

PARAGLIDING IN HONDURAS

TRAVEL GUIDE



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GENERAL INFORMATION

Honduras, located in Central America, is the most mountainous country in the region and the second largest. It shares borders with Guatemala, El Salvador and Nicaragua.

Capital : Tegucigalpa

Currency : Lempira (L)

Language : Spanish

Highest point : Celaque 2,849 m / 9,347.1 ft

Religion : Catholic majority

PARAGLIDING ACTIVITIES



Our main flying site is located 60km away from Tegucigalpa in the town of Villa de San Francisco, Francisco Morazan, a 1.5 hr drive from the city.

We fly year-round when the weather cooperates, but prime paragliding season begins from February to May, where the best thermal flying happens.

You can expect very strong days, it is recommended to have experience in thermal and mountain flying.

Please get in contact with the local community and association when planning your visit.



AIRPORTS

You can arrive via direct flights to our 2 main international airports:

(XPL) Palmerola, Comayagua - 1hr away from the capital

(SAP) Ramón Villeda Morales, San Pedro Sula - 3hrs from the capital

Both airports have direct flights to and from the USA, Mexico, so you can plan your flying season with this in mind.

XPL Serves as the new International airport for the capital Tegucigalpa.

If you land in SAP and need to go to XPL, there are bus/taxi services at the airport.

Intercity

buses are also available.

TAXI FROM THE AIRPORT TO TEGUCIGALPA

XPL - Tegucigalpa : L 1,600 / ~ USD 66

SAP - Tegucigalpa : L 2,500-3,000 / ~ USD 100-121

IMPORTANT

Please avoid mobilization between San Pedro Sula, Palmerola and Tegucigalpa in “Rapidito” mini buses, they are a very cheap way to travel between the cities, but often get into accidents for speed driving, luggage falls off from roof racks or they are overcrowded. Not a fun way to start or end your paragliding trip here.



TRANSPORTATION

Cars and Taxis

The best way to move around in Honduras is by car, between cities and in rural areas. Taxis are affordable in the main cities and in small towns you can find “moto-taxis” or “tuk tuks”. From the airport you can take a taxi anywhere but expect high fees if you are traveling outside Tegucigalpa.

From Tegucigalpa you can take a taxi to Villa de San Francisco for around \$60

IMPORTANT

Avoid using taxis late in the night in the city, in the case you need late transportation your best option is to use Uber. Unless the taxis are from the Airport company or shuttle service. **Uber is available in major cities, not in rural areas.**

Bus

If you are ok with being uncomfortable for some hours in a chicken bus or a packed unit then You can go by bus between the capital and small towns.

Traveling with a big bag can be challenging, make sure to ask the driver first if there is space in the rack or cargo compartment before boarding. Also, make sure you have small bills available, drivers don't like breaking big notes.

From the capital to Villa de San Francisco you can expect to spend **\$10** for a one way journey.

To reach Villa de San Francisco from Tegucigalpa by public transportation you can plan the following journey:

1. Arrive at the bus terminal El Guanacaste, this is in the gas station parking lot.
2. Take a bus from Valle de Angeles or Cantarranas
3. Connect with a bus to Villa de San Francisco, in Valle de Angeles this can be done at Plaza Eden Station, In Cantarranas this can be done in the Stadium Station

Buses from El Guanacaste depart every 30 min, but the bus to/from la Villa de San Francisco is not reliable. You can expect delays of 1-2 hrs.



MONEY

Dollar Rate : 25.5 Lempiras for one US Dollar

Euro Rate : 29.3 Lempiras for one Euro

*as of January 2025

In touristic places and major cities, US Dollar and Euro bills are often accepted but make sure you ask the merchant beforehand.

Credit Cards

- Accepted in major cities and most touristic areas and ATMs.
- In rural areas it is best to carry cash.
- Visa and MasterCard work without problems.
- American Express often gets rejected but you can ask before using it.

Tipping

Tipping is sometimes expected in restaurants but it is not mandatory. Inspect your bill to see if you've already been charged for “Servicio” or “Propina”.

But if you feel the service deserves then 10-15 % works.

Cash is recommended when outside the main cities, budget around 200 USD for any emergency.

You can exchange USD at banks or official exchange desks at the airports or use your card at an ATM to get Lempiras at an official rate plus a small fee.



CLIMATE

Temperature range: 13°C to 37°C

The climate varies from tropical in the lowlands to temperate in the mountains. The Pacific coast is generally drier than the Caribbean.

We have only two well defined seasons : Dry Season and Rainy Season.

Rainy season : begins in May and ends in November, with a break in August.

Dry season : extends from end of November to beginning of May.

Even in the rainy season, you can still enjoy sunny days. So make some time to visit the north coast and explore the bay islands.

You can experience high levels of solar radiation and UV exposure due to our tropical location, please use proper protection to avoid sunburn and skin damage.

During our dry season, it is very common to have days where visibility is limited by smoke coming from sugar cane fields being burned but also by wildfires.

ACCOMMODATION

Our main flying activities are based at **Villa de San Francisco, Francisco Morazan**. so we advise to get accommodation there or in **Valle de Angeles**, which is located 30 km away.

Villa de San Francisco is a small town, so accommodation in the center can be limited sometimes but the options are clean and affordable.

The neighboring town of Valle de Angeles is one of the most visited places in Honduras, so it has a lot more options to offer. But it is 1hr away from the launch sites or 30 min if you take the scenic mountain road on a 4x4.

If you are coming on your own and looking for hotels, we recommend the following:



HOTELS IN VILLA DE SAN FRANCISCO

El Amanecer Cabins (Our main paragliding spot)

Price per night : L 2,500 - 3,000 (\$100-120)

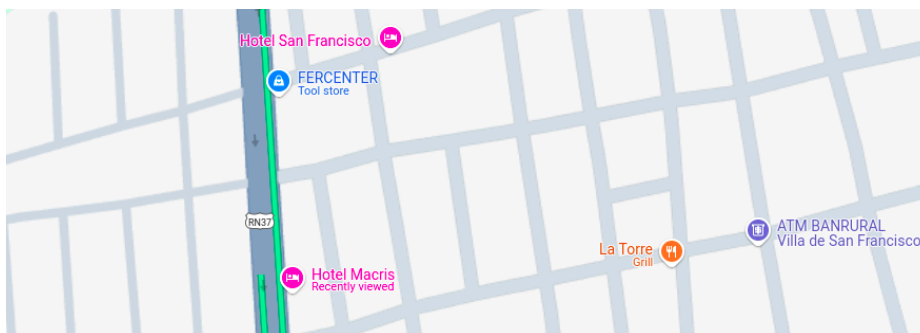


The best place to stay as a pilot!

This mountain hotel was built by pilot Jeffrey Miller, he was responsible for bringing paragliding to Honduras. The property consists of dome cabins, camping spots and ample launch site if you want to go flying straight out of your cabin.

Hotel MACRIS and Hotel San Francisco

Price per night L 500 - 800 (\$20-30)



Both hotels are located on the main road of Villa de San Francisco, 15 min drive to our paragliding sites. These are budget options, there is no breakfast included. But you can find something to eat just in front or a few meters down the road.



HOTELS IN VALLE DE ANGELES

Price per night L 2,300 - 5000 (\$90-200)

If you are looking for something with a bit more luxury and a green scenery around, these are good options in Valle de Angeles.



3 Star hotels with breakfast and swimming pool included.

- Hotel Villas del Valle
- Hotel Cabanas Ros
- Hotel Posada del Angel (Located in Downtown Valle)

All of them are located on the main road of Valle de Angeles, 45 min away from downtown Villa de San Francisco and 1 hr away from our paragliding sites.

If you have your own car or have arranged transportation, these are good options.

AIRBNB

Valle de Angeles has plenty of options on Airbnb, the best area to stay is near Plaza Eden.

FOOD

Honduran food is a fusion of indigenous, Spanish, Caribbean, and African cuisines. It's known for its use of coconut, corn, beans, fruits, and vegetables. When eating in the streets, you have to try the local dish called "Baleada", it is a tortilla with beans, mantequilla and scrambled eggs.

You can find fast food chains in major cities.



EMERGENCIES

Follow the protocol your insurer requires for you to file a claim, but it is very important to notify local authorities and emergency services right away ASAP!

Honduras public health system is over saturated and it is very deficient when handling emergencies, and using the private centers can get expensive. So make sure before coming that you have all the paperwork and all required to be covered.

Emergency contacts

National emergencies system

Phone Number : 911

Social Media : <https://www.facebook.com/SNE911/>

Local Paragliding Contacts

Honduras Paragliding association

Email : info@parapentehonduras.com & asociacionparapentismohonduras@gmail.com

Didier Cabrera - Local Pilot

Email : didierctorres@gmail.com

Social Media : <https://www.instagram.com/didierctorres>