

# GUEST INFO

TABLE ROCK JUNGLE LODGE



EVERYTHING YOU NEED TO KNOW



# WELCOME TO TABLE ROCK

WE'RE SO GLAD YOU'RE HERE

Our guests, along with our vision for sustainability, are our top priorities. We work closely with our community to provide a high quality travel experience for you while teaching you about the culture, history, and natural wonders of Belize in a jungle setting that makes you feel like part of our

family. Table Rock is committed to offering the best hospitality possible so that you have an incredible vacation and while adhering to the core values of sustainable tourism: helping the environment, aiding the local community, and educating travelers about both.



# COMMITTED TO YOUR HEALTH

WE ARE GOLD STANDARD  
CERTIFIED



We have enhanced our health and safety protocols so that you can enjoy your adventure and truly relax during your stay with us.

## Want to learn more?

Click here to read [our detailed protocols >>](#)

# ALL YOU NEED TO KNOW

AND A LITTLE BIT MORE...  
ORGANIZED A-Z

## BABYSITTING

Babysitting services are available if arranged at least one day in advance, US\$5 per hour, per child + tax. Due to our rugged terrain, we do limit one babysitter per two children 5 and over. Children under 5 years of age will require a separate babysitter.

## BIRDING

Whether you are in your room, on the trails, or at the bar, Table Rock supplies you with some of the best opportunities to see many of Belize's 587 species of birds. In fact, each room at Table Rock is named for a bird that you are likely to see during your stay. There are bird identification books located in the dining room for your use. We just ask that you treat them kindly (they are all beginning to get a bit worn around the edges) and that you return them to the bar when you have finished using them for the day so that other guests may enjoy them as well.

We are also honored to work with some of the some of the best bird guides in Belize, and are happy to arrange a guided birding trip on or off property for you—just ask.

## CANCELLATIONS

- Bookings require a 50% deposit to confirm.
- The balance of the reservation payment will be charged 30 days prior to your arrival.



- Cancellations made 30 days or more from your arrival date may be rebooked free of charge or may be refunded in full, less a US\$50.00 administration fee per room, based on your preference.
- Cancellations made 14-29 days prior to arrival may be rebooked free of charge for a later date.
- Cancellations made less than 14 days prior to arrival due to COVID-19 related issues may be rebooked free of charge for a later date. Cancellations for any other reason made less than 14 days prior to arrival are non-refundable.
- Rebooked stays that need to cancel are not eligible for refunds, but may be eligible for an additional rebooking—please inquire.
- Unused portions of vacation packages are non-refundable.
- No shows and cancellations for circumstances out of the hotel's control (i.e., cancelled flights, weather, etc.) less than 14 days prior to arrival cannot be refunded. For this reason, we STRONGLY encourage the purchase of travel insurance.



## CANOES

Self-guided, upstream canoeing in the Macal River around the Table Rock area is complimentary as long as weather and river conditions are safe. Canoes are reserved on a first-come first-served basis, and you can check out the canoe key and equipment at the office. All adult canoers are required to read the safety procedures and information sheet at the office. Paddles and life vests can be found in the equipment area located outside at the rear of the dining room.

## CEILING FANS

The ceiling fan in your room is an industrial model, making it the most powerful fan of its type. It is controlled by the rheostat next to the bed (with the exception of the Rainforest Cabin & Shamrock Bluff House). "1" is the highest speed and "5" is the lowest. It makes no difference whether you use the top or bottom set of numbers. We find that most people are very comfortable using the middle "3" setting.

## CHECK-IN & CHECK-OUT

Check-In: 3:00 PM

Check-Out: 11:00 AM

Provisions can often be made for early check-ins and late check-outs. Please ask us in advance.

## CHURCH SERVICES

St. Andrew's Anglican: Sun 8:00AM

St. Ignatius Catholic: Sun 8:00AM

Sacred Heart Catholic: Sun 6:30AM (Spanish), 9:30AM, 6:30PM (English)

Cristo Rey Pentacostal: Wed 6PM, Sun 7PM

Rhema Ministry: Tues, Thur, Sat & Sun 7PM

## DONKEYS

We LOVE donkeys and are home to a small herd of these incredibly friendly and gentle beasts. Donks are naturally attracted to humans, so feel free to visit with them anytime. Ask at the kitchen for fruit and veggie scraps, aka "donkey chow," if you'd like to feed the donkeys. Their stable and paddocks are located along Table Rock's main road, about 1/4 mile from the lodge parking lot. During the day, look for the donkeys tethered in different spots around the orange grove where they'll be grazing.



## ELECTRICITY / SOLAR

We are completely off-grid at Table Rock and produce all of our own 110V electricity by harnessing the power of the sun. Sixteen 280-watt solar panels arrayed on the roofs near the parking area charge a large battery bank making your lights and fans possible. We additionally employ two diesel back-up generators to charge the battery bank on rainy and overcast days, and to power "heavy load" items, such as the pool pump and washing machines, which can only be run when the generator is on.

**We kindly ask that you help us conserve electricity by turning on only the lights you need, and remembering to turn off lights and fans when you leave your room.** In this way, we can avoid burning unnecessary diesel fuel and running out of electricity during the night. This is also why you will find **only USB electrical outlets in your cabaña, and why we do not allow the use of hair dryers, curling irons, or other high-wattage electrical items.**

If you have camera batteries, laptops, or other items that require charging with a 110V power cord during your stay with us, you will find the Charging Station equipped with 110V power surge strips for this purpose located in the Hammock Cabaña near the dining room.

## FARM

Table Rock's Organic Farm is currently cultivating Valencia oranges, Key and Tahitian (Persian) limes, several varieties of mango, and coconuts. Additionally, we produce our own avocados, chaya (a local green favored by the Maya), star

fruit, sapodilla, craboo, breadfruit, and soursop (guanábana). During different times of the year we also grow a selection of fresh herbs, greens, squash, peppers, and more. All of the flowers and plants you see at the lodge are grown on the farm in our very own landscape and flower nursery. The farm is home to several donkeys and their progeny that we raise as pets, and a flock of laying hens who supply us with the eggs we use in our meals.

We encourage you to walk around the farm via the main road and to help yourself to any of our tropical fruits. **Our only rule is that you must eat what you pick!**

## FOOD IN ROOMS

To avoid any unwanted pests in your room, please keep any food wrapped in an air-tight container or bag. Due to our limited refrigeration space, we regret that we are not able to store food for you.



## GIFT SHOP

We have a small gift shop located in the office where you can find local and regional arts, crafts, and personal hygiene products. If you forgot it at home, don't worry! We probably have what you need for purchase in the gift shop.

## HAMMOCK CABANA, POOL PAVILLION, & RIVERSIDE DECK

Table Rock offers three beautiful areas for extreme relaxation where our guests can swing in hammocks while enjoying the jungle surroundings.

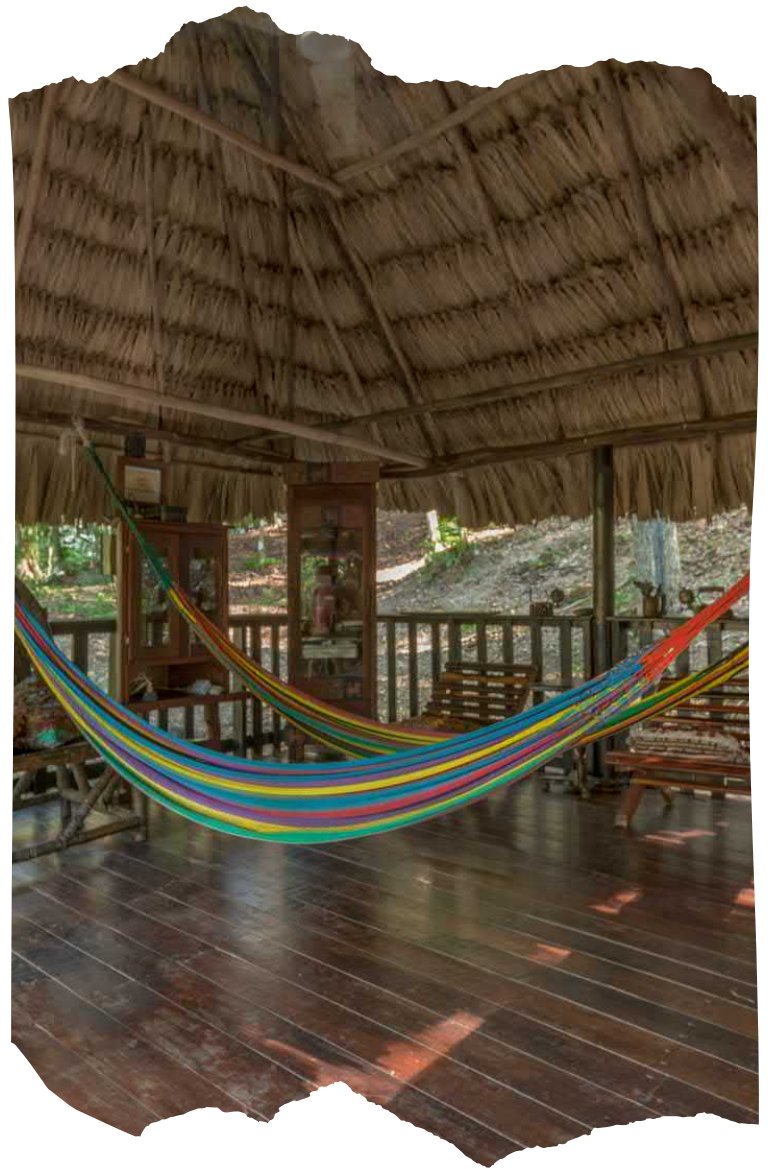
The Hammock Cabaña is located next to the dining room and contains two hammocks, lounging chairs, and numerous board and card games. The Hammock Cabaña offers a ceiling fan for your comfort, as well as the 110V Charging Station with power outlet strips for charging camera batteries and other small electronics.

The pool pavillion is located just above the pool area and has three fans, cushy pit seating, and USB outlets for charging up your device. Enjoy lunch overlooking the jungle and pool while watching out for toucans.

The Riverside Deck is located on the riverside near the canoe landing, and allows our guests to enjoy the full view and fresh air of the Macal River Valley. This is also a great location for early morning or late afternoon yoga. Ask at the bar if you'd like to take a bucket of your favorite cold, adult beverages to enjoy.

## HEADLAMPS / READING AT NIGHT

As part of our sustainable practices, we do limit lighting in all our cabanas, which can make it difficult to read at night. As we are avid readers ourselves, we realize the importance of being able to enjoy that long-awaited best seller and so we have headlamps available in the office for your use free of charge. Please note that these items must be imported, so we ask that you sign for them and understand that a BZ\$200 fee will be charged if you lose or damage them while they are in your possession.



## HIKING TRAILS

We offer over three miles of hiking trails ranging from easy to challenging.

- The trail to the **Canoe Landing** & swimming area is a three-minute walk downhill and is an easy hike. Take your time coming back uphill, though, as it's quite a few steps back to the top (about 180).
- The **River Trail** is a half-mile hike from the Canoe Landing area to the Slow Rapids and has some narrow areas and light climbing.
- The **Poisonwood Trail** is an easy trail that will take you from near the Oropendola Room, through the forest, and out to the farm in about five minutes.
- The **Midway Trail** begins at the end of the River Valley View Cabanas, just beyond the Purple Gallinule Room. Turn right to head out to the farm and left to head down 94 steps to

the River Trail's midway point.

· The **Ravine Trail** is the trail at the most northern end of Table Rock, before the Shamrock Bluff House, and comes up from the Slow Rapids—just follow the ORANGE arrows. After tubing, this trail will bring you up a scenic path and onto the farm and road which you will follow back to the main lodge area.



Additional trails are located across the Cristo Rey Road from the main entrance to the lodge, next to the bus stop—see the map for these trails located near the end of this manual.

· The **Blue Trail** is an easy, wide trail that's appropriate for all ages and ability levels. Access this trail at trail entry gate next to the bus stop.

· The **Yellow Trail** is moderately challenging. Not for those uneasy with nature, this trail is a narrow footpath that follows along dry creek beds, climbs hills, and is surrounded by secondary growth jungle. Access this trail via the Blue trail near the entrance and again near the watering hole.

## HOUSEKEEPING

In accordance with international protocols for COVID-19, housekeeping is now provided only every 3-4 days to prevent cross contamination of your room. You are welcome to request more frequent housekeeping services, however, so just let us know and we'll be happy to schedule that for you.

## INSECTS

Although we do our best to keep insects to a minimum by fully screening your room, cleaning your room thoroughly, providing excellent drainage for water, and raking excess forest debris, this IS the jungle and insects, as well as other wildlife, are part of our surroundings and help keep nature in balance. Most insects are harmless and merely a nuisance, such as the doctor fly (deer fly), which can leave you itchy but doesn't carry disease. But there are other bugs, such as scorpions or bees, which can give a painful sting or be a special concern for those guests with allergies.

DO...

- Wear insect repellent.
- Check your shoes and shake out your clothes and bath linens before putting them on or using them.
- Pull back your bed linens before climbing in.
- Find a staff member to help remove an insect if you are not comfortable doing so, or to treat a bite or sting if necessary.

DON'T...

- Leave lights on, as this will draw insects.
- Panic—we are here to assist you.
- Forget that you are in the jungle and that insects are a part of nature's delicate balance. If you are uncomfortable in any way or at any time, please let us know so that we can assist in whatever way we can.

## INSECT REPELLENT

Although we have few mosquitoes at Table Rock, we do recommend wearing insect repellent which contains a small amount of DEET. If you need repellent, we do offer both DEET-based and locally-made organic



repellents for sale at the office. We kindly ask that you please apply your repellent outside of your room, as we've discovered DEET not only keeps bugs away, but peels varnish from furniture and damages finishes —thanks!

## INTERNET

Complimentary WiFi service is available in all our common areas. The Internet at Table Rock is made possible by multiple towers beaming the signal to us from San Ignacio. This connection can be affected by rainy and windy weather, as well as by local anomalies such as power outage in town or the number of people using the system at the same time, so it may be slower or unavailable from time to time. We thank you in advance for your understanding and patience.

## KEYS

Your key set includes both a key to your room and a key to our front gate. The front gate key is for your convenience should you stay out past 10:00pm, which is when the gate is closed and locked for the evening. If you get locked out of the front gate or your

room at anytime, please do not hesitate to call security from the cell phone we have provided for you. A staff member will be happy to open the gate or your room for you. Please note that there is a BZ\$100 charge for lost keys, which helps cover the cost of changing out the locks, making new key copies, and replacing the keychain.

**COVID-19 Note:** Your keys are thoroughly sanitized after every check-out. Kindly deposit your keys in the basket at the front desk when you check-out for sanitizing.

## LAUNDRY

Laundry service is available at US\$10 per load (wash, dry, and fold), but only when the generator is run. To request laundry service, place your clothes in the laundry bag provided in your room and complete the laundry ticket attached to it. Place the laundry ticket in the pocket on the front of the bag and place it outside your door before 9:00am. Please let one of your servers or Guest Services staff know you're requesting laundry service as well.

## LINENS

Bed and bath linens are some of the items

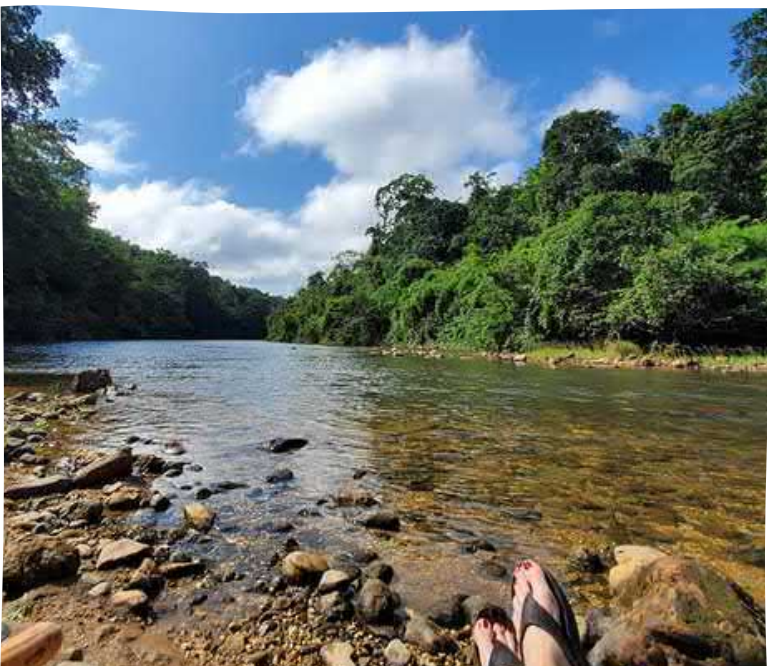


we must import from outside of Belize, as quality linens are nearly impossible to find here. With the cost of shipping and customs duties, the price of these items doubles. For this reason, we kindly ask that you treat the linens in your room with care. Please use only the towels labeled “Mud Towel” to remove makeup, clean off mud, or to clean other heavy duty messes. A charge will be added to your bill if you damage or keep the linens in your room.

Bath towels and bed linens are changed every three to four days, or at your request. This helps conserve water and electricity, since laundry can only be done when the generator is run. It also helps prevent the spread of COVID-19 by reducing the number of people entering your room. If you need additional towels or cleaning rags, please let us know and we will be very happy to provide them for you.

## LANTERNS

There are kerosene lanterns located outside the door of each cabaña that will be lit for you each night after you come down for dinner service. As opposed to regular outdoor lights, these lanterns conserve electricity and reduce the number of insects around your room. We ask that you please blow out your lantern each night once you're ready to retire by gently blowing it like a candle from the top opening. Be careful not to touch the glass, as it will be hot.



## MAHOGANY REFORESTATION PROJECT

After decades of logging mahogany, Belize has had its most ancient trees decimated. Our former property manager, Mr. Herman, who was once a “mahogany hunter” for the British, and Alan, a certified tree lover, got together one afternoon and decided that they could help put back what was once taken out by starting to replant Table Rock with seedling mahogany trees. Currently, nearly 1,000 mahogany trees have been replanted on the property, as well as dozens of other indigenous hardwoods. Alan has his sights set on increasing that number in the years to come, allowing future generations of Belizeans to be able to admire and appreciate the country's national tree once again.

**Want to help?** Ask us about planting a tree on our reserve or planting a seed in our tree & plant nursery in your name.

## MASSAGE

Treat yourself to the ultimate in extreme relaxation with a 60-minute therapeutic massage in the privacy of your cabaña. Decompress and leave the cares of regular life behind as our certified masseuses work your troubles away. Add a bit of romance to this serene experience by making it a couple's massage. Available with a day's advanced notice.

## MEALS & DINING

Advanced reservations are required for dining due to our remote location and the difficulty of obtaining certain items. **\*COVID-19 Note: Our dining hours and options may be limited, or you may be asked to reserve a specific seating time due to social distancing and health requirements.**

**Coffee/Hot Tea Service:** 6:30-9:30AM

Complimentary French-pressed, regionally grown organic coffee & hot teas are available at the bar daily.

**Breakfast:** 6:30-9:30AM\*

\*Before 6:30AM—An early packed breakfast is available for guests going on early excursions. This is available ONLY when ordered the day prior.

**Lunch:** 11:00-2:00PM

Reservations required.

**Dinner:** 5:30-8:30PM

Reservations required.

**Desserts:** Homemade in our kitchen and served all day.

**Meal Packages:** Available only when ordered prior to check-in, these include breakfast and dinner, and are priced per person, per day. Meal packages do NOT include lunch, desserts, or beverages not served with breakfast.



## PHONES

We are pleased to provide our guests with a complimentary in-house cell phone that you may use while staying at Table Rock. Please note:

- 1) This phone can only be used for calling numbers within the Table Rock network. These are listed on the card in the phone holder in your room, at the back of this booklet, and are also programmed into the phone.
- 2) You are welcome to take this phone with you when you leave the property so that you can call us should you need anything while you're out.
- 3) Phones are not water or shock resistant, so please use with due care.
- 4) You are responsible for this phone during your stay. There is a BZ\$200 fee that will be charged to you in the event of loss or damage.

The lodge's main phone line is located at the front desk. If you need to use the main line for placing calls outside of the Table Rock Lodge network, you are welcome to. International calls are charged at BZ\$4 per minute, but calls within Belize are complimentary for our guests.

For a list of our other favorite restaurants in the area, check at the back of this booklet.



## PLAY PARK

Kids of all ages can have a ball at Sammy's Play Park. Inspired by our son's desire to have a place where everyone can have fun, Sammy's Play Park has swings, a slide, an old fashioned tire swing, and the coolest playhouse in western Belize. Bring along a snack or packed lunch and enjoy the shady picnic tables while the kids release some energy. Located on the farm under the ring of ancient Guancaste trees near the chickens, bunnies, and sheep, Sammy's Play Park is not to be missed!

**Please note:** children must be supervised at all times and "kids" over 110 lbs are restricted from the slide. Have fun!

## POOL

In addition to swimming in the beautiful Macal River, you can enjoy a dip in our saltwater Jungle Infinity Pool located next to the Dining Room.

- POOL HOURS: SUNRISE TO SUNSET
- CHILDREN UNDER 16 years of age must be supervised by an adult.
- CHILDREN UNDER 2 years of age or who are not yet toilet trained must wear a swim diaper.

## SERVICE CHARGE

Table Rock charges a 10% service charge on accommodations, meals, and drinks. The purpose of this is to allow a fair distribution of what would normally be "tips" from our guests to Table Rock Jungle Lodge staff. We pay out 100% of what is collected from the service charge to our team, who each receive shares based on their position and years with the lodge.

**\*Please note** that tour guides & transfer drivers are employed by separate companies and not by Table Rock, so if you'd like to tip your guide or driver, please do so at the end of your tour or transfer. As a guideline and only for service that you find exceptional, a tip of BZ\$20-40 is an appropriate amount for these professionals.

## SHOWERS

Please see "Water Heaters."

## SLOW RAPIDS & CANOE LANDING

Table Rock's Canoe Landing and swimming area is located at the end of the trail which starts at the dining room and winds through the forest. It's only about a 3-minute walk down to the Canoe Landing. Here, you will find the Riverside Deck where you can swing in hammocks or



practice yoga, the swimming area, and a bathroom and cold-water shower for your convenience.

The Slow Rapids are located at the other end of Table Rock's property. Just follow the River Trail downstream for 1/2 mile to the open beach area. This trail is slightly more challenging than that to the Canoe Landing, so be sure to wear your athletic shoes.

## SMOKING

All guest cabañas at Table Rock are non-smoking rooms for the comfort of future guests. Smokers are welcome to smoke on the dining room deck or outside away from guest rooms, just ask us for an ashtray. Please do not smoke on your cabaña's verandah, as the smoke will go inside the room. We do ask you to bear in mind the fragile nature of your surroundings by using an ashtray to avoid wild fires and by disposing of your cigarettes or cigars in an ashtray or trash can. We also kindly ask you to consider the comfort of your fellow travelers before lighting up in common areas.

## SWIMMING

Swimming in the Macal River is a wonderful experience and can best be done near the Canoe Landing. The best times for swimming are during drier times of year and when the river is low. We recommend wearing "water shoes" to protect your feet from the uneven surface of the pebble bottom. And don't fear, there are no crocodiles or dangerous animals living in the river here. Enjoy yourself!

For those who prefer a more "civilized" swimming option, enjoy a dip in our saltwater Jungle Infinity Pool located next to the Dining Room, open sunrise to sunset.

## SPA SERVICES

Treat yourself to the ultimate in extreme relaxation with a 60-minute therapeutic massage in the privacy of your cabaña. Decompress and leave the cares of regular life behind as our certified masseuses work your troubles away. Add a bit of romance to this serene experience by making it a couple's massage. Available with a day's

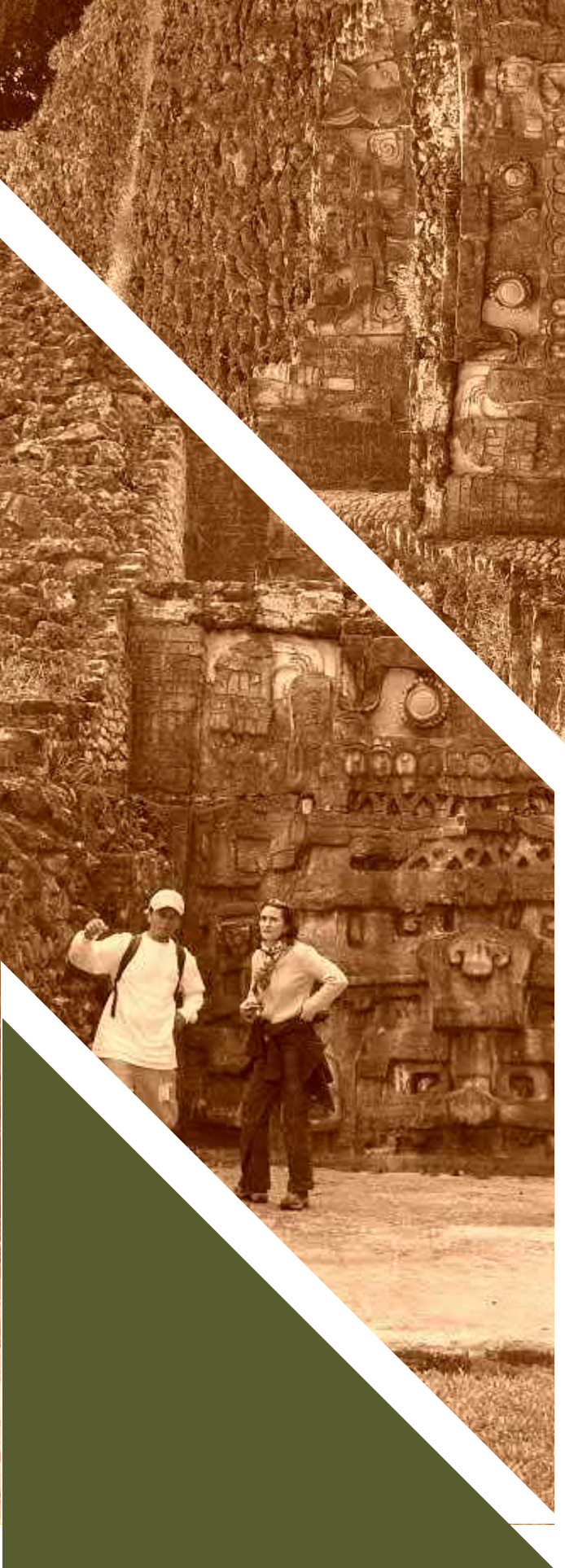


advanced notice.

World-class body wraps, facials, and other spa services are available just upstream at The Lodge at Chaa Creek. Whether you canoe yourself to the spa (20 minutes, river conditions permitting) or drive yourself (40 minutes via San Ignacio), we are happy to make an appointment for you.

## THATCHED ROOFS

The thatch in the many roofs at Table Rock is made with individual fronds of the Bay Leaf Palm, an indigenous tree of Belize. It is a centuries-old technique which has been passed from generation to generation, and provides a cool and incredibly dry shelter. It is also a natural material, which means that it does break down over time, and thus you may find "thatch drop," a powdery dust which falls from the thatch and framing sticks, occasionally in areas with thatch. We attempt to minimize any thatch drop by cleaning on a daily basis. Keep in mind that thatch is "a living roof", as it provides homes to many species of birds, geckos, and small insects. If you see what appear to be mice in the



roofing, you are actually seeing the Mexican Mouse Opossum, a tiny nocturnal marsupial. These animals are quite harmless and quite easily tamed. They rarely leave the thatch. We do not trap or poison these animals, as they are part of the living roof, and we hope you get a chance to enjoy them.

## TIPPING

Please see "Service Charge."

## TOURS

Regional adventures and guided tours of the historical sites and natural wonders of Belize are offered through licensed and highly trusted local tour operators, and can be arranged with advanced notice. Tours arranged through Table Rock are limited to Table Rock guests only (with the exception of ATM Cave, Tikal, and last minute bookings), so are guaranteed to be extremely small group. This does raise the cost of our tours compared with those arranged through larger outside tour companies. A list of the available adventure tours and rates can be found in this binder. Ask at the office or bar for more details or to have us arrange a tour for you.

## TRASH

There is no garbage collection service here in the bush, so we are responsible for disposing of our own trash at Table Rock, and we work to do so in as efficient a manner as possible. We recycle and reuse as many items as we can, and use most food scraps for animal treats or for composting material.

You can help us with our task by separating glass and metals in the provided trash cans in your room. Glass soda and beer bottles are returned to the bottler and recycled, so please do NOT throw these out. You may leave them at the bar or in the dining room.

Batteries are a special problem here, so if you have old batteries we kindly request that you take them home with you when you leave. Thanks!

## TUBES

River tubes for floating from the Canoe Landing to the Slow Rapids are available for complimentary overnight guests' use. Check out tubes at the office and then pick them up at the small thatch equipment area uphill from the dining room. You will carry them back at the end of your ride.

### Tubing Rules & Safety

1) Check in with the office for the latest river report before departing. Water levels can vary throughout the day and with changing weather conditions, so for your safety please be sure the water is at a recommended level.

2) Life vests are available at the equipment area and are required for children under the age of 12. All minors must be supervised by an adult.

3) Return tubes to the equipment area when finished.

4) Use good sense. Whether you are a novice or an experienced tuber, know your limitations and comfort levels. Table Rock is not responsible for injury or lost or damaged property while you are enjoying our complimentary activities.

5) Guests are responsible for the care of the tubes and other gear while using them and may be charged if they are lost or damaged.

\*PLEASE NOTE: Our complimentary on-site activities hold no monetary value and discounts will not be given should any of these activities be unavailable due to acts of nature, safety concerns, or other reasons.

## VALUABLES

We employ a very trustworthy and honest crew at Table Rock, and have never had an issue with theft. However, if you are not comfortable leaving your valuables in your room while you are out, we do have a small fire safe on the premises and we are happy to secure any small items for you. Table Rock Jungle Lodge is not responsible for theft or damage to any valuables left in your room or on the premises.



## WATER

The water at Table Rock is supplied mainly by rainwater and is supplemented as necessary with purified well and river water from the nearby village. Please do be mindful of the amount of water you use during your stay and avoid leaving the faucets running unnecessarily, as we try to conserve this water whenever possible.

All of our water is housed in an 8,500-gallon water reservoir located above the rest of the property. This allows us to use gravity, rather than an electric or gas pump, to create the water pressure needed for all our daily tasks.

Your room is provided with a bottle of purified drinking water, which can be refilled at the dispensers in the office and dining room, or upon request. Although the tap water at Table Rock is fine for hand washing and teeth brushing, it

can at times (like during the dry season when the rain water is supplemented by purified river water) be high in lime and other natural minerals which you may not be used to. So, we suggest you not drink the tap water. Please feel free to refill your room's drinking water bottle or any other reusable bottle you may have free of charge from the water dispensers located in the dining room and office. Individual bottles of drinking water are also available for purchase at the bar, and reusable water bottles are available for purchase at the office.

All drinking water, ice, beverages, and water for cooking are from strictly purified bottled water for our guests' comfort and peace of mind.

## WATER HEATERS

We use highly efficient, butane heated on-demand water heaters. As water from our gravity-fed water system runs through the heater, the water pressure ignites the butane gas, which instantly heats the water supplied to your shower. Because the heaters are pressure sensitive, it can be difficult to adjust the hot/cold from the faucet as a reduction in hot water pressure shuts off the gas heating your water. If this happens, just shut the water off and start over again—this will re-ignite your water heater. Remember to begin by turning the hot water on as far as it will go. Once it heats up, slowly add a bit of cold water until you get a comfortable



temperature. These energy savers are wonderfully eco-friendly, but can be a bit finicky, so please let us know if your shower water is either too hot or too cold. It can be adjusted from outside the building easily, and we will be happy to do this for you at anytime.

## WIFI

Please see "Internet."





# OUR SUSTAINABLE PRACTICES

## BIG IMPRESSION | SMALL FOOTPRINT

At Table Rock Jungle Lodge, we are committed to the core values of sustainable tourism: helping the environment, aiding the local community, and educating travelers about both. Table Rock Jungle Lodge is committed to providing guests and visitors with a sustainable quality product that protects the environment and conserves natural resources while promoting and protecting the local culture and economy. Specifically, Table Rock makes a concerted effort to do the following:

### BEING RESOURCE SELF-SUFFICIENT

- Generating 100% of our own electricity via solar panels and a highly efficient battery/inverter system.
- Supplying the majority of our running water with rain water.
- Supplying the much of the fruit served to you from our farm.
- Supplying all eggs from the free-range chickens on our farm.
- Supplying fresh herbs and select vegetables from our farm and neighboring farms.



### CONSERVING THE ENVIRONMENT & NATURAL RESOURCES

- Minimizing the use of electrical lighting.
- Reducing the effect of light pollution, which affects bird migration and the normal patterns of nocturnal animals, by using low-wattage lighting, covered directional lighting, and fewer lighting fixtures.
- Not using high-draw electrical appliances, such as electric ovens, coffee makers, toasters, hair dryers, televisions, air conditioning, and microwave ovens.
- Adopting one mile of roadway to be kept free from litter.
- Limiting the number of electrical power outlets.
- Operating only the most energy efficient practical large appliances possible, such butane-powered clothes dryers, and ovens, and Energy Star rated refrigerators and washing machines.
- Utilizing gravity, rather than gas or electric pumps, for water flow.
- Limiting water usage and irrigating specified areas with "gray water" from showers, sinks, and laundry.

- Utilizing on-demand water pressure-activated butane water heaters, rather than constant-running tank style water heaters.
- Cooling with ceiling fans rather than air conditioning.
- Limiting the number of cabañas and building on piers to avoid altering the landscape as much as possible.
- Recycling as many products as possible for reuse on the grounds, including food scraps, shopping bags and containers.
- Utilizing cloth napkins, rather than paper, for dining service.
- Replanting with indigenous and endemic species of plants and trees where possible, including our Mahogany Reforestation Project.
- Clearing underbrush from forested areas and maintaining that level of forestry maintenance in order to promote the healthy growth of existing mature trees and reducing the impact of wildfires.
- Encouraging the planting of trees and plants necessary for wildlife.
- Using the minimum of agricultural and horticultural chemicals.
- Where choice exists, purchasing products that harm the environment the least.
- Not keeping any wild animal captive unless in an emergency situation where there is no alternative. As soon as possible seeking an appropriate “home” for any captive animal or returning them to the wild.
- Actively discouraging hunting of protected species within the community.
- Actively discouraging the trafficking of flora and fauna, internationally, nationally, and locally.
- Actively encouraging and promoting the work of the Protected Area Conservation Trust (P.A.C.T).
- Giving preference to products that are environmentally friendly.
- Giving preference to those products that are from sustainable sources.
- Purchasing products with the least packaging possible.
- Supporting and promoting nature conservancy organizations, such as Sea to Shore Alliance (Save the Manatees), The Belize Raptor Center, Cayo Animal Welfare Society (Humane Society), the Belize Zoo, and the Green Iguana Conservation Project.





## GOING SOCIALLY GREEN

Contributing to numerous socially green enterprises, including, but not limited to:

- Pack for a Purpose
- Cristo Rey Primary School & St. Andrew's Primary School
- Rotary Club International
- Angel Says Read, Library Donation Project
- Thomas Jackson Spring Memorial Fund to assist the Karl Heusner Memorial Hospital Pediatric Ward
- Local Sports and Youth groups
- Individuals with special medical needs
- Cristo Rey Village Water Board & Village Council
- Belize Cancer Society
- St. John's College Leadership Club
- La Ruta Maya River Challenge Teams
- Marketing only regionally made products in our gift shop.
- Purchasing locally made food, beverages, and cleaning products when possible and practical.
- Hiring Belizean staff and hiring from within the two closest villages whenever possible.
- Encouraging apprenticeships for younger local workers, specifically focusing on traditional building practices, sustainable practices, and training in the tourism industry.

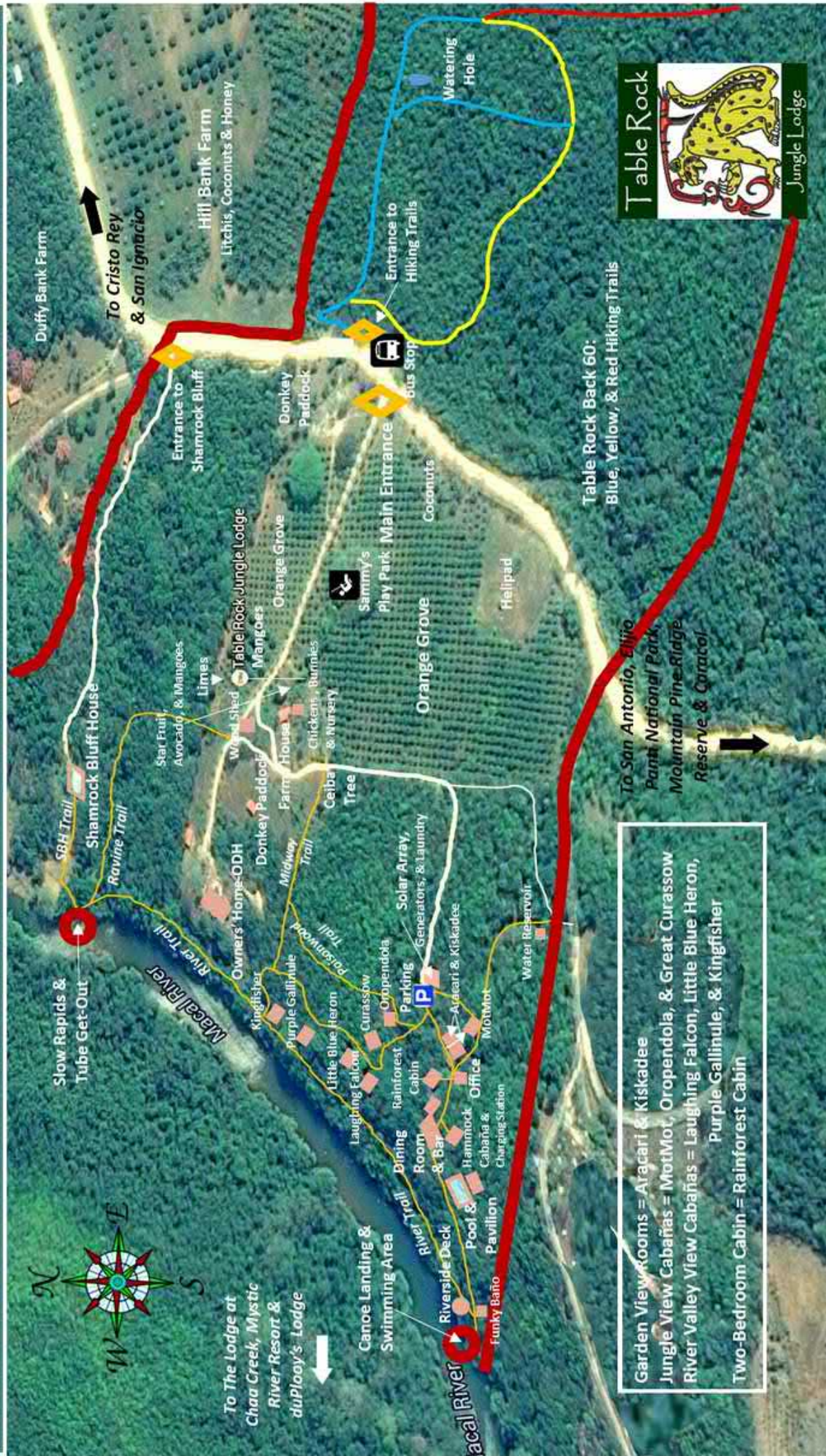


# PHONE DIRECTORY

*Guest phones are enabled for in-house calls only*

Front Desk (7am-8pm)	672-4040
Security & After-Hours Assistance (7pm-7am)	672-4043
Bar	672-4042
Aracari Room	672-4051
Kiskadee Room	672-4052
MotMot Room	672-4053
Oropendola Room	672-4054
Great Curassow Room	672-4059
Laughing Falcon Room	672-4055
Little Blue Heron Room	672-4056
Purple Gallinule Room	672-4057
Kingfisher Room	672-4060
Rainforest Cabin	672-4058
San Ignacio Police At the foot of the Hawkesworth Bridge	824-2022
La Loma Luz Adventist Hospital (Private) East on George Price Highway, just after the roundabout, Santa Elena Town	824-2087
San Ignacio Government Hospital On the far west side of San Ignacio, Right turn on Bullet Tree Rd, 1 mile	824-2066 or 824-2761
Dr. Jose Sanchez, M.D. Integral Medical Clinic West on George Price Highway, near Cocopelle Inn, Santa Elena	824-2234
Codd's Pharmacy West on George Price Highway, 1 1/2 blocks next to A&N's store, Santa Elena	824-0380
Fire Service Santa Elena Town	824-4208

# Table Rock Jungle Lodge Property Map



- ◆ **Table Rock Property Boundary**
- ◆ **Building**
- ◆ **Walkway or Trail**
- ◆ **Road**
- ◆ **Entrance**
- ◆ **River Entry & Exit Point**
- ◆ Use good sense and caution at all times.
- ◆ All guests wishing to canoe & tube must report in at the Office for safety briefing.
- ◆ Stay on designated paths and walkways.
- ◆ No lifeguard on duty, enjoy water activities at your own risk.
- ◆ Main entrance gate is locked at 10:00 PM.
- ◆ Office Hours: 7:00 AM-8:00 PM.

# WHAT TO BRING

## DO BRING

- Face mask
- Cool, comfortable clothing with at least one pair of long pants and a light jacket or sweatshirt
- Durable hiking or athletic shoes
- Keens, light tennis shoes, water socks, or other footwear appropriate for river wading and/or touring ATM Cave
- Flashlights with extra batteries
- Headlamps for better reading in bed
- Insect repellent (less than 50% DEET)
- Bathing suit
- Sunscreen
- Sunglasses
- Hat
- Camera
- Binoculars
- Passport
- Phone or tablet with Wifi
- Adventurous spirit and willingness to have an incredible experience

## LEAVE IT AT HOME

- Curling Iron
- Hair Dryer
- Clothes Iron
- High Heeled Shoes
- Necktie
- Mosquito Netting
- Worries, Frets, Troubles & Cares

# WHERE TO EAT

## ON SITE

### Table Rock Restaurant

- Casual & gourmet Belizean fusion dining
- Serving Breakfast, Lunch & Dinner
- Bar snacks & desserts available all day
- Packed breakfasts & lunches available for early departures if pre-ordered the day prior

## BY CANOE

### The Lodge at Chaa Creek

- Upscale Belizean/American fusion
- 30-minute paddle

### Sweet Songs Jungle Lodge

- Casual resort dining
- 90-minute paddle

### Mystic River Resort

- Gourmet
- 90-minute paddle

## BY ROAD

### Mystic River Resort

- Gourmet
- 1.5 miles south on the Cristo Rey Road, turn right on Mystic River Road, then 1 mile in

### Sandals Cafe

- Casual Belizean
- Open weekends
- Cristo Rey Village, 2 miles north on the Cristo Rey Road

### Faldi's

- Casual Belizean
- Open intermittently
- Cristo Rey Village, 1.5 miles north on the Cristo Rey Road

### Blancaneaux Lodge

- Gourmet Italian & pizza a la Francis Ford Coppola
- Mt. Pine Ridge Reserve, 13 miles

### Gaia Riverlodge

- Upscale fusion dining
- Mt. Pine Ridge Reserve, 15 miles

## WHERE TO EAT...

### IN SAN IGNACIO

#### Erva's Restaurant

- Casual Belizean
- Far West Street

#### Guava Limb Cafe

- Gourmet Belizean & veggie
- Far end of Burns Avenue

#### Crave House of Flavour

- Gourmet dining cooked in front of you
- West Street

#### Ko-Ox Han-Nah

- Casual Belizean & veggie options
- Burns Ave across from Atlantic Bank

#### Cenaida's Belizean Food

- Casual Belizean with the best rice 'n' beans in town
- Far West Street next to Martha's Laundry

#### Hode's Place

- Casual Belizean with family fun
- Playground, ice cream, casino
- Over the low bridge and right



# ADVENTURE TOURS

## ad·ven·ture – noun

1. An exciting or unusual experience

### ARE YOU READY?

All of Table Rock's Adventures are guaranteed to be extremely small group, and if you are joined with other travelers at all, they will be guests from Table Rock only (with the exception of Tikal, Yaxha, & ATM trips). Our prices include your licensed guide, transportation to and from the lodge, lunch on full day trips, entrance fees, and equipment.

Minimum two guests per tour.

[See All Tours & Rates >>](#)

# PACK FOR A PURPOSE

Small Space. Little Effort. Big Impact.



## BE SOCIALLY GREEN

### JOIN US IN GIVING BACK

Pack for a Purpose is a non-profit whose mission is to positively impact communities around the world by assisting travelers who want to take meaningful contributions to the destinations they visit.

Table Rock is a proud partner of PfaP with a focus on education:

### OUR PROJECT

Cristo Rey Primary School & St. Andrew's Primary School serves 600 preschool through primary aged students regardless of gender, religion, and race. Both schools are located in Cristo Rey Village and San Ignacio Town.

In addition to basic school supplies, it's been our goal to award a new or lightly used tablet or laptop to each school's top graduates to help them in their studies in high school. High school in Belize is not mandatory, like primary school, and tuition is charged, making high school a very costly endeavor for most students and their families.

[PfaP Needed Supplies List >>](#)



# FRUIT SEASONS OF BELIZE

## YEAR-ROUND

Bananas / Plantains  
Sugar Cane  
Papayas  
Coconut  
Pineapple  
Guava  
Starfruit (Carambola)  
Dragon Fruit (Pitahaya)  
Watermelon  
Cacao  
Coconuts

## JANUARY

Oranges  
Limes

## FEBRUARY

Oranges  
Lime  
Sapodilla (Sapadilly/Chico Sapote)

## MARCH

Oranges  
Limes  
Rollinia (Tuquí)  
Soursop (Guanábana)  
Custard Apple  
Star Apple (Cainito)  
Sapodilla (Sapadilly/Chico Sapote)

## APRIL

Annona

## MAY

Lychee  
Mangoes  
Plums  
Cashew  
Mamey Sapote  
Jicama

## JUNE

Oranges  
Lychee  
Mangoes  
Jicama  
Craboo  
Limes  
Mamey Sapote  
Sapodilla (Sapadilly/Chico Sapote)

## JULY

Oranges  
Lychee  
Mangoes  
Avocadoes  
Breadfruit  
Limes  
Mamey Sapote

Jicama  
Sapodilla

## AUGUST

Oranges  
Lychee  
Mangoes  
Avocadoes  
Mamey Sapote  
Jicama

## SEPTEMBER

Avocados

## OCTOBER

Avocados  
Limes

## NOVEMBER

Oranges  
Limes

## DECEMBER

Oranges  
Limes

# PLANT A TREE

The Mahogany Reforestation Project

donation of

**US\$25**

sponsors a new  
hardwood tree in  
your name

---

You'll receive

- A photo of your tree being planted
- Its GPS coordinates
- A placard commemorating your gift at the site



## The Project

After decades of logging mahogany, Belize has had its most ancient trees decimated. Our former property manager, Mr. Herman, who was once a "mahogany hunter" for the British, and Alan, a certified tree lover, got together one afternoon and decided that they could help put back what was once taken out by starting to replant Table Rock with seedling mahogany trees

Currently, over 1,000 mahogany trees have been replanted on the property, as well as dozens of other indigenous hardwoods. The Spring Family has their sights set on increasing that number in the years to come, allowing future generations of Belizeans to be able to admire and appreciate the country's national tree once again.

Be the  
Change

# NIGHT HIKE



LEARN ABOUT BELIZE'S CREATURES OF THE  
NIGHT WITH OUR NATURALIST GUIDES

US\$15 per person +tax  
Book at least 1 day in advance  
7:30 pm



Angel Says: Read



**INTERNATIONAL  
LITERACY PROJECT  
FOR TRAVELERS**

## MISSION

We recycle books by encouraging tourists to leave their vacation reading material for the public libraries.

## CONTACT DETAILS

angel@angelsaysread

## MORE INFO

<http://www.angelsaysread.org>

## ABOUT

Angel Says: Read is a non-profit organization that collects books from tourists and donates them to public libraries in developing countries. Read it. Leave it. Our headquarters is in Belize, Central America.

## COMPANY OVERVIEW

Angel Says: Read is a non-profit organization with 501(c)3 status in the United States and NGO status in Belize, C.A., where it primarily operates.

