily Use
- Headphones
- Travel Snacks
- Money for alcoholic beverages or extras such as souvenirs



# Things to do

We have so many adventures planned to maximize our time in beautiful Belize! A few of our activities include: snorkeling, zip-lining, cave tubing, and more!

Outside of our planned activities, there are plenty of options for you to choose in your free time as well. Our resort has paddleboards, kayaks, and bikes for us to use anytime! We will also have access to a golf cart if you want to venture into the town to explore local shops and places on the island. One massage spa treatment is included in your retreat experience as well that you can book when you arrive!



## Personal Development

Whitney and Jeana will be leading group coaching sessions to help guide you through defining who you are and what you REALLY want. Since we only get one chance on earth, we are very passionate about making the most of it!

Here are a few items we'll cover:

- Defining Your Identity
- How to Create Your Dream Life
- Clarifying Your Personal Brand
- Aligning Habits & Routines

We ask everyone to be present during these sessions with no distractions.



# Helpful Notes

- Passport must not be expiring until 6 months after date of travel (\*expires on date after June 2023)
- Notify your credit card company ahead of time to let them know you will be traveling.
- Call your phone service providers for international plans if needed- but we will have wifi.



# Other Tips

- Tipping at the resort is not required, but always appreciated.
- Currency: US Dollars, VISA & Mastercard are widely accepted. You are not required to exchange your money.
- Drink bottled water. The resort filters the ice.
- Itineraries will be sent out in right before departure!

