White Water Rafting:

Some of the best white water rafting in Central America is to be found right here in La Ceiba. The Cangrejal River offers class I, II, III and IV rapids, all within a short 45 minutes drive from downtown La Ceiba. In addition to the exciting rapids, the Pico Bonito National Park, which features more than 7 different ecosystems because of its changing altitudes, has its eastern border with the river, offering you an insight to the ever so lush green forest of Honduras. After the adventure, swim at the lodge's pool and have a cold beer.

Hiking Pico Bonito National Park:

Unquestionably one of the most diverse parks in Honduras, it coves an extension of land that goes from sea level to as high as 7,500 ft. Named after the mountain that lies just south of La Ceiba. Pico Bonito has become a landmark for La Ceiba and is why without a doubt plays an important role in making of La Ceiba an important eco-tourism destination in the years to come.

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