# **Honduras**

## **Travel Facts**

#### **US State Department Travel Advisory**

The US State Department currently recommends US citizens reconsider travel to Honduras due to crime. <a href="https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html">https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html</a>



For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html

#### **US Embassy/Consulate**

+(504) 2236-9320 or +(504) 2238-5114; EMER: +(504) 2238-5114 or +(504) 2236-9320; US Embassy Tegucigalpa, Avenida La Paz, Tegucigalpa M.D.C., Honduras; usahonduras@state.gov; https://hn.usembassy.gov/

#### LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page. <a href="https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html">https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html</a>

#### **Telephone Code**

504

#### **Local Emergency Phone**

Ambulance: 195, 37, 8654; Fire: 198; Police: 119

#### **Vaccinations**

The CDC and WHO recommend the following vaccinations for Honduras: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, influenza, and COVID-19. https://wwwnc.cdc.gov/travel

#### Climate

Subtropical in lowlands, temperate in mountains

#### **Currency (Code)**

Lempiras (HNL)

#### **Electricity/Voltage/Plug Type(s)**

120 V / 60 Hz / plug types(s): A, B



Type A

Type B

#### **Major Languages**

Spanish, Amerindian dialects

#### **Major Religions**

Roman Catholic, Protestant, atheist

#### **Time Difference**

UTC-6 (1 hour behind Washington, DC during Standard Time)

#### **Potable Water**

Opt for bottled water

#### **International Driving Permit**

IDP honored; be sure to check into an INTER-AMERICAN DRIVING PERMIT also issued by AAA

### Road Driving Side

Right



#### **Tourist Destinations**

Bay Islands (includes Roatan, Utila); Copán Archeological Site; Mayan Sculpture Museum (Copan); Lago de Yojoa; Punta Sal; Rio Platano Biosphere Reserve

#### **Major Sports**

Soccer, baseball, tennis, swimming, basketball

#### **Cultural Practices**

It is common to turn one's head and purse lips in the direction one is pointing towards.

#### **Tipping Guidelines**

A tip of 10-15% of the bill at a restaurant is considered a good tip. Leaving the equivalent of \$2-3 (USD) per night for housekeeping is acceptable.

#### Souvenirs

Mahogany wood carvings, cigars, leather goods, straw work, pottery, shell items, woven cloth hammocks, replica Mayan items and corn husk dolls, coffee

#### **Traditional Cuisine**

Plato típico — a variety of foods prepared separately, but forming a complete meal in the end; the dish consists of marinated and grilled beef, pork sausages and cracklings, fried plantains, stewed or refried beans, and rice; traditionally served with sour cream, fresh white cheese, avocado slices, marinated cabbage, lime juice, and small tortillas

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