

NORTH AMERICA · DIVING · BEACHES · ISLANDS · HISTORY · ADVENTURE

 Honduras

Honduras pairs Maya grandeur with Caribbean reef: the finely carved stelae and Hieroglyphic Stairway at Copán, then the Bay Islands, where Roatán and Utila sit on the Mesoamerican Reef and dive courses are among the cheapest in the region. Between them lie cloud-forest parks, whitewater rivers, Garifuna villages and the birdlife of Lago de Yojoa.

 Before you go, read the UK government's travel advice for Honduras and entry requirements (visas, passport validity). Last updated by FCDO 29 July 2026.

 CAPITAL Tegucigalpa	 CURRENCY Honduran lempira (HNL) £1 ≈ HNL 35.85	 LANGUAGE Spanish, English Garifuna	 BEST TIME Feb–Apr
 DAILY BUDGET £40–£190 ££ Moderate	 PLUGS Type A, B 120V · adapter needed	 FLIGHT FROM LONDON 15h via Miami, Houston or Atlanta ~£750–£1,300 return	 TIME ZONE UTC-6 standard time

Most trips to Honduras run between two poles. In the west, near the Guatemalan border, the cobbled town of Copán Ruinas sits beside the most artistically refined of all Maya sites. On the Caribbean side, ferries from La Ceiba cross to the Bay Islands: Roatán, with resort beaches at West Bay, and scruffier, cheaper Utila, a magnet for trainee divers. In between, the usual route passes Lago de Yojoa and the Pulhapanzak waterfall, then the rafting and cloud-forest hikes of Pico Bonito and the Río Cangrejal behind La Ceiba. Tegucigalpa and San Pedro Sula serve mainly as transport hubs, and many visitors combine Copán with Guatemala.

Mainland travel is cheap, with good-value guesthouses, filling street food and frequent buses, while the Bay Islands run on US dollars and island prices, especially on Roatán's cruise-ship days. Divers, budget travellers taking their first diving course and archaeology fans get the most out of it. The country's crime statistics put many people off, so experienced travellers stick to well-trodden routes, use first-class buses between cities and read the FCDO travel advice closely. What surprises visitors is the variety: English-speaking islanders with Afro-Caribbean roots, Garifuna drumming on the north coast, and cool pine-forest highlands only a few hours from the beaches.

Top 5 highlights

-  HISTORY

Copán Ruinas

This Maya city peaked in the 8th century and is famed for its sculpture: deeply carved stelae of rulers such as 18 Rabbit, and the Hieroglyphic Stairway, the longest known Maya inscription. Scarlet macaws fly over the plaza.
-  BEACH

Roatán's West End and West Bay

Roatán's western tip combines the white sand of West Bay with West End's dive shops and waterfront bars. The reef begins a short swim offshore, so snorkelling is superb straight from the beach.

3

WILDLIFE

Utila

One of the cheapest places in the world to learn to dive, with dozens of dive schools and wooden guesthouses on stilts. Utila is also one of the few places where whale sharks may be seen in any month.

4

ADVENTURE

Pico Bonito and the Río Cangrejal

Behind La Ceiba, jungle-clad mountains rise steeply from the coast. Raft the boulder-strewn rapids of the Río Cangrejal, swim in its clear pools, or hike to waterfalls in Pico Bonito National Park with a local guide.

5

NATURE

Lago de Yojoa and Pulhapanzak

Honduras's largest natural lake, ringed by cloud-forest parks and coffee farms, is a birdwatching hotspot with hundreds of recorded species. Nearby, the 43m Pulhapanzak waterfall can be explored on guided scrambles behind its curtain.

Biggest cities

LARGEST CITY

Tegucigalpa

≈ 1.6 million people

The hilly, traffic-choked capital has a handful of sights, including the cathedral and the Museo para la Identidad Nacional, plus the colonial village of Valle de Ángeles nearby; most travellers pass straight through.

2ND LARGEST CITY

San Pedro Sula

≈ 1.3 million people

The industrial capital of the north and site of the main international airport. There is little to keep visitors, so most connect straight on to Copán, Lago de Yojoa or La Ceiba.

3RD LARGEST CITY

La Ceiba

≈ 210,000 people

A laid-back Caribbean port with the ferry terminal for Roatán and Utila, the country's biggest carnival every May, and the rafting and hiking of Pico Bonito on its doorstep.

Tegucigalpa and San Pedro Sula figures are urban-area estimates; La Ceiba's is for the city. Choloma, sometimes listed as the third-largest city, is counted here within San Pedro Sula's urban area.

When to go to Honduras

Best time: **Feb–Apr**.

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

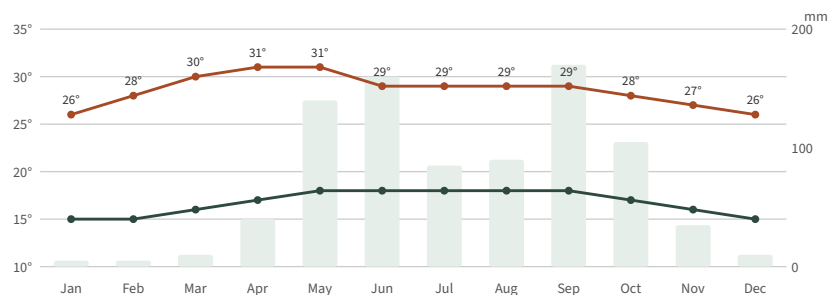
Nov

Dec

■ Best ■ Good ■ Mixed ■ Poor

Average climate in Tegucigalpa

— High °C — Low °C ■ Rain (mm)



Festivals & events

Mar–Apr	Semana Santa in Comayagua Comayagua's colonial streets are covered overnight with intricate carpets of coloured sawdust, which the Good Friday processions then walk across.
Apr	Garifuna Settlement Day On 12 April Garifuna communities mark their ancestors' arrival on Roatán in 1797 with punta dancing, drumming and re-enactments of the landing, notably at Punta Gorda.
May	Carnaval de La Ceiba Honouring San Isidro, La Ceiba's patron saint, with neighbourhood street parties through May building to a huge parade on the third Saturday of the month.

How much does Honduras cost?

SHOESTRING £40 per person / day ≈ HNL 1,434 hostels, street food, buses	MID-RANGE £90 per person / day ≈ HNL 3,227 3-star hotels, restaurants, some taxis	COMFORTABLE £190 per person / day ≈ HNL 6,812 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Baleada A thick flour tortilla folded around refried beans, crumbly cheese and mantequilla (Honduran sour cream); add egg, avocado or chorizo for a baleada con todo.	Sopa de caracol Conch soup simmered in coconut milk with plantain, cassava and spices, a staple of the Caribbean coast and the Bay Islands.	Plato típico The everyday Honduran feast: grilled beef with refried beans, fried plantain, chorizo, salty cheese, avocado, rice and corn tortillas.
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Getting around

Hedman Alas and other first-class coach companies connect San Pedro Sula, Tegucigalpa, Copán Ruinas and La Ceiba with air-conditioned direct services, the usual choice for travellers over crowded local 'chicken buses'. Daily ferries run from La Ceiba to Roatán and Utila, and short domestic flights reach the islands. In cities, use radio taxis or cars booked by your hotel rather than hailing on the street, and avoid long road journeys after dark.

Practical information

PLUGS & VOLTAGE   A B 120V — bring a UK-to-A/B adapter	EMERGENCY NUMBERS Telephone: 911 (ambulance, fire, police) Source: FCDO “Getting help”
DIALLING CODE +504	TIME ZONE UTC-6 (standard time)

TAP WATER

Not safe — drink bottled or treated water

DRIVING

On the right

TIPPING

Around 10% in sit-down restaurants, where it is sometimes added as 'propina'; tip dive masters, rafting guides and island hotel staff, often in US dollars.

ETIQUETTE

Greet with 'buenos días' or 'buenas tardes' before asking anything. Dress casually but neatly in towns, and ask before photographing people in Garifuna and indigenous communities.

MAIN AIRPORTS

Ramón Villeda Morales International Airport (SAP), San Pedro Sula; Comayagua International Airport (Palmerola) (XPL), Comayagua (for Tegucigalpa); Juan Manuel Gálvez International Airport (RTB), Roatán

Visas & entry for Honduras

Shown for a British passport.

Visa required — apply before you go

You must have a visa to visit Honduras.

However, passengers of cruise ships are permitted to enter Honduras under a “short pass”. This allows passengers to disembark during the hours the ship is docked in Honduras (usually less than a day). If passengers remain in Honduras beyond the hours of docking a visa will be required. Check with your cruise line or with your nearest Honduran Embassy for further information.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Hepatitis A

Tetanus

Typhoid

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Chikungunya

Dengue

Rabies

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK.

MALARIA

Low risk of malaria

- There is a low risk of malaria below 1,000m and in Roatán and other Bay Islands: awareness of risk and bite avoidance recommended.
- There is no risk of malaria in San Pedro Sula and Tegucigalpa and areas above 1,000m: bite avoidance recommended.

Public holidays in Honduras

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Fri 25 Dec 2026	Christmas Day
Fri 1 Jan 2027	New Year's Day
Thu 25 Mar 2027	Maundy Thursday
Fri 26 Mar 2027	Good Friday
Sat 27 Mar 2027	Holy Saturday
Wed 14 Apr 2027	Panamerican Day
Sat 1 May 2027	Labour Day
Wed 15 Sep 2027	Independence Day
Wed 6 Oct 2027	Morazan Weekend
Thu 7 Oct 2027	Morazan Weekend
Fri 8 Oct 2027	Morazan Weekend

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in Spanish

ENGLISH	SPANISH	SAY IT
Hello	Hola	OH-lah
Thank you	Gracias	GRAH-see-ahs
Please	Por favor	por fah-VOR
Excuse me	Disculpe	dees-KOOL-peh
How much is this?	¿Cuánto cuesta?	KWAN-toh KWES-tah

Know before you go

- Tegucigalpa's international flights use Palmerola airport near Comayagua, roughly 1.5 hours away by road, while the city's old Toncontín airport now handles domestic flights only.
- US dollars are widely accepted on the Bay Islands, but you'll need lempiras on the mainland; use ATMs inside banks, malls or supermarkets rather than on the street.
- Copán Ruinas is a pleasant, walkable base; visit the site at opening time for cooler temperatures and fewer groups, and pay extra for the tunnels beneath the acropolis.