

NECTAR & PULSE®

LIFE IS A JOURNEY



Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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Have you already seen our other guides to New York, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

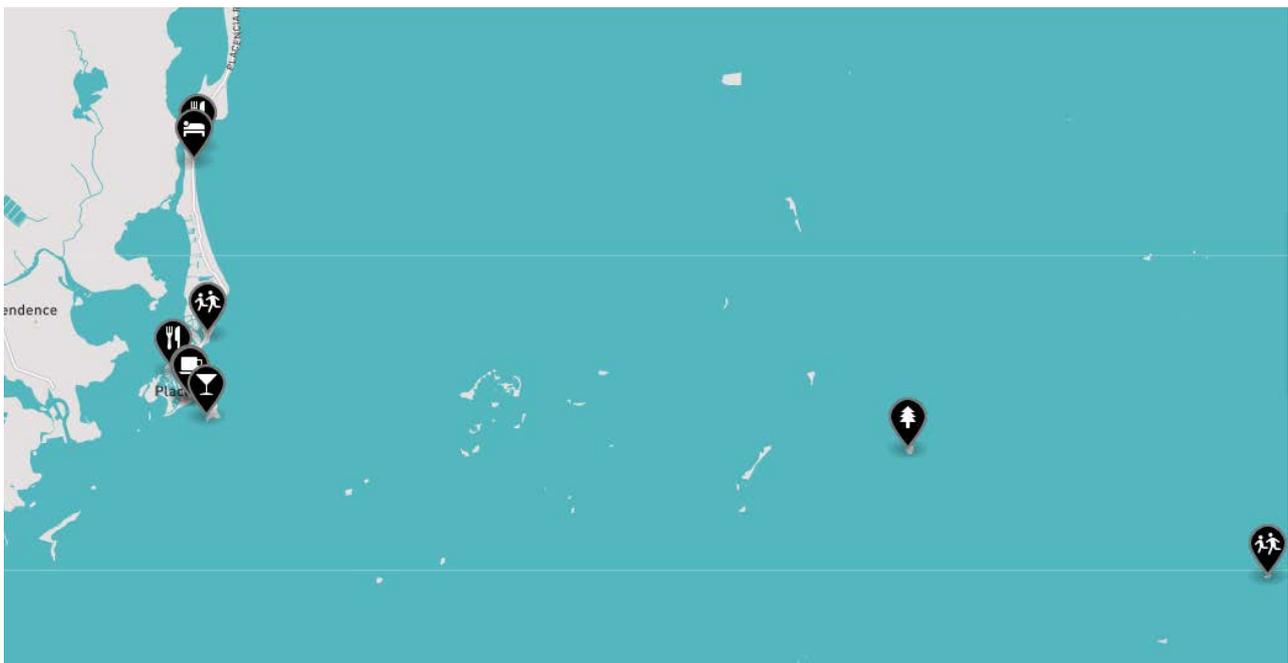
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24 HOURS IN

Belize

BY CARA ARANETA

Sun Chaser | Designer | Palm tree lover



OUR PERFECT 24 HOURS IN BELIZE

I'd start with some sunrise yoga on the villa deck at **Itzana Belize**. Then I'd grab my bike and cycle down the main street (which holds the record for smallest main street in the world). I'd grab a coffee and toast smothered in locally produced jam at **Above Grounds Coffee** which is located in a tree house. They have the best espresso! They use beans from the area and make homemade juices and jams with local fruits.

If I had the time I'd probably start reading a good book while laying in a hammock for a while, soaking in the Caribbean sun.

There are so many islands off the mainland, so I'd do a bit of island hopping and fill the afternoon with whatever I was in the mood for. Snorkelling, fishing, lounging, etc. I'd go to **Hatchet Caye** for lunch, a little island with a bar, restaurant, and pool. Or the **Tiger Beach Club** where they serve the best Indian food. After Hachet Caye I'd stop at **Moho Caye** and enjoy the sandbar with a beer and a snorkel. After that I'd head back to the mainland and grab a Ferrero Rocher gelato from **Tutti Frutti**, a gelato shop owned by two Italian expats, very authentic. I like to go at least once a day!

Sunset is early in Belize, around 6pm, so I'd make my way to sundowners with a view at **Tranquilo**, a bar that hangs over the water on a nearby island. Nothing is better than coconut water and rum while your eyes are feasting on the sunset across the sea. This and tamales made by a local woman in town is seriously the best way to spend sunset.

For dinner I'd head to **Limilita**, a pop up restaurant - it sits on the beach, so while you enjoy your meal your feet are tucked into the sand and you can watch the ocean waves. The food is prepared with local ingredients and is healthy and unique. The refurbished wood bar, outdoor kitchen, and beautiful lighting makes the place so dreamy. It seats 25 people with a huge communal table where you can chat with locals and other travellers. I love the atmosphere of the place and it's a great scene. The house cocktails are simply divine and to be honest, who can complain when you've got awesome food in your mouth and your feet in the sandy beach?!

Rumfish y vino has a similar beachfront setting and, as the name suggests, they focus on deliciously prepared seafood and wine.

A magnificent and idyllic place to stay is the **Turtle Inn** which belongs to the famous Francis Ford Coppola and his wife. It's right next to the beach and offers individually-decorated, thatched-roof, super cozy cottages.

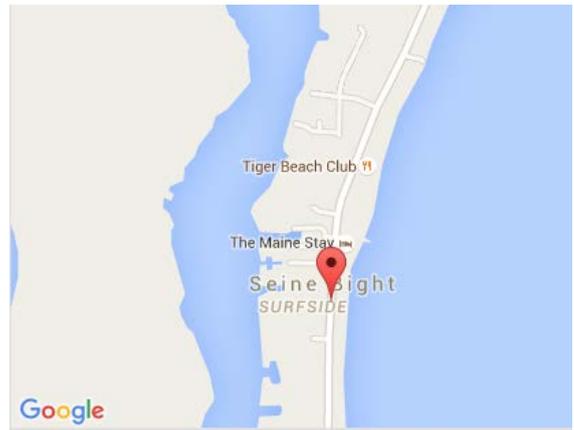
*Enjoy exploring,
Cara*

ITZ'ANA RESORT

SLEEP

Placencia Road, Seine Bight, Stann Creek District, Belize
www.itzanabelize.com

This lovely resort offers 21 villas and 18 cottages and will fully open in 2016. Check out the website for more information.

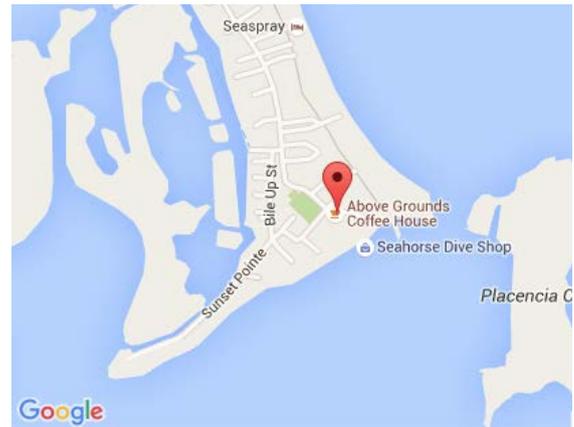


ABOVE GROUNDS COFFEE

CAFÉ

Placencia Road, Placencia, Belize
www.abovegroundcoffee.com

They serve the best espresso and get their products from local suppliers.

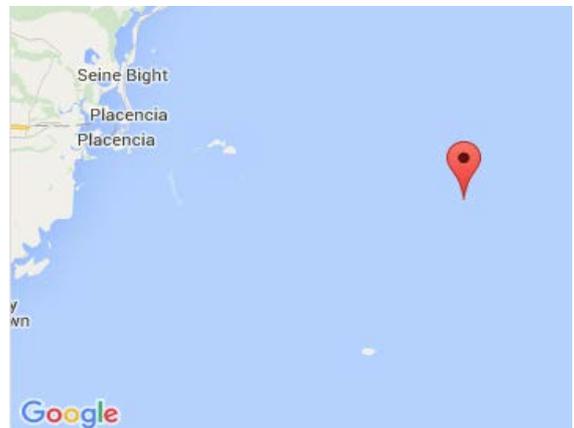


HATCHET CAYE

ESCAPE

Hatchet Caye Resort, Placencia, Stann Creek District, Belize
www.hatchetcaye.com

This little island with a bar, restaurant, and pool is perfect for lounging or being sporty and active.

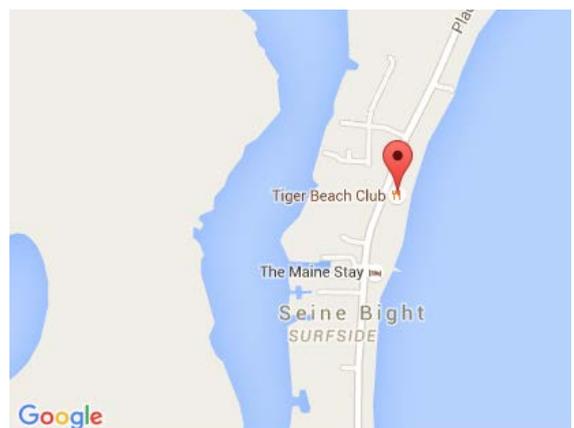


TIGER BEACH CLUB

RESTAURANT

Tiger Beach Club, Placencia Road, Placencia, Stann Creek District, Belize

Indian food made in an authentic tandoori oven. The best in town and right on the beach!

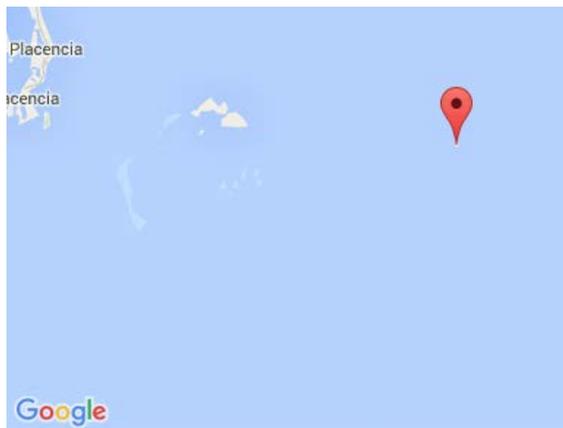


MOHO CAYE

ESCAPE

Moho Caye, Placencia, Belize

Another cute little island with a cool beach bar.

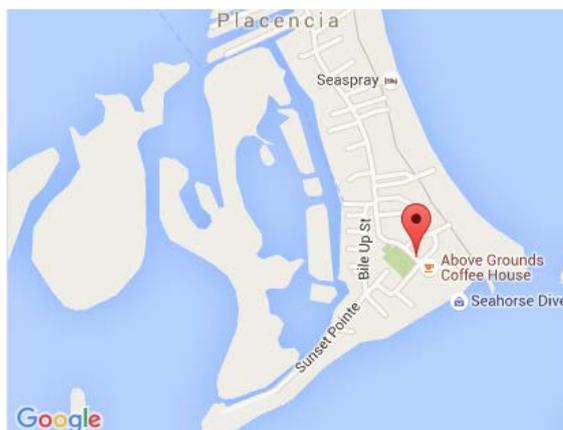


TUTTI FRUTTI

SWEETS

Placencia Road, Placencia, Belize

Authentic gelato made by an Italian couple.



TRANQUILO

BARS & CLUBS

Tranquilo, Placencia, Stann Creek District, Belize

Take a free shuttle boat to the island and enjoy an incredible, typical Belizean meal on the docks.

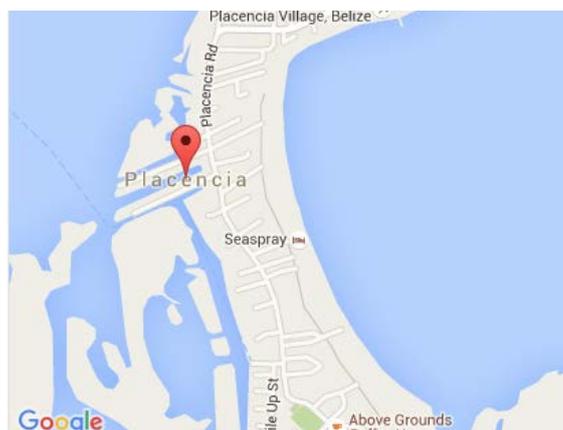


LIMILITA

RESTAURANT

Placencia, Stann Creek District, Belize

A cool pop-up kitchen directly on the beach. Reservations are a must!



RUMFISH Y VINO

RESTAURANT

Placencia Road, Placencia, Belize

Great restaurant serving delicious seafood and wine.



TURTLE INN

ESCAPE

Turtle Inn, Placencia, Stann Creek District, Belize

A beautiful beachfront resort owned by Francis Ford Coppola.

