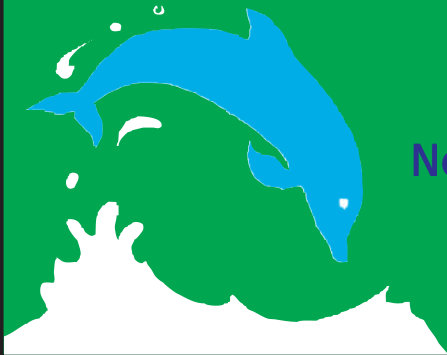


# THE SAN PEDRO SUN VISITOR GUIDE



The  
Island  
Newspaper

Vol. 20  
#26



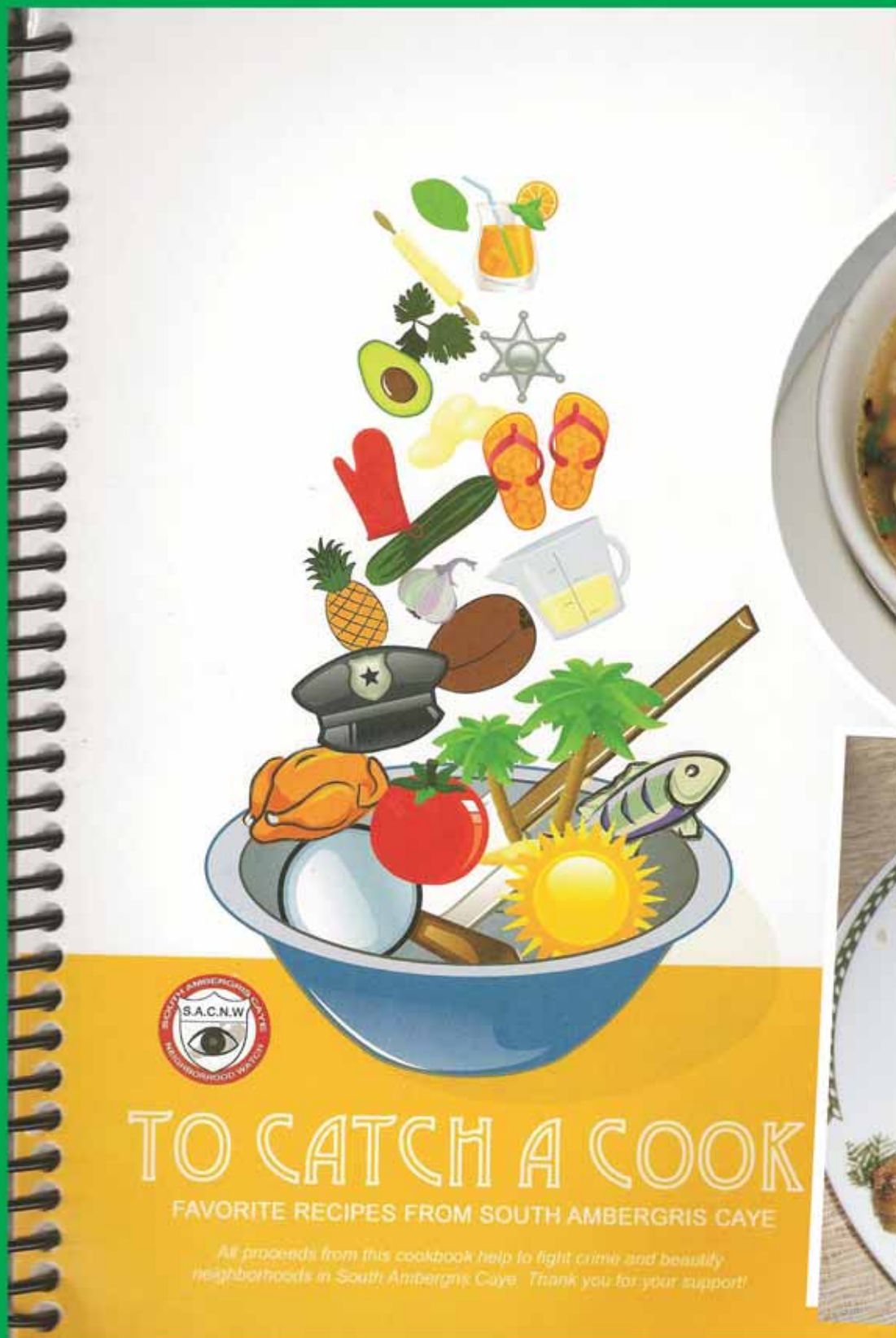
July 1, 2010

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Central America

## To Catch a Cook

Favorite Recipes of  
South Ambergris Caye



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## Where did you read your *San Pedro Sun*?

Where did you take your *San Pedro Sun & Visitor Guide*? Take a photo of you and the paper and send it to us at [spsun@sanpedrosun.net](mailto:spsun@sanpedrosun.net)



Lisa Galley, Angie McCormick and Claudia Salas Briggs enjoy their copy of *The San Pedro Sun* at the **Ryman Auditorium** in **Nashville, Tennessee, USA** where they saw Loretta Lynn at the Grand Ole Opry.

*Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.*

### The San Pedro Sun is mailed everywhere.

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More foreign subscribers than any newspaper in Belize!

## SuDoku! Level: \*Difficult Answers on Page 4

3				5	7	9		
	4			9	2		6	7
	6							
4			5	8				
	7						8	
				1	9			4
							3	
1	2		4	3			9	
		3	8	2				1

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## Woman on the Beach at crazy Canucks Beach Bar

### Question:

What here should never change? What needs to be changed Now?

By: Harriette Fisher

Watch for Harriette and her camera. What would your answer be to these two questions?



ANGIE and FRITZ TRASCHER moved from Houston, Texas, USA a year ago and own Crazy Canucks Beach Bar at Exotic Caye Beach Resort. Both agree that what should never change is the friendliness of the people on the island. In response to what needs to be changed, Fritz stated that the litter on the beaches – that needs to be cleaned up, while Angie responded that the stray animal population needs to be controlled. “Spay or neuter your pets”



CHRISTAIN “Shate” ALLEMA, a bartender, lives in the town core having come here from Cancun two years ago. He likes “the people’s hospitality and thinks the local people should be nicer to the tourists – make them feel at home.”

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## COOKBOOKS CELEBRATING LOCAL FARE

One of the pleasures of visiting Belize is enjoying the local food. Many dishes, influenced by the Mestizo, Mayan, Garifuna, Eastern Indian, Cuban and Caribbean make up the unique meals that are the best of Belizean comfort food. For those who want to try their hand at recreating these delicious meals once they get home or you just want to try something entirely new, there are wonderful cookbooks that are just the ticket for concocting tasty culinary creations. One such cookbook is:

### To Catch a Cook: Favorite Recipes of South Ambergris Caye

In May 2010 the South Ambergris Caye Neighborhood Watch (SACNW) launched the second printing of their cookbook *To Catch a Cook*. The book contains over 150 favorite recipes from island residents and well known island chefs. All recipes contain only ingredients that are readily available on the island, which makes it user friendly! Sections include Beverages, Appetizers, Brunch, Belizean Fare, Soups and Sides, Desserts, Helpful Hints, and much more.

*To Catch a Cook* is available for only BZ\$30 and makes a great gift or souvenir. All proceeds from sales benefit the SACNW whose mission is to make Isla Bonita beautiful and safe. Books are available by visiting Mr. Joe's Grocery and Grill, Sunrise Realty, Ambergris Seaside Real Estate or by e-mailing southacnw@yahoo.com or contacting any member of the SACNW Executive Committee.

### Sopa de Lima

Makes 8 servings

Chef Jenny Staines – Local chef Jenny Staines is well known for this delicious soup that she has served at her restaurants.

### Chicken Stock:

4 quarts water  
1 pound chicken parts  
1 small onion  
4 cloves garlic  
1 teaspoon peppercorns  
Boil for one hour. You will be left with 3 quarts of stock.

1 chicken breast  
4 ounces lime juice, freshly squeezed  
1 cup tomatoes, diced  
1/4 cup onion, diced



Continued on Page 6

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Police 226-2022  
 South Police Sub-Station - 610-4911  
 Fire 226-2372  
 Emergency 911  
 Crimestoppers 800 922-TIPS  
 Los Pinos Clinic 602-6383 and 226-2686.  
 Dr. Lerida Rodriguez: 226-2197 or cell 620-1974.

Dr. Miguel Allison: 226-4052 or cell 600-9071. (Pharmacy 226-4051)

San Pedro Chiropractic Clinic 600-7119  
 Hyperbaric Chamber - 226-2851 or 226-3195, Dr. Otto Rodriguez - 604-7599 or 226-2854. Antonia Guerrero - 628-3828 or 226-4501.

San Pedro Polyclinic II - 226-2536. Dr. Zuniga: 670-8755 and Dr. Otto Rodriguez: 604-7599.

Ambergris Hopes Clinic - 226-2660, Emergencies: 629-3618.

US Embassy - 822-4011

Labour Office - 226-2700 (Open 8am - 5pm, Mon. - Fri.)

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

British High Commissioner - 822-2146

Local British Warden - 226-3658/610-3658

San Carlos Medical (MD & Dentist Services) - 7:30am - 9:00pm, 226-2918

SACNW substation - 610-4911

Escalante Neighborhood Watch - 605-7803 Daytime only, 662-2725 Nighttime only, 630-5945- Call between 10:30pm and 6:00am.

## Church Services

**San Pedro Roman Catholic Church**  
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm. Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.

**Living Word Church** Service Sun. 10:45 a.m., Youth Meetings on **Sundays at 7:30p.m.**, Women's meetings on **Wednesday at 7:30 p.m.**, and Men's meetings on **Thursday at 7:30 p.m.** We do Christian charity work. 226-2950.

**Assembly of God Church** on Angel Coral St. T-W-St.-Sn. at 7:30 p.m.

**Lighthouse Christian Radio** - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

**The Church of Jesus Christ of Latter Day Saints** - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Upstairs of Island Plaza, across from Fido's Courtyard.

**San Pedro Church of Christ:** Across the bridge to the left. 206-2731. Services: Sunday - 9am-11am, Bible Study & Worship Service. 7pm-8:30pm - Worship Service. Wednesday - 7pm-8:30pm, Bible Study; Thursday - Ladies Classes; Friday- Youth Class

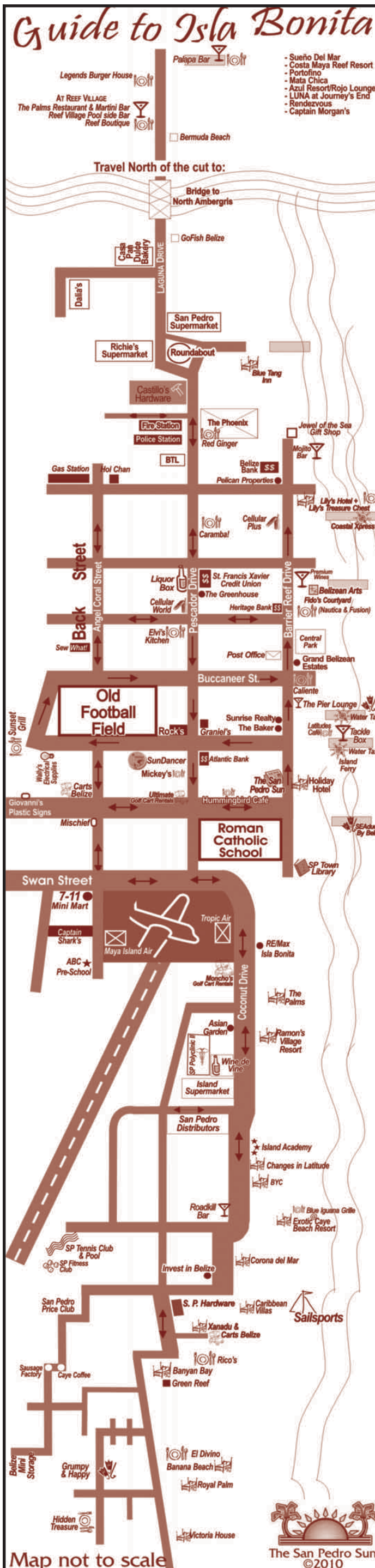
## Tourist Information

Belize Tourism Board - 227-2419.

Belize Tourism Industry Association (BTIA) - 227-5717.

Belize Hotel Association - 223-0669, bha@btl.net

San Pedro Tourist Guide Association 226-2391.



## Miscellaneous

The Lions Club of San Pedro relies on income from its Friday Night BBQ, plus Reds' famous chicken ceviche to support the needy community. Bingo starts at 7pm every Friday!! Help a great cause -have dinner with us!

**Green Reef** A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net /226-2833.

**Saga Society** A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

**CARE BELIZE** - Children's Specialist, San Pedro. 622-8200

**SP Town Library** - 206-2028

## Water, Sports & Tours

**GRUMPY & HAPPY** - Snorkeling - private snorkel tours - just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234.

Visit [www.grumpyandhappy.com](http://www.grumpyandhappy.com), or Email: [info@grumpyandhappy.com](mailto:info@grumpyandhappy.com).

**WHITE SANDS DIVE SHOP** - Specializing in daily full-service diving and SCUBA instruction. We pick you up at your hotel's dock. [www.whitesandsdive.com](http://www.whitesandsdive.com), 226-2405.

## Real Estate...

**ELITE REAL ESTATE INVESTMENTS (EREI)** - We are Ambergris Caye's real estate specialists. Call now to schedule your free professional investment consultation. Under \$200K to \$4.1M. Call 226-2260, or email: [sales@erei-belize.com](mailto:sales@erei-belize.com). By appointment.

**SUNRISE REALTY** - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: [info@SunriseBelize.com](mailto:info@SunriseBelize.com)

**RE/MAX Isla Bonita, located at 10 Coconut Drive, San Pedro. 226-4400 e-mail: [info@owninbelize.com](mailto:info@owninbelize.com) or visit our website at [www.owninbelize.com](http://www.owninbelize.com)**

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**CARTS BELIZE** - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.

**ISLAND FERRY SERVICE & WATER TAXI** - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.

## Services...

**CASTILLO'S HARDWARE** - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

**S.P. HARDWARE** - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522.

## SuDoku Answers! Puzzle on Page 2

3	1	2	6	5	7	9	4	8
8	4	5	3	9	2	1	6	7
7	6	9	1	4	8	5	2	3
4	9	6	5	8	3	7	1	2
5	7	1	2	6	4	3	8	9
2	3	8	7	1	9	6	5	4
6	8	4	9	7	1	2	3	5
1	2	7	4	3	5	8	9	6
9	5	3	8	2	6	4	7	1



# THE SAN PEDRO SUN VISITOR'S GUIDE



## Dining Out...



**MATA CHICA - Mambo Cuisine** - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011.

**CELI'S RESTAURANT ON THE BEACH** at the San Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for lunch. Delectable Seafood Specialties for dinner. **OUTDOOR & INDOOR DINING** 11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live

music.

**MICKEY'S PLACE** - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 - 10 p.m. for dinner. Burritos on Wednesdays. Pescador Drive. Call 226-2223.

**BLUE WATER GRILL** - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

**EL DIVINO RESTAURANT** at **BANANA BEACH** - Serving breakfast, lunch and dinner from

6 a.m - 10 p.m. Book your party or banquet today! Phone 226-2444.

**BEAN RESTAURANT/SHADE BAR** - @Ak'bol Resort- full service-awesome bartender! Local food @ Local prices on the beach \$1-\$15BZ + unique specials +desserts daily. Interesting pizzas \$25BZ+up. Saturday Beach BBQ. One pier North of Palapa Bar.

**PALAPA BAR AND GRILL** - The Coolest Place, North of Bridge. Drink & Dine out over

the Caribbean waters with cool breezes and no mosquitoes. Specialty is a BBQ, Slow Smoked, Pork Sandwich and Fresh Caught Fish Tacos. Open 7 days, Happy Hour Drinks from 4:00pm - 6:00pm. Telephone: 226-3111.

**LILY'S TREASURE CHEST**- Serving beachside breakfast, lunch & dinner. A true island dining experience. Get fresh seafood daily! Beachside at Lily's Hotel. 226-2650.

**RICO'S SURFSIDE RESTAURANT** - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

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**SAN PEDRO FITNESS CLUB** - A/C Gym, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am-8pm Monday - Friday, 7am-5pm Saturday, 11am-5pm Sundays. 226-4749. sanpedrofitnessclub@gmail.com

**THE GREENHOUSE** - Fresh Produce & Seafood. Belizean and imported speciality. Fresh herbs, cold cuts, chilled goods, plus an exciting selection of groceries. A/C local on Pescador Dr, next to St. Francis Xavier Credit Union. 226-2084.

**CAYE INTERNATIONAL BANK** - Offering Demand Deposit Accounts, Loans, Savings Accounts, etc. cibl@btl.net or phone 226-2388.

**PROVIDENT BANK & TRUST** - Offering a full range of International Banking Services. phone 223-5698 services@providentbank.bz

**PAGES, A BOOK STORE** - carrying new and used books. We also trade gently used books. Located at the Vilma Linda Plaza, open Mon. through Sat. 8am-5pm, 206-2254.

**SUNDANCER** - Unique boutique featuring quality clothing, jewelry and great gift items for men. Phone: 226-2948.

**AK'BOL YOGA RETREAT & RESORT**- Daily Yoga Classes/Day Retreats/Group Retreats. The only resort dedicated to the practice of Yoga and Wellness. Yoga studio at the end of the pier overlooking the sea...

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Om Shanti Om-peace to all...

## Party...Party...Party...Party...Party!!

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# To Catch a Crook Continued from Page 3

- ¼ cup cilantro, chopped
- 6 cubes chicken bouillon or ¼ cup consomme powder
- 1 teaspoon salt
- 1 teaspoon pepper

With the remainder of the stock, boil chicken breast with chicken cubes or powder for 20 minutes or until cooked. Shred chicken breast and add all ingredients except cilantro. When it comes back to a boil, add cilantro and cook for 2 more minutes. Serve.



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## Trivia Tidbits

\*Ketchup was sold in the United States as a patent medicine in the early nineteenth century — Dr. Miles' Compound Extract of Tomato.

\*The female name Nicole is from Greek and translates to "victory of the people."

\*The whale has the slowest metabolism of all animals. Despite its great size, it lives on one of the smallest of all creatures: the microscopic plankton, found throughout the sea.

\*From one cord of wood, 7.5 million toothpicks can be produced.

\*People have been growing roses for more than 5,000 years.

\*The first U.S. flag on the moon was deployed by Neil Armstrong and Edwin "Buzz" Aldrin during their historic EVA on July 20, 1969 (at 4 days, 14 hours, and 9 minutes mission-elapsed time).

\*All hurricanes are born over water, and their life span is about 10 days.

\*If you drove a car from Earth at a constant speed of 100 miles per hour, it would take about 221,000 million years to reach the center of the Milky Way.

\*Lions are the only truly social cat species, and usually every female in a pride, ranging from 5 to 30 individuals, is closely related.

\*The White House was the biggest house in the United States until the Civil War.



San Pedro, Belize

### Sunday: Beach Blast

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& the Usual Suspects

Every Sunday,  
12noon - 4pm

Summer Shrimp Fest

Love Paradigm: Acoustic 9pm-close

### Monday: Taco Night

\$3 tacos\* 5-9pm

Chicken / fish / shrimp; crunchy or soft  
\*minimum 3, mix & match

\$4 Draft Beer  
& Rum Punch

Dennis Wolfe and  
the Usual Suspects:  
7pm-close

### Tuesday: Karaoke Night with Doug

2-for-1 rum punch & kamikaze's in the first hour  
8pm-close  
\$25 buckets o' beer (6 for price of 5)

### Wednesday: Love Paradigm- 9pm-close

### Thursday: Wing Night

\$1 wings\* 5-9pm

\*Minimum 5 wings

\$4 Draft Beer  
& Rum Punch

Love Paradigm:  
9pm-close

### Rocking Friday & Saturday

Love Paradigm, Rock: 9pm-close



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# Wolfe's Woofers by Dennis Wolfe

## Traveling with Casey

Casey Moore called and said, "I brought in some heavy equipment parts from Texas and I'm at the border at Chetumal, Mexico. I'm going to take them to an auction at Spanish Lookout. You said to let you know the next time I'm going to one of those Mennonite auctions so you can go with me."

The next morning, after flying over to Corozal I found myself in a beatup old pickup truck with Casey.

"Before we cross the border we're going up to Mexico to see a man who wants to buy a tractor," he said. "It won't take more than a few hours."

Three hours later we were wandering around a back road in the jungle and I said, "Casey, we're lost, aren't we?"

"I think so," he said. "To tell you the truth, I don't know if we're still in Mexico or back in Belize."

"Hey!" I said. "That looks like an old service station up there. It's the first sign of life we've seen in the last hour."

"Good!" Casey said, "because we need some gas and oil"

A little guy carrying a rifle and with a bandana wrapped around his face came out and said, "Señor, you must be lost. We don't never see gringos out here."

"We are lost," Casey told him. "Where are we anyway?"

"You are in the village of Nosenada in Guatemala. Mexico is two hours back that way."

"Well, can we get some gas?" Casey asked.

"Sorry, señor," he said. "We got no gas."

"Can you top up the oil for me?"

"We don't have no oil," the man said. "To tell the truth, we are not even Guatemalans. We are Mexicans and this gas station is a front for the Zapatista rebel group in Chiapas. We are hiding out in Mexico."

"Are ya'll terrorists?" Casey asked.

"Maybe," the man said. "Some people call us terrorists."

"Well, can you blow up the tires?"

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## Riddle Me This:

**Q:** I weaken all men for hours each day. I show you strange visions while you are away. I take you by night, by day take you back, none suffer to have me, but do from my lack. What am I? *Answer below...*



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**30 YEARS OF WAITING!!**

We are now taking reservations as exclusive agents for the sale of select beach lots and private villas on CAYE CHAPEL – please inquire

### DEVELOPED PROPERTIES

- Los Encantos** – 3 bed, 4 bath tastefully furnished beach home in lovely Mata Grande area. Pool. Pier \$500K
- Beach front Estate** – 9,000 sq ft custom home - 360ft of beach, spacious ornamental gardens, 350ft dock, home is sold furnished, beautifully appointed, fully equipped including vehicle & boats. Inquire!
- Grand Caribe Condos** 1 mile north of the bridge on 500 ft of coconut grove. 1, 2 & 3 bedrooms. San Pedro's most exciting new project - 3 pools & marina. Inquire!
- Miramar** 2nd and 3rd floor beachfront 2 bedroom tastefully furnished condos from \$360,000 - ready to deal!
- Oasis Del Caribe** Fully furnished large 2<sup>nd</sup> floor ocean view 2 bed/2 bath - \$299,000
- Club Caribbean Beach House** Located 5 miles south of town in a tranquil and picturesque area. Needs finishing \$ 375,000
- Tres Cocos Beach Villa** 4 bed mature landscaping, seawall, pier, fully furnished \$985,000.
- Tres Cocos** Ocean view Garden Home exotic tropical hardwoods, room to expand, ¼ acre lot, mature landscaping. \$335,000
- Tres Cocos** ocean view 1200+ ft2, 2 bed/2 bath 2 level garden home w/loft. Vaulted ceilings, observation deck, fully furnished \$295,000.
- Holiday Lands Sunshine Home** Fully furnished 2 bed/1 bath up with 2 bed/1 bath apt below and roof top patio \$299,000.
- San Pablo Apartments** – Canal Front. \$275,000. Terms
- Esmeralda Home** A perfect place to call home. Ground floor commercial space equipped and ideal for a restaurant. \$350,000
- Pelican Reef Villas** – Ocean front 2 bedroom furnished \$497,000, 3 bedroom \$637,000
- Bermuda Landing** furnished 1 bed/ 1 ½ bath + 1 small office which can double as a 2nd bedroom. Pool & Pier, great ocean view. \$215,000 offers.
- Royal Palms Villas** One bedroom beach level pool side \$149,000

### COMMERCIAL OPPORTUNITIES

- Beachfront lot** in Town south of High School - 2 apts \$ 465,000
- Restaurant** Location Previously known as 'Taste of Thailand'. \$350,000
- Coral House** – 3 bed, 2 bath apartment & 1 bed, 1 bath apartment \$249,000. Low down Terms
- Sawyer's House** – 3 bed, 2 bath apt and 2 X 1 bedroom apt \$279,000. Low down Terms
- Sand Piper Apartments** – 4 apartments, 3 stories with vacant lot. By Yacht Club with close beach access. \$495K
- Pirate's Lantern** – 3 apartments - 3 vacant lots - right on main street. \$575,000
- San Pablo Apartments** – Canal Front. \$275,000. Terms

### UNDEVELOPED PROPERTIES

- Santa Evelia** beach lot 100ft x 200ft \$385,000.
- Mexico Rocks** Commercial beachfront 200ft x 400ft 1.68 acres \$700,000
- Esmeralda** two adjoining lots on main road 100ft x 75ft from \$152,000
- Robles** 75 ft x 360 ft with back lot bonus \$ 175,000
- Palm Bay Club** beach front lot from \$49,000.
- Palmeros** beach lot with pier 80ft x 200ft \$249,000 - must sell
- Basil Jones** 145ft beach lot \$375,000.
- Mata Grande** 100 x 300ft one off the beach. Cleared - \$245,000.
- Mata Grande** 100 x 200ft prime beach lot with pier permit \$445,000.
- Esperanza** 4.6 acres beach 300ft x 460ft \$2,000,000.
- Boca Ciega** 4.5 acres 174ft beach front. \$350,000.
- West Coast Beach Lots** 1, 2, 3 sold as a package 180' x 100'. Terms. \$355,000
- West Coast Beach Front** 60ft of beach with a depth of 100ft. Terms. \$125,000
- Laguna Estate** off beach lots. Each lot is 60' x 100'. Terms. \$75,000
- West Bay** private sandy bay with 260 ft frontage only \$425,000.
- West Bay** oceanfront 100ft x 500ft \$119,000.
- San Marcos** Double lots measuring approximately 100' X 90'. Fenced. \$90,000 pair
- San Marcos** 2 adjacent lots 50x90ft lot \$55,000 each.
- Ambergris Bay** West Coast beach front \$100,000.
- Habaneros** area – 2<sup>nd</sup> row \$85,000 3<sup>rd</sup> row \$45,000 multiple lots available.

All prices are in US dollars and subject to change without notice.  
For further details on these properties and much more call your  
**AMBERGRIS CAYE SPECIALISTS**

Answer: Sleep





**MATA CHICA RESORT**  
Reservations 501 220-5010  
or 220-5011

Free Transportation for Dinner



*at*



**Enjoy a rejuvenating spa day on the shores of the Caribbean Sea.**

Includes a welcome cocktail • Lunch at Mambo Restaurant • Use of fresh water swimming pool and beachfront Jacuzzi

- Full Body Treatment (therapeutic massage & facial & scalp treatment)...\$250US
- 90 Minute therapeutic massage...\$125US



**MATACHICA BEACH RESORT**  
Reservations 501 220-5010

**Own a piece of the jewel!**



**GRAND BELIZEAN**  
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**0% 100%\***  
Down Financing

Lots Starting from

**BZ\$15,150**

- Located on the Ambergris Bay Area of Ambergris Caye
- Ideal for residential and commercial
- High land
- Close to beach
- Wide open roads and green areas



"...I think it's a good opportunity for locals like myself to come, and to own a piece of paradise."

"...The land is very high and it's ready to build..."

"We have seen a lot of improvements since we bought our lot last September."

"...It's a great investment and a once-in-a-lifetime opportunity."

**Dion Ingram and Roshanda White, (Lot 929)**  
San Pedro, Belize (6 years)

***Dont wait to buy property, buy property and wait!***

223-0223 or 226-4433  
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www.grandbelizeanestates.com

Belize City Office - First floor, #6 Fort Street  
Across From Tourist Village  
Ambergris Caye Office - First floor Atlantic Bank sub office  
Barrier Reef Drive