

Roatan

Business Guide

Guía de Negocios

2023



PÄYÄ
Roatan's Beauty, Truth & Wisdom

Roatan Business Guide 2023



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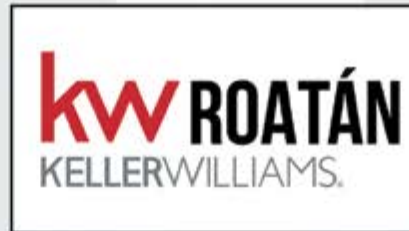
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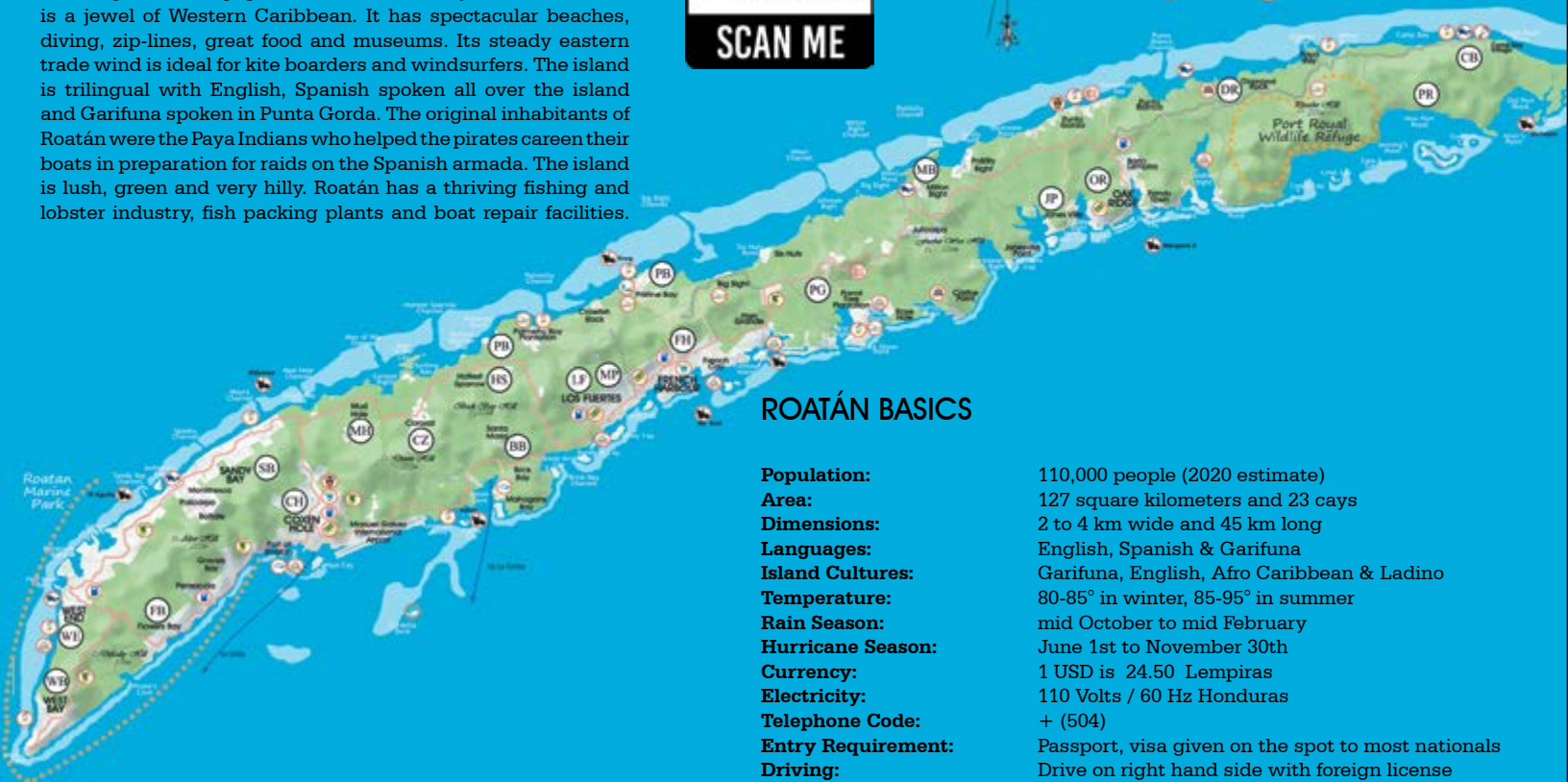


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Roatan

The largest, most populated of the six Bay Islands, Roatán is a jewel of Western Caribbean. It has spectacular beaches, diving, zip-lines, great food and museums. Its steady eastern trade wind is ideal for kite boarders and windsurfers. The island is trilingual with English, Spanish spoken all over the island and Garifuna spoken in Punta Gorda. The original inhabitants of Roatán were the Paya Indians who helped the pirates careen their boats in preparation for raids on the Spanish armada. The island is lush, green and very hilly. Roatán has a thriving fishing and lobster industry, fish packing plants and boat repair facilities.



ROATÁN BASICS

Population: 110,000 people (2020 estimate)
Area: 127 square kilometers and 23 cays
Dimensions: 2 to 4 km wide and 45 km long
Languages: English, Spanish & Garifuna
Island Cultures: Garifuna, English, Afro Caribbean & Ladino
Temperature: 80-85° in winter, 85-95° in summer
Rain Season: mid October to mid February
Hurricane Season: June 1st to November 30th
Currency: 1 USD is 24.50 Lempiras
Electricity: 110 Volts / 60 Hz Honduras
Telephone Code: + (504)
Entry Requirement: Passport, visa given on the spot to most nationals
Driving: Drive on right hand side with foreign license valid for 90 days



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Roatán Business Guide is published yearly by Paya Mag S. A. Roatán, Honduras

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COVER photo: the shoe repair man in French Harbour. (photo: Thomas Tomczyk)

Thanks to the many people that made the 2023 Roatán Business Guide possible: Monique Tareé, Ana Svoboda, Shawn Hyde and many more.

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ACCOMMODATIONS | ALOJAMIENTOS

Roatan offers accommodations ranging from hostels to a five star hotel

Since the first resorts opened their doors in 1960s, Roatan has seen the number of hotel beds go from half-a-dozen to thousands. There are 270 hotels on the island, but there are also other options as far as accommodations. The island has around four Bed & Breakfasts, 100 condominiums, and five apartment-hotels. There is a vast range of

accommodations from the luxurious and exclusive to the very basic. The days of renting a hammock on the beach in West End are gone. About a dozen all-inclusive hotels on the island offer all-you-can eat food, daily entertainment and sometimes unlimited dive packages. With dozens of hotels that offer just accommodations leaving their guests options of restaurants to dine in. The B&Bs offer a more



The first five star hotel to open in Roatan is the Kimpton Grand in West Bay Beach

intimate guest experience. There are two hostels on the island with bunk beds for the budget travelers and even a motel in Los Fuertes. There is also a growing selection of homes and apartments available for rent. Some are available via consolidators, property management companies and HOAs. Some home owners take matters into their own hands and rent their homes via on-line services.

All Inclusive | Todo Incluido

Anthony's Key	SB 2407-2244	dolphins, beach
Coco View Resort	FH +1 800-510-8164	all inclusive
Fantasy Island	PG 3198-2973	beach, diving
Henry Morgan	WB 2407-2231	music, diving, spa
Mayan Princess	WB 2408-1160	beach, diving
Turquoise Bay Resort	MB 9885-0840	diving, restaurant

Apartments | Apartamentos

Anderson Sunset View	WE 3269-1708	
Delzie's Apartment	WE 2445-4171	
Diamond Apartments	FH 8920-8545	restaurant, pool
Ed's Apartments	SB 2445-3018	
GIEA S.A.	FH 9924-6336	commer., office,
Joel Apartments	SB 9793-6454	
Junior Apartments	SB 2445-3178	
Magda Apartment	GB 2445-3147	economic
Mayforn's Apart.	FH 9484-4832	
Mission Gate	WB 9648-5738	
Roatan Flower Tow.	WE 3181-0253	
Roatan Apartments	GB 3187-7128	
Long Term Rentals	WB 9785-0754	
Sherry Apartments	WE 9486-3420	
Fantasea MK	WE 9898-4510	
Welcome Apartments	CH 9888-1510	

B&B | Cama y Desayuno

Las Orquideas	WE 9769-6862	
Puerta Azul	SB 8769-9341	
Roatan B&B Apart.	WE 9876-8840	small apartment
Seaside Inn	WB 9889-8333	
Upachaya	MH 9768-5136	eco-adv resort
West Bay B&B	WB 3304-0965	5 min to beach

Gated Comty. | Com. Cerradas

Blue Marlin View	HS 9670-6328	
Coral Village	FC 9727-7040	views, beach access
Czech Village	JP +420 722-097-276	Czech Rep.
Diamond Hill	DR 8920-8545	restaurant
Keyhole Bay	WB 9975-0000	beach
Las Palmas	DC 9461-6774	beach, restaurant
Lawson Rock	SB 2445-3000	marina, restaurant
Luna Azul	CP 8848-9415	see ad on p. 5
Ocean Hills	PG 8891-3795	
Palmetto Bay	PB 9612-5607	eco resort
Parrot Tree Plant.	FB 9624-1460	marina, lagoon
Pristine Bay Resort	PB 3288-7987	golf course
Próspera	PB 3199-5950	ZEDES
Roatan 1	CH 9975-9608	urban
Roatan 2	CH 9975-9608	urban
Viñas del Mar	DC +44 7463-155-487	pool, playground

Hostels | Hosteles

Buena Onda	WE 9770-0158	dorms, rooms
Roatan Backpackers	SB 9714-0413	pool

Hotels | Hoteles

Bananarama	WB 9456-3382	diving, food,
Barefoot Cay	BB 9468-7147	marina, private
Blue Bahia Resort	SB 9896-9523	pool, dive, restaurant
Brisas del Mar	WE 9894-4270	bar, beach, restaurant
Calabash Bight R.	CB 3341-3560	bar, rest., bungalows
Camp Bay Lodge	CB 3252-5891	kiteboarding, food
Caribe Tesoro	WB 9454-6885	hacienda, rest.
Casa Nikté	DC 9654-9079	resort
Clarion Suites	FH 9909-3100	restaurats, spa
Florence Complex	CH 9980-2802	urban
Foster's West Bay R.	WB 9629-1235	resort
Georphis Hideaway	WE 9642-1751	wifi, Pets OK
Guava Grove	SB 9640-9191	see ad below right
Hotel Chillies	WE 9670-6530	resort, restaurant
Hotel Atlántico	LF 8849-1224	urban
Ibagari	WB 9929-2743	restaurant, beach
Infinity Bay	WB 9496-4308	bar, pool
Kimpton Grand R.	WB 9462-8223	five star, spa, beach
Lands End Resort	WE 9979-9324	pool, restaurant
Las Palmas	DC 9461-6774	beach, restaurant
La Placita Inn	WB 9666-1150	economical
Las Rocas	WB 3328-9577	resort, dive center
Las Verandas	PB 3288-5020	pool, restauran
Lawson's Rock	SB 9499-1526	marina, condos
Little French Key	FC 9840-0643	private
Los Corales	WE 3328-9833	wifi, cable tv
Lost Paradise	WE 9775-9707	restaurant
Mango Creek Lodge	PR 8916-8704	rest., bar.,
Marble Hills	PB 9887-0997	diving, jams
Miramar	WE 9603-4044	rest., bar, trans.,
Mr. Tucan Hotel	WE 9452-3736	rest., wifi, tv
Naboo Resort	WB 9887-6720	see ad across page
Ocean View	FB 3140-0308	restaurant, pool
Paradise Beach	WB 2408-4670	beach, pool, food
Paya Bay Resort	PB 3316-9384	restaurant, spa
Posada Arco Iris	WE 9769-6862	restaurant
Roatan Yacht Club	FH 3307-5155	rest., parking, pool
Pristine Bay Resort	PB 3288-7987	beach
Sea Breeze Inn	WE 9869-1376	restaurant, dive
Seagrape Plantation	WE 9522-6080	diving, rest.
Splash Inn	WE 9626-7919	restaurant, dive
The Beach House	WE 9971-7146	private dock
The Meridian	WB 9663-6317	beach, bar
Tranquil Seas Eco	SB 9455-7073	diving, rest
Unalome	WB 9908-2830	yoga retreat
West Bay Colonial	WB 9626-7919	views
West Bay Lodge	WB 3355-6717	cottages, spa
Xbalanque	WB 9469-6300	exclusive, pool



Ibagari hotel in West Bay. (Photo by Monique Tareé)

Motels | Moteles

B Apartments	CH 9878-6788	parking, breakfast
Executive Inn	LF 9889-0542	parking, rest., bar
Henry's Cove	PG 9465-0070	restaurant
Ludy's Village	SB 3391-1715	apartamentos
Machu picchu	SB 3311-5375	parking, pool, food
Motel Costeño	CH 9935-3776	economical
Pirates Den	SB 9796-2336	pets ok, pool
Ricón Placentero	LF 9675-2211	wifi, parking

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ACTIVITIES | ACTIVIDADES

Roatan's AKR dolphin facility dates back to 1989 and is unique in Central America

Roatan's main business is tourism and islanders constantly try to improve and expand the activities offered to visitors. While in the early 2000s the only attractions of the island were scuba diving, snorkeling, kayaking and beaches, that has greatly changed. The island has become the place for active sports: kiteboarding, paddleboarding, horseback



1739; First recorded Zip-Line was used for entertainment!

riding and kayaking. Counting with several zip line companies on the hilly island. There are also animal sanctuaries, dolphin shows and botanical gardens. The island is an economical and thrilling place to get your open water dive certification. Dozens of divers do their specialty courses here and receive dive instructor certificates. Unfortunately the Roatan reef is under pressure and the invasive

Lion Fish species has had an impact on the island's reef fish population. Some of the best diving is found on the south east end of the island. As far as culture, there is an informative museum of island history in Sandy Bay, a photo and historical map museum in Bucaneers, French Harbour. There are Garifuna dances and May Pole celebrations to be seen and experienced all over the island.

Hiking | Excursionismo

- Carambola Tours** MH 9482-8738 hiking, stargazing
- Mayan Eden** CH 9998-0998 hiking trails
- Tropical Arboretum** MH 9457-4264 hiking trails

Horseback Riding | Cabalgar

- Anthony's Key Resort** SB 2407-2244 dive, horses, museum
- Beach Club Roatan** MB 3306-3275 water trails
- Christopher Tours** BB 3323-3018 rest., tours, etc
- El Rancho** WE 9687-1067
- Horseback Riding R.** FB 9776-8520
- Little French Key** FC 9840-0643
- Luna Beach Roatan** WE 9378-9347 tours, rest.,
- Manawakie Park** HS 9931-4658 see ad on p. 12
- Roatan Webster T.** PC 3230-9599 tours

Travel Agent | Agente de Viajes

- Enlace Roatan** DC 9679-1386 air, Sea, Hotels
- TAS Travel Agency** FH 9456-3447 packages, tickets
- Viaja Conmigo Hn** SB 9684-9782

Tourist Attractions | Atrac. Tur.

- Amazing Roatan T.** WB 9832-1114 parasailing
- Arch's Iguana Park** FC 9764-8094 fish, iguanas
- Dolphin programs** SB 2407-2244 AKR
- Eco Caribbean C.P** HS 8990-8190 tours
- Gumbalimba Park** WB 9664-6907 monkeys, pond
- Manawakie Park** HS 9931-4658 see ad on p. 12
- Marble Hill Farm** PB 3369-0777 restaurant, diving
- Maya Eden** CH 9998-0998 nature walk
- Maya Key** CH 9995-9589 diverse animals
- D.J. Monkey & Sloth** FC 3174-5185
- The Buccaneer** FH 9967-3963 rest., museum
- Tourist Attractions** MP 9456-3447 agency tours

Tour Operators | Op. Turísticos

- 2K's Adventures** OR 3256-1475 customize tours
- ATV Jungle Tours** GB 9648-9745 zipline, pet zoo, etc
- Bay Island Tours** WB 9819-9755 cayos cochinos
- Bodden Tours** GB 9910-5217 canopy, snorkeling
- Buggy Tours** SB 9674-7093 tours, rentals
- Charlie's Roatan T.** MB 8921-3432 tours, excursions
- Captain Van's** WB 9658-9574 see ad p. 17
- D.J. Monkey & Sloth** FC 3174-5185
- Fabuloso Island** WE 9956-2525 atv, snorkeling
- Get Salty Roa. Tou.** JP 8813-6378 adventures, tours
- Hyde Tours** WB 9991-2257 fishing, transport
- Island Vibes Adv.** OR 3350-0810 floating tiki bar
- JC Adv. Tours** WE 9901-7435 private, snorkeling
- JDs Island Tours** JV 3283-1053 fishing, mangrove
- KARIVANIA** WB 9772-6128 private tours
- Let's go Roatan** WE 9964-2030 canopy, parasailing
- Little French Key** FC 9840-0643
- Manawakie Park** HS 9931-4658 see ad on p. 12
- Mono loco** GB 3374-3994 tours, weddings
- Roatan Activities** WB 9619-1214 parasailing, jetski
- Roatan Coolest P.T.** WE 8994-3107 fishing, snorkeling
- Roatan Jungle Top ATV** MH 3232-6555 jungle, wildlife
- Roatan Water Act.** CH 8792-5708 catamaran, atv, etc
- RoaTide Tours & Ch.** OR 9657-0937 fishing, snorkeling
- Ruthless Roatan Ch.** WE 9779-7899 see ad on p. 28

Zip-Lines | Canopy

- Gumbalimba Zip** WB 9914-9196 first on Roatan
- King Kong Extreme** CH 9439-7227 minutes to CH
- Pirates of Caribbean** PG 3261-9189 unique
- South Shore Zip-line** WB 9967-1381 canopy, jungle,
- Manawakie Park** HS 9931-4658 see ad on p. 12
- Monkey La-La** FC 9904-3644 accessible
- Mayan Jungle** GB 9910-5217 adventurer

Visitors interact with dolphins at the Anthony's Key Resort.



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ANIMALS | ANIMALES

Ruatan island agouti is the only mammal endemic to the island

Roatán is a great place to have a pet. With plenty of beaches, forests, trails and water to keep your pet entertained. The island has a resident veterinarian and several vets visits on weekly or monthly basis.

The island has a large population of homeless dogs and cats, but a group of island residents organize rescues and help in emergencies. Several veterinary groups come to the island periodically to

offer free spay and neuter services.

There are places on Roatán to see mainland Honduran exotic animals: sloths, toucans and jaguars. A recent invasive arrival to the island, a Central American Woolly Opossum, has been decimating the island iguana and agouti populations.

Importing a pet to Roatán isn't difficult. It requires that the animal have all its shots up to date and be examined upon arrival by a licensed veterinarian.



Since 1950s Roatan has attracted several invasive animal species from mainland



A man caresses a horse above the colonia of Sandy Bay.

Apiary | Apiario

- Gary's Bee Removal PB 9991-2757 strictly removal
- Island Honey CZ 9882-8940
- Roatán Bees PB 9764-5968 see ad on p. 25

Farm Supplies | Sum. Agrícolas

- AGROA CH 3216-3138
- CARNIAGRO CH 3216-3138 see ad left
- CARNIAGRO FH 8961-8733 see ad left
- INMOSA LF 9580-0245
- Roatan Pets FH 8746-5195 healthy pet food

Zoos | Zoológicos

- Arch's Iguana Farm FC 9764-8094 iguanas, fish
- D.J. Monkey & Sloth FC 3174-5185
- Gumbalimba Park WB 9664-6907 birds, pond
- Little French Key FC 9840-0643
- Manawakie Park HS 9931-4658 see ad left
- Maya Key CH 9995-9589 diverse animals
- Roatan Farm Park SB 9730-0676 petting zoo

Vets | Veterinarios

- Animal Care LF 3338-2814
- Animal Kingdom CH 9909-0595 ultrasound, X-ray
- Bonanza SB 9713-8928
- Del Bosque FH 3313-6866 see ad on back cover
- Dr. Calderon FH 9995-2260 wednesdays
- Roatán ProVets CH 9998-2088 monthly visits

Volunteers | Voluntariados

- Healthy Reefs Init. WE 3336-0406 Ian Drysdale
- Island Dogs Rock 9638-1596
- Roa Renegade Rescue WB 3391-1490 Penny Leigh
- Roatán Animal Shelter CH 9638-1595
- Roatan Animal Welfare CH 3286-0495
- Roatán Rescue Inc. OR 3345-0684
- ROAR OR 9967-3803

ARTIST | ARTISTAS

The island has a diverse and vibrant music scene

The island is a great place to pursue one's artistic side. The lush green of the vegetation, turquoise water, the chirping of the parrots and clicking of the geckos and the fire red color of the gumbalimba bark provide the inspiration for writers, poets, painters and musicians.

Roatán has inspired many writers beginning with Philip Ashton, an American who escaped pirates

on the then uninhabited Roatán. He lived on the island for 16 months in 1723 and 1724. His memories about his solitary survival were published in Boston in 1725 under the title "Memorial" – about his survival on fruit, crayfish and turtles. Ashton was finally rescued by the American ship Diamond.

Virginia Castillo, a painter born in Coxen Hole, has been painting Roatán seascapes and peoples since



Punta is mimetic cock-and-hen Garifuna dance, dancers rapidly move their hips, feet while their upper torso remains motionless

1980s. Her paintings can be purchased at an art gallery in West End.

Photographer Shawn Jackson has elevated photography to an art form and his work can be seen or purchased at a gallery in West Bay.

Several bands perform daily shows on the island stages. Bryon James and the Players have become the staple of many West End music venues, but here are many other talented musicians and island bands.

DJ's | DJ's

- DJ Flames FH 9514-0000
- DJ Frank CH 9783-5946 events
- DJ Galan FC 8867-1613
- Guillermo Vaca WE 9923-3512 events
- DJ Sambula SB 9562-3347 live, band, dance
- DjRegis PG 8992-9016 Garifuna
- Kiro Prime WE 9731-2814 electronic
- ProMike WE +1 206-581-5742 events

Galleries | Galerías

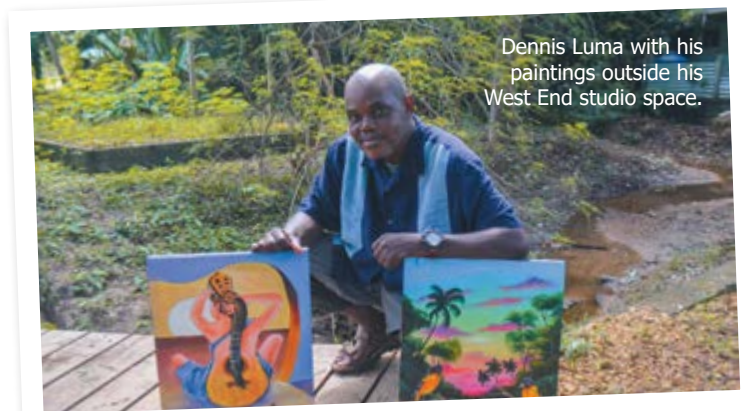
- Art by Lilly WE 9603-9517 art classes
- The Buccaneer FH 9967-3963
- Rusty Fish WE 9947-8975 Art, Recycle
- Shawn Jackson WE +1 216-239-8682
- Waves Of Art WE 9667-4832 paintings, prints

Musicians | Músicos

- Bay Island Rockers WE +1-250-575-4725
- Bobby Rieman SB 9978-8302 island, blues
- Brian James WE (424) 466-1467
- Ceejay Price BB 9606-4058
- Guanabanda WE 9788-7086 band
- IMOX Band Roatan WE 3305-5003
- Jimmy & the Boys SB 9869-7775
- Joel Escalona SB 9792-6040
- Muddy CH 9768-7177 keyboard
- Luis de la Rosa WE 3305-5003
- Patty McCulla WB 9555-4010 ballad
- Roatán Fusion 3231-3239 band
- Scott Haynes WE 9781-3797 rock
- Scotty C WE 3330-3447
- Sisy Jamaraa SB 9822-0473 violyn
- Sopa PG 3363-2140
- Steel Pan Alley GB 3298-3448
- The Happy Boys WE 9737-8741 island band
- The Londoners SB 8912-7837 duo
- Tommy Morris SB 9738-2802 vocals
- Tres Amigos WE 9789-8080 rock, r&b, trio

Tattoos | Tatuajes

- Balam Ink WE 9527-0177
- Caribbean Ink WB 9386-3199
- Foxy's Tattoos WE 9794-2176 see ad right
- Mexicano Tattoo R. LF 9969-8638
- Roatán Ink WE 9957-0779



Dennis Luma with his paintings outside his West End studio space.

Foxy's Tattoos Roatan

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HOTTEST SPARROW, ROATAN

BOATING | BARCOS

Since 2022 you can travel from Utila to Roatan and Guanaja via ferry

Slenders have been building and repairing boats on Roatán since the 1840s. Before that, in the 1600s, Roatán's Port Royal was a valued careening place for pirate ships from all over Western Caribbean. This long tradition is continued by several island boat builders. The Arch family has been in the boat building business at their French Cay operation since 1960s and there are several other builders of recreational fiberglass and wood craft on the south side of the island. Several marinas offer boat launching ramps and places to store boats on dry land.

Some of the first boat builders on Roatan were the Gough brothers who built wooden schooners in Oak Ridge in

1880



Agents | Agentes

Anacaribe CH 3209-4261 see ad below left

Building | Construcción

Bay Islands Yachts FH 9777-7783 ship broker
Martinez Power Boats FH 9790-6471 custom boats
Roatán Yacht Brokers JV 9568-5118
Sherman Arch FC 2455-7482 fiberglass

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Maintenance | Mantenimiento

Eagle Marine S.A. OR 9996-2077 dry dock, paint
Roatán Shipyard FC 9995-5461 dry dock

Marinas | Marinas

Barefoot Cay DC 9468-7147 all amenities
Fantasy Island FC 9705-6131 sail boats
Gibson Bight M. GB 9894-4270 safe
Guaiaabara Beach BB 9780-0305 north shore
Jonesville Point M. JP 9967-3803 restaurant
Lawson Rock SB 2445-3000 north shore
Mahogany Bay DC 2445-2221 cruise ship
Parrot Tree FB 9706-9240 long, short rent
Port of Roatán CH 2445-3799 cruise ship
Roatán Yacht Club FH 3307-5155 new slips
Yellow Fin GB 9660-1679 boat dry storage

Repair | Reparaciones

Arch's Repair Shop FC 8837-4900
Bodden's Marine S. FH 9902-0024 outboard service/rep.
Diesel Duck Marine OR 3358-2194 paint, dry dock
Roatán Shipyard FC 9995-5461 dry dock

Sailing Charters | Veleros

Amavi Charter BB 3363-5439 priv. excursions
City Dogs PT 9916-2158 Guanaja, etc.
Jolly Rogers GB 9966-8669 tours
Radical Cat. Adv. OR 8904-0705 see ad below left
Roatán Salty Life FC 3388-2899 all inclusive

Salvage | Rescate

Hyde Marine FH 9948-1615 towing, salvage
Naviera Isleña FH 9948-1615 sailboats, moto

Supplies | Suministros

BIP Marine LF 9451-8992 supplies
Pesca Uno LF 9819-9382
Roatán Motor Sports FH 9912-1732 see ad below right
Trans Mars LF 9458-9823 ropes, tools

Terminals | Terminales

Mahogany Bay DC 2445-2221 attractions
Port of Roatán CH 2445-3799 stores, restaurants

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BODY CARE | CUIDADO CORPORAL

You can catch a yoga class practically any day of the week

Staying fit and healthy on the island is becoming easier every year. Counting with several large gyms in Sandy Bay, Coxen Hole and French Harbour. These days hotels offer long term gym and spa memberships to long term residents.

There are regular yoga classes and yoga retreats from West End to Paya Bay. Spas across the island offer rejuvenating and relaxation services. There are a dozen professional massages and a chiropractor as good as the best ones in United States, available for a fraction of the price. The island is home to an Italian hairstylist and places where \$2 will get you a decent haircut.

2,000



Acupuncture in a 2000 year old Medical technique in with needles are inserted into the skin to stimulate nerves and muscles

Acupuncture | Acupuntura

Foxy's Tattoos WE 9794-2176 see ad on p. 13
Healing Hands M.R. 9992-7718
Vallejo Fabian WB 9985-0445

Beauty Salon | Salón de Belleza

Ana Beauty Salon CH 9846-3485 hair, nails, products
Beauty By Sintia CH 3178-8766 salon
Beauty Lounge FC 9934-4017
Cleopatra Salon LF 9715-8898 nails, microblading
Doors of Confidence FH 3152-0080 eyelash Extensions
Glam Hairstyle GB 9687-4149
La Piña Spa & H.C. FH 9714-4087 hair, nails,
Maudy's Salon OR 9916-2977
Moriah Salon CH 9551-3111
Shaday Barbershop FH 33346551 unisex, nails, hair
Sophistication CH 9537-0921 nails, hair
Uñas y Mas LF 9489-6527 salon
Yadira's Salon WE 9983-5051

Haircuts | Cortes de Cabello

Bárbaros LF 9586-9857
Black & White CH 9713-4061
El Shaddai Studio CH 3366-4807
Roberts Barber S. CH 9666-2011
Shaday Barbershop FH 3334-6551 men, kids
Shula's Salon & Spa CH 9936-2364
Tranquility Spa WE 9840-2913 hairstyling
VIP Barbershop PB 3270-3866 in home service

Massage | Masajes

Cristina Montanari WE 9835-2509 physiotherapy
Mina's Beauty Salon LF 3389-4519
Tatiana Rozsypalova PB 3142-5009 yoga, private
Zobeida's FH 9461-3801 beauty salon

Spas | Spas

Baan Suerte SB 9529-9784
Barefoot Cay BB 9468-7147 massage
Day Spa at home 9494-2400 private spa
Kao Kamasa WB 9471-9105 luxurious
Kukut Spa WB 9934-2298 Mayan Princess
Ixora SB 9450-9869 waxing
La Piña Spa FH 9714-4087 AKR, jacuzzi, sauna
Little French Key FC 9840-0643
Mary Irias WE 9443-3522 skin care
Roatán Yacht Club FH 9404-3182
Serenity Day Spa WB 8864-3705
Tranquility Spa WB 9996-3700 chiropractic

Trainers | Entrenadores

Coach Cris FH 9556-6778
Oneal Everett WE 9607-9992 active fitness center

Yoga | Yoga

Living Soul Yoga WE +27-79-8575339
Moony Koch BB 9454-1256 yoga trainer
Sol Seeker Fitness SB 9476-2309 pilates, yoga inst.
Sun Yoga WE 9656-8493
Unalome WB 9908-2830 retreats, hotel



A spa at Baan Suerte. (Photo by Monique Tareé)

CARS | VEHÍCULOS

Between 2018 and 2022 most of Roatán Muni roads were repaved with concrete

Unless one lives in West End or Coxen Hole, having a reliable vehicle on the island is almost indispensable. While practically all Roatán roads are receiving a major overhaul in 2020-2022, a 4x4 vehicle is preferable, especially during the rainy season. The steep, muddy roads and trails stress the vehicle suspension to their limits. Fortunately, there are plenty of inexpensive, professional mechanic shops all around the island. Some major repairs require shipping the vehicle to the mainland or

bringing a mechanic to the island. There are now a few used car dealers on the island and Grupo Q can show you brand new Nissans and Chevys. If you are buying a used car, check if it was imported from the US after an accident and has a rebuilt title and be sure to find out what the damage was and if it will affect the safety of the vehicle. Some minor repairs, even welding, are very inexpensive. Only cars that are less than seven years old are allowed to be imported to Honduras so thousands of totaled US cars make their way

1989



The first paved road on Roatan was done in 1989 by Astaldi Co. It was between French Harbour and Coxen Hole

here every year where they are rebuilt and sold. There is no annual vehicle inspection requirement in Honduras, so make sure you inspect the vehicle you are renting or buying with an assistance of a trustworthy, experienced mechanic. Due to transport and storage issues gasoline and diesel sold on the island can sometime have water in it and it is advisable to place an extra fuel filter in your car, especially if it is a diesel. This precaution could save you the expense and inconvenience of shipping your vehicle to the mainland for repairs.

Alignment | Alineamiento

- BIP Auto Center** MP 9464-3032
- Big Mike's Autocare** FH 9934-1757 diagnostics
- Roa Pits** BB 3394-3037 diagnostics
- Roa Auto Puntas** MP 3153-4608 oil change, etc

ATV Rentals | Rentas de ATV

- ATV Jungle Tours** GB 9648-9745
- Skeetzie's Tours & Rent** CH 2445-4414

Auto Parts | AutoPartes

- Adonim** CH 2445-0199
- Adonim** LF 9901-9265
- Alimer** CH 3335-4550
- Autos Sonidos Alarm** CH 9908-5399
- Pizzati** CH 2445-1375

BodyWork | Carrocería

- Taller Chavalo** CH 9909-5987
- Taller Auto. Espinoza** FH 3306-3041 see ad on next page

Car Repairs | Reparación de Carro

- Grupo e Inv. Aameeka** DC 9572-6946 parts
- Angel Auto Service** CH 2445-1282
- Automotriz Kelvin** DC 9648-7400
- Autos Corp. Roatán** CH 2445-1166

- Ass Roatán** MP 9585-2365 oil change
- Bay Island Cars** BB 3200-8531 oil change
- BIP Auto Center** MP 9464-3032
- Big Mike's autosale** MP 9934-1757
- Edwin Quiroz** DC 9762-4309
- Goldrent S.A.** DR 3181-7507
- Inv. y Mult. Anderson** CH 9724-1613 oil change
- Pit Stop** LF 9443-2728
- Multiple Auto Services** FH 2455-7676 bodywork, oil
- Pizzati** CH 2445-1375 parts
- Pit Stop Auto Center** LF 9443-2728 maintenance
- Taller Auto. Espinoza** FH 3306-3041 see ad on next page
- Taller Chavalo** CH 9909-5987 mechanic, bodywork
- Transporte Samir** OR 2408-5135 towing, Repairs
- Walter's Carwash** CH 2445-1109

Car Tires | Llantas de Carro

- Allan Pacheco** DC 9861-8554 new, used
- Multiple Auto Services** FH 2455-7676 used
- Transporte Samir** OR 2408-5135 new, used
- Premium Tire Imports** DC 3361-2321
- Roa Pits** BB 3394-3037 repairs

Car Wash | Car Wash

- Car Wash Welcome** CH 9888-1510
- Dilbert Bay Island C.** BB 8774-8765 rentals
- Inv. y Mult. Anderson** CH 9724-1613
- Johnson's Car W.** 3318-0102
- Klinsmann Car C.** FH 9979-9814
- Mr. D's** CH 9861-5047
- Racing Car Wash** DC 9788-8883
- Royal Cars** BB 9499-1988
- Splash** LF 3205-6689
- Waldina Car Wash** LF 8769-9011
- Walter's Car Wash** CH 2445-1109
- Wings & Wheels** BB 9851-3850

Documentation | Documentación

- Ases. del Trans. la Isla** CH 9497-5963 Vehicle documents
- Roatan Service R.S.** CH 9917-6070 RTN, buss., vehicles
- SECOFT'S** CH 9780-6301 RTN, muni, permit
- Tram. Garden** 3338-1240
- Tram. Insulares** CH 9525-4711
- Tramitaciones Ivanna** CH 9822-5244
- WP Servicio Técnico P.** CH 9772-2518 see ad on left

Inspections | Inspecciones

- Bador Inspections** WB 9939-6477 car, motorcycle

Locksmith | Cerrajería

- Cerrajería López** LF 8819-7674 smart keys
- Cerrajería Ríos** CH 8835-8188

Motorcycles | Motocicletas

- Elektra** CH 9651-7789
- Gallo Mas Gallo** CH 3188-1927
- Insular Motos G.U.** LF 3251-6045
- Molinerros** CH 3213-6117
- Molinerros** LF 9497-0067
- MotoMundo** CH 2202-7006
- MotoMundo** FH 2202-7006
- Motos Dennis** LF 9592-3467
- Sports Team Action** CH 9501-4498

Motorcycle Rep. | Rep. de Motos

- Anibal** FB 3227-8523 Nikki Beach
- Distribuidora Bahía** BB 3170-0717 repair, supply
- God's Gift** WE 9679-0895 good technician
- Insular Motos - G.U.** LF 3251-6045
- Italika - Dennis** LF 9592-3467

Sales | Venta de Vehículos

- Bay Island Cars** BB 3200-8531 sedans, SUV
- Corporación Jaar (Kia)** CH 2455-6025 Kia
- Grupo Q** FH 9451-7137 Nissan
- Hamilton Car Rentals** WE 9518-6065 see ad below left
- Ramírez Rent A Car** FH 9903-9616 used cars
- Thrifty Auto Corp.** SG 2445-1729
- Walter's Car Wash** CH 2445-1109 used cars

Scooter Rentals | Alq. de Motos

- 2 Sisters** WE 9872-9540
- Captain Van's Rent.** WB 9658-9574 see ad on right
- Ramírez Rent A Car** FH 9903-9616
- Reese's Rentals** WE 8781-2754
- Roa Car** WE 9965-3419
- Variedades La Fe** WE 3219-8851

Transport | Transporte

- D.J. Monkey & Sloth** FC 3174-5185
- Galaxy Transport** DC 9899-0090 taxis
- Gomez Express** CH 9709-7566
- Trans. del Tío** WB 9665-6206 mini bus
- Hyde Tours** PG 9991-2257 minibus, cars
- Richard McNab Trans.** OR 9891-5663
- Roatán William Tours** CH 3367-8976
- Shark Transport** SB 9968-4024
- Transporte Roatán** DC 9854-6134 taxis

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Roatan Municipality's garbage removal vehicles.

Towing | Remolque

- Nelson Rittenhouse** CH 9959-6137
- Walter's Car Wash** CH 2445-1109

Vehicles Rentals | Veh. alq.

- Asriel** DC 9597-9356
- Avis** CH 2445-0122
- Bay Island Cars** BB 3200-8531 sports, SUVs
- Captain Van's Rent.** WB 9658-9574 see ad below right
- Dilbert Bay Island C.** BB 8774-8765
- Econo Rent a Car** SG 8828-5017
- Hamilton Car Rentals** WE 9518-6065 see ad below left
- MACRO'S** CH 9841-0832
- Ramírez Rent A Car** CH 9903-9616
- Rent a Car Roatán** SG 9989-3256
- Roa Car** WE 9965-3419
- TAS Travel Agency** FH 9456-3447
- Thrifty Rental** SG 2445-1166
- Tony's Rent a Car** DC 9558-3688

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CONSTRUCTION | CONSTRUCCIÓN

New Roatan Public Hospital is being finished in Dixon Cove

The construction business is one of the island's biggest employers and revenue generators. Finding a good builder or tradesman is key to safe and on-budget construction. It's a good idea to regularly check on the construction of your project or coordinate an independent party to conduct such inspections.

While masonry construction is more expensive than wood, it requires less maintenance and, if built well, lasts longer.

Roatán is periodically affected by hurricanes. In 1998, a category 5 Hurricane (Mitch) blew over Guanaja for 48 hours and caused extensive damage to the north eastern side of Roatán. It's important that all Roatán constructions be built to hurricane standards.

It's wise to scrutinize build-

ers before giving a contract. Ask and check references from previous jobs your potential contractor has completed. Check the quality of work done by contractor on prior projects.

It's a good idea to get a lawyer to write up a contract before major construction. Setting specific goals before releasing subsequent funds to builders is a must.

Have realistic expectations as smaller contractors can't always handle bigger, more complex projects. While Roatán is teeming with construction sites, most workers are unskilled, and many have not practiced their trade on the island very long. The builders with the most experience on the island are usually the better choice. The good builders are more expensive and in high demand, and while price usually determines quality, it doesn't assure you will receive everything as you expected.



A carpenter in Sandy Bay.



Roatan Municipality road paving project near Dixon Cove.

A/C | Aire Acondicionado

- Cool Wind Supply** FH 9982-8487 see ad below left
- Frío Partes** CH 9456-9704 house, parts, rep.
- Frío Partes** FH 9517-4119 house, parts, rep.
- Grupo Frío** CH 2445-0778

Architects | Arquitectos

- Caribbean Const.** CH 9559-4641 design, const.
- De Roa** LF 9565-0150 design, const
- G-Coast Development** DC 9602-9864 const., develop.
- Hugo Coello** FH 9991-8455 see ad below left
- Ingnovarq** CH 8866-6539 interior Design
- Intégra** MP 9515-1146 see ad below
- Island Concrete** BB 2407-2160 cement, roads
- One Stop R.E. & C.** BB 9947-3220 design, const.
- Proimi** SB 9945-2660 see ad on p. 32

Builders | Constructores

- Abbott Construction C.** BB 9995-5162 homes
- BIDCC** DC 9436-9107 see ad below left
- Bodden, Edson** GB 8854-0298
- Caribbean Const.** CH 9559-4641 development, design
- Correia Construc.** SG 9928-9445
- DV Woods** FH 2455-7508
- Elite Construction** FH 2408-4850 see ad on right
- G&S Industries** MH 9663-0220
- G-Coast Development** DC 9602-9864 English spoken
- Hugo Coello** GB 9991-8455 houses, plazas,
- Intégra** MP 9515-1146 see ad below left
- Island Concrete** BB 2407-2160 cement, roads
- Island Development** SB 9795-7585
- Kuba's Industries** DR 3396-4141 design, supervision
- LUANCON** SB 9754-8750
- Lucas Construction** OR 3302-0888
- Oak Ridge Mining Co.** OR 9979-8326
- One Stop R.E. & C.** BB 9947-3220
- Presley Dilbert** 9579-1348
- Rieman Construc.** SB 9978-8302
- Roatán Zelaya Cons.** GB 3200-7182
- Servitec** WB 9660-1679
- Webster Design Cons.** CH 9800-6347

Cabinet Makers | Ebanistas

- Abbott Construction C.** BB 9995-5162 kitchens
- Ebanistería Duarte** DC 9624-9131
- Ebanistería Ordóñez** SB 9493-4873
- Ebanistería Roatán** SB 3325-8209
- Ebanistería Tercero** 9939-8889
- Elwin's Cabinets** FH 9927-3116
- José Amaya** LF 3208-8595 doors, cabinets
- Juan Antonio** DC 8951-0155
- Mairon Parson** 8863-2085
- MC Furniture** FC 9790-6471
- Rosales** GB 9508-8520
- Taller Ávila** PC 3331-7830 doors, cabinets
- Victor Flores** LF 9790-6471
- Will's Cabinetry** SB 9913-4761 cabinets

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Concrete | Concreto

BIDCC DC 9436-9107 see ad on p. 18
Elite Construction FH 2408-4850 see ad on p. 19
Island Concrete BB 2407-2160 roads, building

Const. Equipment | Maq. de Const.

Asriel DC 9597-9356 construction,
BIDCC DC 9436-9107 see ad on p. 18
Diamond Rock Ag. DR 9562-1000 aggregates
Elite Constuction FH 2408-4850 see ad on p. 19
E-Rentals BB 9656-9821 construction
Inversiones Gonzales DC 9746-6242 construction
Island Concrete BB 2407-2160 construction
Oak Ridge Mining Co. OR 9979-8326 construction
Roatán Serv. & Equip. PG 9949-7112 repairs, tools

Elect. Contractors | Cont. Eléc.

Bodden Edson GB 8854-0298
Caribbean Electric CH 8738-5077
Elite Energy Solutions FH 9339-8275 see ad below left
Green Hill Energy S. PG 9439-9524 see ad on back cover
Island Development SB 9795-7585
Mr. Power Electric CH 9541-7177 see ad below right
Otis Group MH 9895-4402
Roa Electric SB 3352-000 Kevin Gómez
Samir Electric SB 9904-8276
Servitec WB 9660-1679
Starik Electric FH 9959-0616
Tyson Electric CH 9978-7687
Vegas Electric DC 9961-5826
Welcome Electric CH 9974-6766

Electrical Supplies | Sum. Eléc.

ACE Hardware FH 2455-7810 see ad on p. 43
Bay Islands Electric CH 2445-1726
Carribean Electric CH 8738-5077
DIHEMER CH 3277-9466 tools
DIHSEL HONDURAS CH 3257-5954 tools
Green Hill Energy S. PG 9439-9524 see ad on back cover
Mundo Eléctrico CH 2445-2491
Mr. Power Electric CH 9541-7177 see ad below right
Hardware Investment FH 3374-1906
Puerto Cortes Exp. BB 8732-1198
Serrano Industrial CH 9466-0761 see ad across page
Vegas Electric DC 9943-9973

Engineers | Ingenieros

ACQUA Corp. FH 9990-4934
BIDCC DC 9436-9107 see ad on p. 18
Caribbean Const. CH 9559-4641 english spoken
Intégra MP 9515-1146 see ad on p. 19
Island Concrete DC 2407-2160

Envir. Engineering | Ing. Amb.

ACQUA Corp. FH 9990-4934 see ad on p. 22

Glass Win. & Doors | Vidrio

Aluvic CH 3182-0126
EUROVENT FH 9635-0978 see ad on p. 22
Grupo Aluvinsa DC 9672-0405
Vialsa CH 2445-2135
VISERMA MH 9939-2174
Viserco CH 9644-8945 20 years on exp.



The newly opened Roatan Municipality building in Dixon Cove.

Hardware | Ferretería

ACE Hardware FH 2455-7810 see ad on p. 43
Central de Mangueras FH 9587-0112
Comercial Russell CH 2445-1131
DV Woods FH 2455-7508
Ferretería COFESA CH 9899-7997
Fer. Ricón Placentero LF 9675-2211
Hardware Investment FH 3374-1906

Hardware Investment WE 9328-7593
Madeyso DC 2445-0722 supplies, wood
Madeyso OR 9457-0215 supplies, wood
Polaris BB 9746-0026 doors, PVC
Promasa LF 2564-7777
Puerto Cortes Exp. BB 8732-1198
REINFER MP 9435-1020
Serrano Industrial CH 9966-0761 see ad below
Service Hardware BB 3374-3940

Interior Design | Dis. de Int.

BIDCC	DC 9436-9107	see ad on p. 18
Caribbean Const. Design Center	CH 9559-4641	english spoken
Hugo Coello	WE 9845-0832	by Imane Kasmi
Ingovarq	FH 9991-8455	see ad on p. 18
Interiors	CH 8866-6539	
LR Full Interior	SB 3391-8208	
MC Furniture	BB 9693-1561	
Muna	FC 9790-6471	kitchen
Proimi	FH 9992-7895	
	SB 9945-2660	see ad on p. 32

Painting Services | Pintores

Anthony Williams	PC 3329-0330	
Edson Bodden	GB 8854-0298	
Gringo Painters	WE 9684-7083	English spoken

Paint Supplies | Artículos de Pintura

ACE Hardware	FH 2455-7810	see ad on p. 43
AXALTA	CH 9787-6973	interior, exterior
Cenit Color	FH 9457-7238	
Ferretería COFESA	CH 9899-7997	
Hardware Investment	WE 9328-7593	
Madeyso	DC 2445-0722	supplies, wood
Madeyso	OR 9457-0215	supplies, wood
Paint Center LANCO	BB 9768-1075	at Puerto Cortés E.
Pint. Acce. Montoya	CH 9371-1340	
Pinturas Victor	CH 2445-0303	
Protecto Decor	FH 9485-0859	
Puerto Cortes Exp.	BB 8732-1198	
Rivera Paint Store	CH 3273-6265	
Serrano Industrial	CH 9966-0761	see ad on p. 21
Sherwin Williams	CH 2445-2328	

Solar Energy | Energía Solar

DIHEMER	CH 3277-9466	equipment
Elite Energy Solutions	FH 9339-8275	see ad on p. 20
ENECSTAR	CH 9514-0874	
Green Hill Sol.	PG 9439-9524	see ad on back cover
Mr. Power Electric	CH 9541-7177	see ad on p. 20
Solaris	CH 3143-9790	
Tecknos Solar	DC 9453-8501	
Tecknos Solar	LF 9435-2327	

Surveyors | Topógrafos

Helmer Martinez	CH 2445-1468	
Jorge Inestroza	CH 3290-6914	
Romel Sanchez	FH 2455-6865	
Topographics	SB 9950-4148	

Swimming Pools | Piscinas

Caribbean Bay Pools	FH 9942-4129	
Jardines Y Piscinas	CH 2445-0297	supplies
Piscina & Spa Roatán	FH 9615-1479	sup., const., etc
Piscinas Y Más	9819-7119	const., maint.
Roatán Pools	WE 9922-5638	
Synergy Dev. Group	FH 9622-2397	design

Tiles & Ceramics | Azul y Cer.

FECOBE	CH 9872-2933	
INGNOVARO	CH 9501-5942	
Stone Market	FH 9978-0909	

Welding | Soldadura

Fremofer	FH 2455-6724	
Torno Industrial	LF 9512-4312	
Sertec	CH 9883-8341	

EDUCATION | EDUCACIÓN

Honduran school year begins in February and lasts till November



ESBIR science fair was held to celebrate the school's 40 year anniversary.



Since XIX century till the 1970s islanders had used Royal Readers to educate their children in English. The first Royal Readers were printed in 1877

The island can be a wonderful place to bring up children. Some Americans chose to home-school their children while others send them to one of several private or religious schools.

There are two Honduran universities that operate on the island: UTH at the Mall in French Harbour and UNAH at the old French Harbour library. Several schools have working relationships with American universities, there are several good universities on the Honduras' mainland: Zamorano Pan-American Agricultural School established in 1942, and National Autonomous University of Honduras founded in 1847.

Grade Schools

Island Academy	GB 9476-7075	Pre-kinder
-----------------------	--------------	------------

Languages | Lenguajes

Joya's Spanish School	WE 9982-5194	Spanish Classes
Roatan Culture H.	FH 9570-8191	English, Spanish
Zeus Academy	CH 9941-9709	English Classes

Libraries | Bibliotecas

Roatan Culture H.	FH 9570-8191	
Los Sueños - T.D.	SB 9533-2230	
Methodist School	CH 2445-0046	
PIER Foundation	SB 9657-9457	bookmobile

Museums | Museos

Abstract Art Museum	LF 8930-2945	paintings
Anthony's Key	SB 2407-2244	Roatán history
Maya Key Museum	CH 9995-9589	
Roatan Culture H.	FH 9570-8191	
The Buccaneer	FH 9967-3963	maps, photos
Underwater Museum	SB 9496-7194	

Music | Música

Mozart Music & Art	CH 9846-7999	violin, piano, guitar
Roatan Culture H.	FH 9570-8191	piano, bass, flute

Pre-Kinder | Pre-Kinder

ESBIR	CH 3289-7905	labs,
Paradise Babies	SB 9662-8091	early learning

Schools (Private) | Esc. Privadas

Bay Island Academy	GB 9610-4731	
Bay Island Inter.	SB 9817-0344	
Cadmus Academies	BB 9435-0889	new school
Church Of God	CH 9441-7687	
Clinton Everett Sch.	CH 9995-2417	religious
ESBIR	CH 9379-0204	
Guidepost Montessori	PB +1 (651) 497-4592	see ad p. 4
Instituto Adventista	FH 9725-0150	religious, pre-k
Instituto Roatán	SB 3326-5430	

Kingdom	FH 9695-6975	religious, pre-k
Methodist School	CH 2445-3659	
Nuna Academy	FC 8890-1021	MU program

Schools (Public) | Esc. Públicas

Abel Gonzales	FC 3329-2666	
Arnaldo Auld	FB 9582-2966	
Arobia Alex. Welcome	LF 9566-7217	
Froylan Turcios	FB 3367-7148	
Inst. Depart. Honduras	JV 3210-2181	
Inst. Stos Guardiola	CH 3216-4583	High School
Jose Trinidad Reyes	CB 3235-8257	
Juan Brooks	CH 9658-2320	
Marco Aurelio Soto	OR 9923-3425	
Policarpo Bonilla	SB 9856-4023	
Roberto Stanley	SB 9556-0142	
Ruben Barahona	FH 9898-9380	

School Supplies | Útiles Escolares

Bormac's	FH 9998-1888	folders, paper, paints
Distribuidora Rey	CH 2445-1188	
Eldon's Superm.	FH 2455-7715	
Escolares Caribe	LF 3171-9908	
Gráficos Insulares	LF 9441-2587	
Nikki's Office Supply	CH 2445-1960	
Plaza Mar	CH 9453-2126	
Rashad's	FB 3182-6546	
Super Isleño	CH 2445-1155	

Tutoring | Tutoría

Roatan Culture H.	FH 9570-8191	english, spanish
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Vocational Schools | Esc. Téc.

INFOP	CH 8783-1243	government
Luisa Trundle	CH 2445-0061	
Zeus Academy	CH 9941-9709	

Universities | Universidades

UNAH-Curla Roatán	FH 9750-4056	
UTH	FH 9750-4056	

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EMERGENCY | EMERGENCIA

COPECO and fire brigade responds to public emergencies

The best way to stay safe on Roatán is to take precautions, to anticipate dangerous and unsafe circumstances, and avoid them.

If something does happen there are several medical centers on the island able to provide basic emergency services. The island's public and private hospitals have 24-hour emergency departments, and medical evacuations flight are available from different companies.

There are low cost government clinics in the larger localities around the island as well as several donation-only clinics, some staffed with US trained medical staff.

Driving long distances on scooters is not advised as Roatán roads are often dotted with debris and potholes. Keeping balance on tight curves and in traffic is a challenge for any two-wheeler.

If you plan to hike in unpopulated areas, ask around to be sure that it is safe to do so. Take care when snorkeling where there is high boat traffic, especially in Sandy Bay, West End and West Bay. Boats.

The original police station and jail on Roatan were located next to the Municipality in Coxen Hole



Ambulance | Ambulancias

Alert Inter. Rescue	WB	9472-9790	
AirEvac Intern.	WB	9560-9945	
Bomberos	DC	3399-4510	by Madeyso
Bomberos	OR	3399-4722	by Punta Gorda
CEMESA	FH	9446-0097	Mall Megaplaza
COPECO	DC	9590-0001	
Cruz Roja		9995-1943	
Island Med Clinic	CH	9875-1047	
Paramedic 504	WB	9535-9908	
UNIMED	WE	9560-9945	see ad below left

Emergency | Emergencias

Alert Inter. Rescue	WB	9472-9790	plane
Bomberos	DC	3399-4510	by Madeyso
UNIMED	WE	9560-9945	see ad below left
Bomberos	OR	3399-4722	
COPECO	DC	9590-0001	
Cruise Ship Emergency		2445-1627	
Dive Emergency		9450-3253	
CMR	LF	3325-2911	
Island Med Clinic	CH	9875-1047	ambulance
Roatán Hospital	CH	2445-1227	
Roatan Medical C.	CH	3173-3257	see ad on p. 31
Woods Medical Center	CH	2445-1080	orthopedic, surgery

Foreign Reps | Repr. Extranjero

American Warden	WE	9995-2417
Canadian Warden	WE	3321-3533
Cayman Islands	FH	2445-7723
Czech Consul	DR	2221-4876
Italy Honorary Con.	WB	9970-0220

Med-Evacs | Evacuaciones Med.

Alert Inter. Rescue	WB	9472-9790	
Island Med Clinic	CH	9875-1047	
International Care	WB	8926-6563	
Paramedic 504	WB	9535-9908	
UNIMED	WE	9560-9945	see ad left

Police | Policía

Antinarcoticos	LF	9556-4076	Rody Moreno
Atencion al Ciudadano	LF	9637-6414	Olga Lobo
Border Police	FH	2455-6000	Border Protection
CODEM Muni.		9778-3827	
DPI	LF	2455-6449	Criminal Investigation
Municipal Police	CH	2445-0446	
National Police	LF	9940-0320	
Preventiva Coxen Hole	CH	9950-1546	Henry Huete
Preventiva Flowers B	FB	9966-6101	Karen Guzmán
Preventiva French H.	FH	3379-9291	Yuri Orellana
Preventiva Guanaja		8925-4894	Carlos Irias
Preventiva Los Fuertes	LF	3263-4588	Rita Bertrand
Preventiva Monte P.	MP	9742-4147	Ardon Ardon
Preventiva Santos Gu.	SG	9928-7460	Salgado
Preventiva Utila		3239-2135	Herrera Banegas
Preventiva WE y WB	WE	9691-6117	Meléndez Guzmán
Tourist Police	WE	2445-4223	
Transit Police	CH	2445-3420	
Transit Police	LF	2455-6471	License, Tickets
Tránsito	LF	3328-2678	

ENTERTAINMENT | ENTRETENIMIENTO

Roatán has an impressive live music scene

Entertaining yourself on Roatán is a breeze. After sunset in West End and West Bay the island comes alive with nightlife. The island is dotted with bars, fine and casual restaurants. There is half-a-dozen island music bands performing daily in bars and resorts from Jonesville Point to West Bay.

Twisted Toucan launched in 1990s was for several years the island's most famous



Musicians Al and Jess, The Londoners, add their British vibe to the island's vast music scene.

Bars | Bares

Agora Roa Club	WE	8979-4691	discotec
Beachers W.B.	WB	8918-5113	
Beachers W.E.	WE	9869-2112	music, food
Bite On The Beach	WB	9663-6317	
Blue Bahía	SB	9430-2219	food, pool
Blue Marlin	WE	9564-6866	food, karaokee
Bodega 22	CH	9631-3314	at Macaw Market
Booty Bar	WE	9645-0625	food, seaside
Buccaneer Bar & Rest	WE	9439-7841	food, music
Capt. Jack's Seafood	CB	8867-1613	wifi, rest.,
Coconuts Bar	SB	8800-5215	
Crows Nest	PB	3335-5409	food, music
Eagle Ray's	WE	8954-2775	music
Foster's West Bay	WB	9629-1235	music
Foster's West End	WE	9869-0779	music weekend
Guava Grove	SB	9640-9191	see ad on p. 9
Gula gastrobar	WB	9442-6756	food, wine
Havana 65	FH	9357-8427	see ad on p. 42
Herby's	FH	9688-2646	food, music
Hill Top V. Bar & G.	PB	8883-0698	
Kismet Rest. & Bar	WB	9663-6317	
Lala Llama Momma	WB	3265-6081	restaurant
La Rosa Bar & Grill	JP	3295-7543	
La Sirena de Camp B.	CB	8921-4500	live music
Little French Key	FC	9808-4809	
Luna Beach Roatán	WE	9378-9347	beach, pool
Marlins Beach & Res.	WE	9870-9799	rest., karaokee
Prime 504	CH	9788-7086	at Macaw Market
Roatán Island Brew.	PB	9961-6093	food, events,
Roatán Yacht Club	FH	9404-3182	grill
Sundowner's	WE	9907-7700	
Sunken Fish	SB	9451-6320	food, music
Sunset Hideaway	WB	8859-8620	
Sunset Sport Bar	WE	9418-7635	
The Boat Bar	WE	9828-7172	
The Buccaneer	FH	9924-6336	food, wifi
The Cove	PB	9542-0205	see ad on p. 42
The Juice Bar	WB	9761-3773	organic, raw
The Real Kings	SB	8868-3959	beach, local
The Salty Mango	SB	3201-0060	food, Cocktails
The Yatch Club	FH	3307-5155	
Trico Bar & Grill	JV	9967-3803	marina, food, music

Casinos | Casinos

Aladino	FH	9565-3386	bets, poker
Atlantis Roatán	CH	3190-9090	slots, games

Discos | Discotecas

Agora Roa Club	WE	8979-4691	music, drinks
Barking Monkey	WE	9869-0779	by Foster's hotel
Harbour View	CH	3162-4177	
Island Saloon	DC	2445-1957	bar, Music
Nardo's	CH	2445-1585	food, music
Perla del Mar	PG	3151-8425	

Karaoke | Karaoke

Blue Marlin	WE	9564-6866	thursdays
Booty Bar	WE	9645-0625	thursdays
Buccaneer Bar & Rest.	WE	9439-7841	fridays
Herby's	FH	9688-2646	wednesdays
Kaluu Bar & Rest.	WE	9790-6420	mondays
La Palapa - Infinity	WB	2445-5082	wednesdays







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FAITH | RELIGIÓN

Some faithful Roatanians continue religious celebrations of the Holy Week

The history of church worship on the island dates back to XVIII century when Catholic priests would visit the Garifuna community in Punta Gorda. The migration of English and Scottish settlers from Cayman Islands brought with it the Episcopalian Church. The Catholic Garifuna community in Punta Gorda relied on visiting priests from the mainland till 1980s.

Bethesda Methodist Church in Flowers bay is the oldest Church building on the island. Hurricanes, salt water and termites have brought down many old church structures.

There are several religious affiliations with churches and houses of worship on the island: Seventh Day Adventist, Baptist, Church of God. There are also Jehovah Witness and Latter-Day Saints present.



Good Friday celebrations at the Catholic Church in Coxen Hole.

Adventist | Adventista

- Adventist Church** FH 2455-5926
- Seventh Day Adventist** FH 9917-1154
- Seventh Day Adventist** JV 9725-0165
- Seventh Day Adventist** OK 9925-0165
- Seventh Day Adventist** WE 9921-5953

Anglican | Anglicana

- Episcopal Church** BB 9655-6873
- Episcopal Church** CH 2445-3891
- Episcopal Emmanuel** FF 9655-6873

Baptist | Báptista

- Baptist Ministries** 2445-3736
- First Baptist Church** CH 2445-0595
- Oak Ridge Church** OR 9959-6520

Catholic | Católica

- Barastro Martyrs** WE 9995-1943
- Franciscan Sisters** LF 9836-1653 charity, prayer
- Imm. Heart of Mary** CH 9962-8706 parochial office

- Inmacu. Cor. de Maria** CH 2445-0378
- Sagrada Familia** LF 9515-6821 mass 5pm Sun
- San Francisco de Asis** SB 9994-6044 mass 7pm Sun
- San Ignacio Loyola** PG 9891-8756 mass 10:30am Sun
- San Jose** FH 9667-2478 mass 9am Sun

Church Of God | Iglesia de Dios

- ÁGAPE** FH 9485-9488
- Abundant Life** PT 3320-7902
- Door Church** SB 8838-1986
- Full Gospel Hall** CH 2445-1685
- Pentecostal Church** FH 2455-5225
- Universal** 9566-8218

Methodist | Metodista

- Methodist Church** CH 2445-3659

Mormon | Mormones

- Rama Roatan** CH 3224-1671 Sundays

Pentecostal | Pentecostal

- Pentecostal Church** FH 2455-5225 Sundays

FINANCES | FINANZAS

The businesses banking days of the month are the 10th, 15th and 30th



Just north of French Harbour – the headquarters of island's crypto finance and the island's first Bitcoin ATM.

Accountings | Contabilidad

- A Consult (Point)** CH 2445-1833
- Ace Accounting** SB 9600-2136 custom services
- Evelia Palma** CH 2445-1097
- Keren Martinez** CH 3387-1174 small business
- Lab. Contable Mejía** CH 9960-3131
- Rivers Accounting** CH 2445-1852
- SES Accounting** CH 3333-8639
- SVC Corp. Jesus Lopez** CH 2445-1765
- Vargas Acc.** SB 9976-9976

Banks | Bancos

- Atlántida** CH 2280-1010 MoneyGram
- Atlántida** FH 2280-0000 MoneyGram
- BAC** CH 2445-1196 MoneyGram
- BAC** FH 9438-9457 MoneyGram
- BanPais** CH 2445-2449 Western Union
- BanRural** FH 2290-1010
- BanRural** CH 2512-6000
- Banco Azteca** CH 2264-1400
- Davivienda** CH 2445-1232
- FAMA** CH 2785-1664
- Davivienda** FH 2455-7313 Main Office
- Ficohsa** FH 2280-1000 MoneyGram
- LAFISE** FH 2455-7251 wire
- Occidente** LF 2455-6407

Co-ops | Cooperativas

- Ceibeña** CH 2445-1511
- Ceibeña** FH 2455-1564
- Financiera Insular** FH 2455-7610
- Jose Santos Guardiola** CH 2445-1966
- ODEF Financiera S.A.** CH 2445-2337 savings, credit
- Sagrada Familia** CH 2445-2592

Cryptocurrencies | Criptomoneda

- AmityAge** PB +1 (918) 210-0283 see ad p. 11

Roatan has come a long way since Banco Atlántida opened its office in 1980s. Before then, several island families such as the Warrens and Coopers even issued their own tokens to pay workers and allow them to purchase goods at local stores.

Seven different banks have offices in Coxen Hole, French Harbour and Los Fuertes. Banks get full of customers right after the 1st or 15th of the month when employees come to cash in their checks.

Setting up a business or a corporation isn't difficult. It's best to consult one of many island legal offices specializing in corporate law. The process requires registering the business with ZAR in La Ceiba or Tegucigalpa and setting up on-line.

The receipts are printed in commercial printers on the mainland or can be printed at the place of business. Western Union has several offices on the island.

With dozens of ATMs through the island, is wise to beware of skimming devices installed on them, especially in the less supervised, more touristy places. It's advisable to use ATMs at banks, inside gasoline stations or at Eldon's Supermarket where there is always a security person present.



Roatan is one short flight away from El Salvador, world's first bitcoin nation and Bitcoin is now accepted at over 40 businesses across the island

Loans | Préstamos

- Cash Y Oro** CH 8928-4040 see ad below

Money Transfer | Transferencias

- AirPak** LF 2545-2100
- MoneyGram** FH/CH BAC, Atlantida
- Tigo Money** FH 2265-8446 Tigo at mall
- Western Union** FH/CH BanPais

FISHING | PESCA

Blue Marlin are the biggest catch for the island's sport fishermen

Roatán is a growing deep-sea fishing destination and the most often caught fish are wahoo, mahi-mahi, king Marcel, barracuda, yellow fin tuna, blue marlin, white marlin and sail fish. No fishing license is required for deep sea or shoreline fishing.

Roatán's best spots for fly fishing can be found on the island's north shore, in Port Royal and Flowers Bay. Schools of bonefish: Permit, Tarpan, and Double-digit Bonefish are plentiful.

You can have a local take you out on his 12 foot panga or hire a 46-foot Hatteras yacht with the newest bells and whistles for a three day fishing adventure in Guanaja and Cayos Cochinos.

The weather can change quickly, the eastern current and northern wind can wreak havoc quickly. Some fishermen are found floating hundreds of miles west or on cays off the coast of Belize. Make sure your captain has floatation devices, radio, and plenty of water if you are venturing off shore.

Honduras' biggest tournament attracts anglers from as far as Belize, Costa Rica and Cayman Islands. The catch and release tournament is gaining notoriety through Central America.

Shrimping industry begun in the Bay Islands begun in 1960s in Guanaja

1960s



Fishermen load lobster traps onto a boat in French Harbour.

Marine Supplies | Suministros

- Ace Hardware Store** FH 2455-7810
- BIP Marine Store** LF 9458-9823
- Roatán Motorsports** FH 9912-1732 sea sports

Packing Plants | Empacadoras

- Caribeña S.A.** OR 2435-2744 fish packing
- Flying Fish** CH paking plant

Sea Food | Mariscos

- Carnicería Rosita** FH 3335-1055
- Connor Seafood** CH 3189-0301
- Dixon's Seafood** FH 3371-3128 delivery, fresh
- La Casa Del Marisco** CH 9688-0241 fish, crabs, lobsters
- Litrico's Seafood** CH 3312-3568
- Mariscos Hybur** FH 2455-7588 fresh fish
- Mr. Fly Place** FH 8939-5237 fresh fish
- Roatán Farmers Mar.** PB 9938-4517 sustainable seafood
- Roatán Provision** CH 9934-8303 seafood, groceries

Tournaments | Torneos

- Fishing Tournament** WE 9962-7130 each September
- Lion Fish Tournament** JC 3256-9546 each October

Fishing Charters | Ch. de Pesca

- Ace Deep See** SB 9929-4720
- Amavi Charter** BB 3363-5439 priv. excursions
- Athey's Water Excursion** WE 3304-0764
- Bay Island Fishing C.** WE 9808-1930 tours, snorkeling
- Blue Island Divers** SB 9739-0137
- Capt'n R Charters T.** WE 9656-7881
- Jackson Marine Adv.** FH 9995-2827
- Offshore Fishing C.** FB 9524-8162
- One Fish Two Fish** PB 3309-9479
- Reef House** OR 9487-0521
- Roatán Activities T.** WB 9619-1214
- Roatán Real Adv.** JV 9975-1227
- RoaTide Tours & Ch.** OR 9657-0937 fishing, tours
- Ruthless Roatan Ch.** WE 9779-7899 see ad on right
- Sundowner's** WE 9907-7700

A panga is readied for being repaired in French Harbour.



GOVERNMENT | GOBIERNO

Local government is responsible for garbage removal and storage

Trying to deal with issues that a few years ago required a trip to la Ceiba or Tegucigalpa is now much simpler and possible. There are offices of the central government like customs, immigration, and social security in Coxen Hole. Agents offer their services to deal with paperwork that before required a trip to mainland. The majority of business is done on the departmental or Municipal level.

Currently Honduran president Juan Orlando Hernández is represented by the Bay Islands Governor – Dino Silvestri who resides on Roatán.

There is now several foreign government liaison and representatives on Roatán. Also different US and Canadian wardens who assist their compatriots in cases of emergencies. The American embassy consul visits the island twice a year to help with passport renewal and to discuss security matters.



In February 1970 Roatan separated into two Municipalities. The west of the island remained called Roatan while the eastern part, with the capital of Oak Ridge, became José Santos Guardiola.



Roatan Municipality has been using a temporary garbage facility for six years.

Central Gov. | Oficinas Centrales

- Bay Islands Governor** FH 3178-0925 Hugo Soler
- Central Bank** Teg. 2216-0700
- Finance (SEFIN)** Teg. 2222-4651
- Foreign Ministry** Teg. 2236-0200
- IHSS (Social Security)** Teg. 2222-1128
- Immigration Inst.** Teg. 2233-0584
- Ministry Of Education** Teg. 2237-2035
- Ministry Of Health** Teg. 2222-8518
- Registro De Personas** Teg. 2221-4382
- SAR (taxes)** Teg. 2235-2218 taxes, business
- SERNA** Teg. 2232-5124

Immigration | Inmigración

- Immigration Airport** CH 2445-1148 entry
- Office Plaza Mar** CH 2234-1996 residence, extent.

Municipal | Municipalidad

- Roatán Municipality** DC 2408-4630 permits,
- Santos Guardiola** OR 2408-3790 permits, Civil

Government | Gobierno

- Birth Registration** CH 2445-1666 M-F: 8am-5pm
- Cham. of Commerce** CH 2445-1181
- Chamber of Tourism** CH 2480-5215 CANATURH
- Coord. Bilingual Edu.** CH 9844-1227 M-F: 8am-5pm
- Courthouse** CH 2445-2397 M-F: 8am-5pm
- Customs (Aduana)** CH 2445-1315 M-F: 8am-5pm
- Dept. of Education** CH 2408-3794 M-F: 8am-5pm
- Dept. of Health** CH 2445-0115 M-F: 8am-5pm
- Fed of 'Patronatos'** CH 3351-5483 M-F: 8am-5pm
- Human Rights Office** CH 2445-0208 M-F: 8am-5pm
- Labor Complaints** CH 2445-0818 M-F: 8am-5pm
- Municipal Police** CH 2445-0416 M-F: 8am-5pm
- National Police** CH 2445-3438
- National Police** OR 2408-3792
- Naval Police** OR 2408-3793 M-F: 8am-5pm
- Port Captain** CH 2445-1262 M-F: 8am-5pm
- Property Registration** CH 2445-0807 M-F: 8am-5pm
- Public Ministry** CH 2445-1868 M-F: 8am-5pm
- ZOLITUR** MP 9435-8289 M-F: 8am-4pm

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HEALTH | SALUD

Every year dozens of US medical professional volunteers come to Roatan

As the island population grows so does the assortment of public and private health facilities. The first health professional on the island was Dr. Polo Galindo who tended to the islanders from 1940s until 1995. He would travel by horseback and dory making house calls and delivering babies. He trained for 13 years as a general hospital assistant on the mainland and even though he was not licensed as a doctor, he was considered by islanders Dr. Polo Galindo. After 51 years of practicing on the island he treated his last patient in 1995. In 1980s Roatán Hospital in Coxen Hole opened its doors and a new government hospital is under construction in Dixon Cove.

With many government clinics through the larger communities across the island. They attend to patients from 7am till about noon. Many Honduran doctors receive patients at the public hospital in the mornings and in the afternoon tend to their private practice. Prices vary drastically and same procedure that costs just a few Lempiras at public hospital, costs thousands at one of the private clinics. Some clinics have specialists coming to the island on monthly basis. There are dermatologists, psychiatrists, cardiologists, you name it. If you are willing to wait you can see your specialist on the island. There are volunteer health and dental clinics that come to the island on yearly basis.



A medical nurse examines a newborn.

Chiropractors | Quiroprácticos

- Bay Island Chir. FB 3398-3138
- Clinica de Fisiot. SB 2445-0434
- Mary Mason WB 9996-3700 tranquility Spa
- Kokoromt 3398-3138 at home

Clinics | Clínicas

- Anthony's Key Clinic SB 9450-3253
- Broonfield Center LF 9555-7084
- Centro Méd. Quirúrgico BB 9889-8899 home visit
- Centro Méd. Quirúrgico BB 9889-8899 surgery, general med.
- Clínica Delmy Duarte CH 9943-1016
- Clínica Dental Familiar LF 9600-1021
- Clínica Esperanza SB 9776-2120
- Clínica Jorge Figueroa LF 9877-4064
- Clínica Méd. DIMAR FB 9922-6466
- Clínica Méd. Euceda CH 9595-3587
- Clínica Médica Funez CH 9662-1511
- Clínica Médica Hum. LF 9995-1590
- Clínica Médica Ins. FH 3347-2482 dermatology
- CMIE CH 9793-7704
- Dental Suite Clinic SB 9885-6686 dental surgeon
- Dr. Reichmann DC 3177-0707
- Family Medical C. 9972-6466 home attention
- GARM Clinic PP 2408-3544
- Holistic Life Center CH 9985-0445 esthetic, laser,
- IHSS LF 2455-6556 public
- Island Med Clinic CH 9875-1047 ambulance
- Oak Ridge Community OR 9923-7192
- Ricard Dental Clinic CH 9911-0191
- Roatan Clinic Int. WB 9472-9790 specialists, general
- Roatan Medical Center CH 3173-3257 see ad across page
- Vessels Of Mercy FC 8950-6927 specialist
- Ópticas Medina CH 2445-3644

Dental | Clínica Dental

- Centro Estet. Integral CH 3178-0925 extractions
- CliDENso FH 9500-9268 orthodontist
- Clínica Dental Familiar LF 9600-1021
- Clínica Delmy Duarte CH 9943-1016
- Clínica Esperanza SB 9776-2120
- Dental Center FH 2480-5275
- Dental Care Center FH 9952-3139 at cemesa
- Dental Suite Clinic SB 9885-6686 dental surgeon
- Diamond Dental C. FH 9679-9910
- Dilbert Thompson D. FH 9979-3520
- Innovation Dental C. FH 3251-8105
- Ricard Dental Clinic CH 9911-0191
- Roatán Dental Center CH 9503-5347 dental surgeon
- Sinai Dental Center CH 9470-6546

Diagnostic Centers | Cent. Diag.

- GARM Clinic PP 2408-3544
- Roatan Medical Center CH 3173-3257 see ad across page

Hospitals | Hospitales

- CEMESA FH 9446-0097 orthopedic, surgery
- CEMIS FH 3393-5596 obstetric, surgery
- Centro Méd Quir. R. BB 9889-8899 surgery
- CMR LF 3325-2911 surgery, lab, general,
- Public Hospital CH 2445-1227 public, emergency
- Roatan Medical Center CH 3173-3257 see ad across page
- Woods Medical Center CH 2445-1080 orthopedic, surgery

Natural Med. | Med. Natural

- Botanical Kingdom CH 2445-1988
- Jehova Jireh LF 9720-0975

Nutritionist | Nutricionista

- Dra. Saraí Anderson FH 3310-3325

Laboratories | Laboratorios

- Angelus Lab. Clin. CH 3179-9275
- Anthony's Key Clinic SB 9450-3253
- Centro Méd Quir. R. BB 9889-8899 pediatrics, general
- Roatan Medical Center CH 3173-3257 see ad below
- CMR LF 3325-2911 surgery, general,
- DIMA Laboratorio Cli. MP 3178-7236
- DIMA Laboratorio Cli. PB 9898-5648
- Island Med Clinic CH 9875-1047
- UNIMED WE 9560-9945 see ad on p. 24

Obstetricians | Obstetras

- CEMESA FH 9446-0097
- Roatan Medical Center CH 3173-3257 see ad below
- Clínica Esperanza SB 9776-2120
- Dra. Dina Gómez V. CH 3173-3257
- Dra. Mariela Pinto FH 9446-8596
- Dra. Francia Zeron SB 8804-9061
- Island Med Clinic CH 9875-1047
- Public Hospital CH 2445-1227
- Woods Medical Center CH 2445-1080

Opticians | Ópticas

- Ópticas Medina #1 CH 9763-3629
- Ópticas Medina #2 MP 9552-8998
- Óptica Sampedrana CH 9925-8769 glasses
- Dr. Reichmann DC 3177-0707 emergencies
- Óptica Boniche FH 9458-6681 megaplaza mall
- Óptica Classic #2 CH 2445-0353

Pediatricians | Pediatras

- Elham Mandegari FH 8960-9568 at CEMESA
- Jennifer Ramírez FH 9956-7917
- Rafael Solís SB 9776-2120 Clinica Esperanza

Pharmacies | Farmacias

- Far. Ahorra Más LF 9814-8406
- Far. Insular FH 8826-0605
- Far. Internacional CH 2445-0550
- Far. Internacional CH 2445-2077
- Far. Internacional LF 2455-6015
- Far. Internacional WE 2445-4173
- Farmacia Del Ahorro CH 3242-7433 Pick-Up
- Farmacia Kielsa CH 2207-1000
- Farmacia Kielsa CH 8805-6371
- Farmacia Kielsa FH 2207-1000
- Farmacia Regis CH 8922-2079
- Farmacia Siman CH 3328-3538
- Farmacia Siman FH 3243-1287 Mega Plaza Mall
- Farmacia Siman SG 3197-1053 at Dolphin Plaza

Physiotherapy | Fisioterapia

- Clinica de Fisiot. SB 2445-0434 kinesiology
- Coach Cris FH 9556-6778
- Claudia Malacarne WE 9890-1974
- Dr. José María SB 9906-3952 massage
- José Marquez SB 9929-1943 massage, chiropractor
- RBC CH 9897-1215
- Pablo Vicente Eche. CH 9928-9692 massage

Psychologists | Psicólogos

- Fatima Núñez MH 8926-7853 couching
- Alfredo Ayon SB 9451-1627 psychiatrist /monthly



An accident victim is evacuated from the island on a helicopter.

Specialist | Especialistas

- Dermatology CH 9875-1047 at Island Med Clinic
- Dra. Mariela Pinto CH 9446-8596 Endoscopy, Colonos.
- Gastroenterology CH 3173-3257 see ad below
- Gynecology CH 3173-3257 see ad below
- Internal Medicine FH 9692-3989
- Nutrition FH 3310-3325 at CEMESA
- Obstetrics CH 3173-3257 see ad below
- Odontology CH 9503-5347 at Roatan Dental C.
- Ophthalmology BB 3177-0707 at Dr. Reichmann Cli.
- Orthopedics BB 9889-8899 at centro med. quir.
- Pediatrics SB 9776-2120 at Clinica Esperanza
- Surgery CH 3173-3257 see ad below

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HOUSE | HOGAR

The boom in housing was followed by increase in property management companies

Maintaining a house on Roatán has gradually become easier and less expensive. No matter where you live on the island several companies offer basic services needed to upkeep and rent one's island home. The competition between rental management companies is fierce, so it's worth shopping around.

As fresh water on the island is becoming scarcer due to depletion of the aquifer, it is advisable to equip your home with rain water catch system. In case your cistern runs dry you can call Roatán water delivery trucks to your home.

Many bigger island homes will have quarters for a watchman who also does property maintenance and gardening. A large

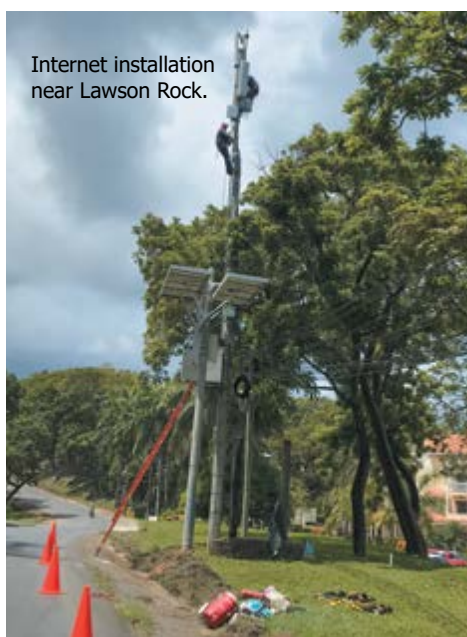
Some of the old wooden island houses on the stilts near the sea used sunwood



number of security companies offer watchmen that can work overlooking your home or business.

One of the challenges of living in the tropics is the constant presence of insects and other animals. Water cisterns should be regularly inspected for frogs and mosquitoes and water treated to avoid health problems. Wooden, but also concrete homes can become infested with termites: the black ones that are a nuisance, and smaller, white "powder posttermites" are much more of a problem to get rid of.

Sometimes bees will choose to make hives inside habitable structures and inside trees adjacent to them. Fortunately locals offer services of removing bees free of charge as they sell the wild honey harvested in the process.



Internet installation near Lawson Rock.

Customs Brokers | Serv. Aduan.

Cool Wind Supply FH 9761-9048 see ad below left
Anacaribe CH 3209-4261 see ad on p. 14

Dry Cleaners | Tintorería

Beach Laundry SB 3191-8924
Cindy's Laundry WE 9988-5251
Mamma's Laundry FH 8916-4226
Victor's Laundry WE 9872-9540 Delivery

Energy Provider | Energía E.

RECO MP 2407-2170 power supplier

Furniture | Muebles

ACE Hardware FH 2455-7810 see ad on p. 43
Elements CH 9437-8518 up market
Full Interior BB 9693-1561 wood
Proimi SB 9945-2660 see ad across page
Serrano Industrial CH 9466-0761 see ad on p. 21
Umbul Umbul WB 9638-2366

Gas | Gas

BIP CH, FH, OR, SB *574 2408-4360
Island Gas CH 9475-8459

Home Inspections | Inspecciones

Roatán Island Real Est. WB 9974-5815 see ad on p. 7
Roatan Inspections SB 9823-7922

Housewares | Art. del Hogar

ACE Hardware FH 2455-7810 see ad on p. 43
Bay Island App. Center CH 3317-9151 second hand appl.
Dormicentro WE 9348-8230 mattresses
Elektra CH 9651-7789 lones
Interiors SB 3391-8208 25 yrs exp.
La Curacao FH 2480-5256 lones
Lady Lee FH 2480-5390 appliances
MADEYSO DC 2445-0722 tiles, garden, paint
Molineros CH 3213-6117 appliances
Molineros LF 9497-0067 appliances
Proimi SB 9945-2660 see ad across page



Island resident wait to fill their gas tanks in preparation of an approaching hurricane.

Puerto Cortes Expres. BB 2455-6446 seasonal
Relax Roatán SB 9491 - 8756 mattresses
Roatán Kitch. Supplies CH 9557-2593 industrial
Serrano Industrial CH 9466-0761 see ad on p. 21

Insurance | Seguros

AT Insurance FH 9998-0083 see ad across page
Aserosa FH 2455-5216 home, etc.

Maid Serv. | Serv. de Limpieza

Island Maids SB 3321-8947 Residential
SerLim Roatán 3191-3059
Sparkle Cleaning Ser. CH 9747-0453 homes, apart., offices

Moving & Storage | Almacén

Bodden Moving SB 9789-2414
Roatán Storage SB 3159-5289
Servitranportation SB 3211-4942
Transporte Mejía CH 9973-7459

Plumbing | Plomería

BOMOHA FH 2497-2265
Edson Bodden GB 8854-0298
INVEPA MP 9678-3522
Martin Mann GB 9836-1111
Williams Anthony PC 3329-0330

Propty. Mngmt. | Adm. Inm.

Blue Paradise C. WB 9789-3655
East End Prop. Sol. JV 9967-3803 East End
Encanto del Mar WB 9679-9289
Island House WB 2445-5072 West End area
Island Properties SB 9912-0458
L'Alize Vacation R. WB 9464-4751
Luna Beach Roatán WE 9378-9347
New Door Realty GB 9910-5217
One Stop Vacation R. WB 9947-3220
Palmetto Roatán Rent PB 9868-2552 Palmetto Bay
Roatán Island Prop. BB 9445-6139
Roatán Property Mn. GB 9920-2189
Roatan Dream Vac. R. FH 9799-3970
Roatán Sotheby's WB 9341-4904 see ad on p. 40
Roatán Vacation Rent. SB 970-300-4078 see ad on p. 8
RPM GB 2445-4117
Wescot Villas WE 9437-1285 see ad on p. 38
Zeus Roatán Prty. M. FH 9493-9387

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Refrigeration | Refrigeración

González y Asoc. DC 9845-0435 A/C, Fridge,
José Danilo Calderón 3291-9667
Multi Servicios Luna CH 9828-4320 fridge, coolers
Cool Wind Supply FH 9982-8487 see ad on p. 18

Satellite TV | TV Satelital

ROASAT FH 9982-8487 see ad on p. 32

Security Co. | Seguridad Priv.

Bull Dog Security SB 9915-0293 all island
Canadian Co. Prot. CH 9740-6258
Cops Cobra 3269-1964
Crown Consulting SB 9772-4399
ESIPA CH 9738-6031
ESPI 8819-5642 executive
Five Star Security 9784-2224
Forza Cash Logistics FH 2283-6880 cash transfer
GuardSmart Inter. CH 9569-5079
NETMAN Commun. CH 9692-5931 see ad on p. 36

Septic | Séptico

ACME BB 9480-3523 construction
Joel General Const. SB 9793-6454
Shannon Gentle 9793-6454
Vernon Albert WB 9954-4554 construction

Water Deliv. | Agua Adomicilio

ACME Env Solutions LR 2445-2823
Agua Insular SB 9588-0238
Big Valley FB 9892-9053 half, full tanks
Filtration Station SB 2445-3308
Insular Purified Water SB 2445-4392
Marisco Agua Azul FH 2455-5115
Polo's Water Assoc. WE 8817-5096
Ramirez Island Water SB 9991-1039
Roatán Clean Water 8853-9361
Roatán Rental Sol. FH 3282-2282
Sun Water FH 2455-5932 see ad on p. 43
Walter's Filtered W.S. 9905-1145
Water Express FH 3282-2282
Water for Sale 9747-8886 half, full, pools, etc

Water Drilling | Perf. de Agua

Dante Webster 3392-2209
Vernon Albert WB 9954-4554 Drilling
Roatán Rental Sol. FH 3282-2282



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LAWYERS | ABOGADOS

Each year Roatan attorneys help hundreds of foreigners make their transition to the island

The 1978 Warren Zevon track from the album Excitable Boy advises: "I'm hiding in Honduras, I'm a desperate man. Send lawyers, guns and money." Forty years later that is no longer true. In case you ever get in trouble in Honduras, at least on Roatán, you can easily find a locally practicing lawyer.



Warren Zevon mentions Honduras in his 1978 song "Lawyers, Guns and Money"

There are around 30 attorneys practicing on the island. Some specialize in real estate and corporate law, others do criminal law. It is rare to find a lawyer that will do it all.

Attorneys | Abogados

Bodden & Bodden L.F. CH 3146-9899 see ad across page
Bufete Jones-Kelly CH 3370-1842
Carranza Y Assoc. CH 9985-8176
Diana Paredes CH 9778-9149
Diaz Avila & Muñoz FH 9533-1589 see ad below
Keena Haylock & A. DC 3266-4290 see ad on p. 39
Lissa Asfura Att. MP 9450-6866 see ad below right
Martinez Castro CH 9837-3672
Roatán Lawyers FH 9990-1094 see ad on p. 51
SELCOR CH 9551-0686 Mario Acosta
Tugliani & Tugliani SB 9992-2106 see ad on p. 2
Villela & Villela FH 9982-0497 see ad across page

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Supreme Court of Honduras has four chambers: Civil, criminal, constitutional, and labor.

Immigration | Imigración

Bodden & Bodden L.F. CH 3146-9899 see ad across page
Lissa Asfura Att. MP 9450-6866 see ad below right
Roatán Lawyers FH 9990-1094 see ad on p. 51
Tugwell's Law Firm FH 9970-5473 see ad on p. 33
Villela & Villela FH 9982-0497 see ad across page

Labor Law | Ley Laboral

Bodden & Bodden L.F. CH 3146-9899 see ad across page

Notary Publics | Notarios

Bodden & Bodden L.F. CH 3146-9899 see ad across page
Diana Paredes CH 9778-9149
Keena Haylock & A. DC 3266-4290 see ad on p. 39
SELCOR CH 9551-0686 Mario Acosta
Roatán Lawyers FH 9990-1094 see ad on p. 51
Tugliani & Tugliani SB 9995-7500 see ad on p. 2
Villela & Villela FH 9982-0497 see ad across page

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MEDIA | MEDIOS DE COMUNICACIÓN

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Cable & Internet

- Claro Tv** FH 2205-2412/4123
- Fibernet** CH 9443-6783
- Max Communications** FH 2454-7070 Ext. 3714
- NETMAN Commun.** CH 9692-5931 *see ad below*
- Reytel** FH 2437-1100
- RYT Fibra** 2544-0101
- Tigo Play** FH 2243-0000 Ext. 7827

Print | Imprenta

Paya Magazine PB 9764-5968 *see ad on p. 26*

Printing Services | Impresiones

- Bordifer** CH 9804-8206
- CC Print & Design** CH 9500-9054 graphics, prints
- Grafi Stamp & Copy** CH 2445-2048
- Graficos Insulares** LF 9441-2587
- Idea** WE 2445-4144
- Multiser. Del Caribe** FH 9978-7615 graphics, prints
- RGB Prints Roatan** FH 9613-0230 graphics, prints
- Star Copy** CH 2445-0612 copies, big signs

Radio | Radio

- Blue Wave Radio 101.1** SB 9867-9871 english
- La Super Karakoll 101.5** CH 9891-9263

- OMEGA Radio** CH 2408-3501
- Stereo Caracol 102.3** CH 2445-0223
- Sun 107 FM** CH 9812-8017 english/spanish

Signs | Rótulos

- CC Print & Design** CH 9500-9054 graphics, prints
- Idea** WE 2445-4144 design, graphics
- Maple Leaf** FH 9911-3498 signs
- Multiser. Del Caribe** FH 2455-4471 graphics, prints
- RGB Prints Roatan** FH 9613-0230 signs, menus, etc
- Rótulos La Punta** CH 9654-1826 painted signs
- Star Copy** CH 2445-0612 copies, big signs
- Solutions G.D.** 8918-2750 graphic design
- Universal Design** CH 3361-1504 print, signs, etc

TV | Televisoras

- Caribe TV, Canal 27** CH 2445-2533 news
- Roatan Travel Net.** SB 9693-7952 travel guide
- Roatan TV Inter.** 2235-2667 news
- RHC TV** MP 9757-6692 news
- Telecaribe** CH 2408-5179 news

Web Hosting | Páginas Web

- Business Assistant S.** FH 9530-7466 mark., host., web
- Tortuga Digital** SB 9693-7952 marketing
- ITPro's** CH 9430-8097
- Net504** SB 9498-6631 hosting, design

NON-PROFITS | SIN FINES DE LUCRO

Several NGOs in education help island's children

Roatan runs because of the countless hours donated by the volunteers. Some volunteers help by welcoming the international tourists coming to the island, others help with education. There are plenty of places you can volunteer if you come for a couple days, a week, or decide to move to the island. Offering you a small community of health clinics, community development organizations, schools, religious foundations, educational development organizations and libraries that could use the time, skills and initiative of volunteers. Clínica Esperanza in Sandy Bay is a place to help with medical needs of the island. BICA and Roatan Marine Park offer an opportunity to work on environmental project. The SOL Foundation provides opportunities to work with children in after school programs and sports. Roatan Animal Shelter helps out dogs and cats in crisis situation and often needs volunteers.



Island seniors take part in annual Christmas dinner at Snappers restaurant.

Community Develop. | Des. Com.

- Adopt an estuary** WB 9954-4554 Vernon Albert
- BICA** SB 9796-9956
- Clínica Esperanza** SB 2445-3234 *see ad below*
- Costal Clean Up** FH 9939-1321 Dawn Hyde
- Familias Saludables** CH 2445-3118
- Fundacion Niño** FH 2435-2540
- Healthy Reef Initiative** WE 3336-0406 Ian Drysdale
- Home Kitchen** CH 9991-0707
- Intens. Heart Ventures** BB 3301-5044
- Island Friends** SB 9963-0243
- Lions Club** 9998-0083 Arlie Thompson
- Little Friends Found.** 9995-1987
- Living Water 4 Roatan** +1 904-614-6903 Henry & Frances
- Made in Roatan** 9849-0386 Bob & Debi Cowan
- Sandy Bay Lighthouse** SB 9928-6579
- Steel Pan Alley** GB 3298-3448 Deborah Prieskop
- Medicines For Roatan** 3321-3533
- R. Because We Care** 9771-8028
- RBC Insular** CH 9897-1215
- Roa Renegade Rescue** WB 3391-1490 Penny Leigh
- Roatan Humane Soc.** FH 9821-1192 Dawn Hyde
- Roatan Marine Park** WE 9430-3199
- Rotary Club** DC 9898-0865 Mandy Wagner
- The Abund. Life Found.** CH 3284-7625 Brenda & David
- The Coral Reef Alliance** WE 3336-1090 Jenny Myton

Educational | Educacional

- Allred Center** CH 9845-4507
- Because We Care** SB 9771-8028 Nidia Webster.
- Cattleya** FH 9949-9114 *see ad below*
- Concert for the Angels** SB 9982-5560 Helen Murphy
- Familias Saludables** CH 2445-1618 Valerie Nelson
- High. Educ. Ment/Sup** 9991-3215
- Island Friends** CH 2445-3218 Nicole Schneider
- Luis Bogran P.S.** 2435-2533 Norma Wood
- Majken Broby Home** GB 9949-9224 Lynn Fanelli
- PIER** SB 9657-9457 Camilla O'Brien
- Roatan Children's Fund** 3322-3624 Lynn Fanelli
- Sand Castle Library** SB 9657-9457 Camilla O'Brien
- SOL Foundation** WE 9464-6940 *see ad below*



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PLANTS | PLANTAS

October is the beginning of the island's planting season

Plants that require special care, attention and effort in United States grow like weeds on Roatan. You can put a stick into the ground, and it is likely it will grow into a bush or a tree. The living fences are a quirky and ingenious part of living on Roatan.

There are several companies that offer landscape design and upkeep. A beautiful, smartly designed tropical garden is not only a joy, but brings up the property value of a home. The local plant nurseries offer shrubs, grafted and non-grafted fruit trees, palms, flowering plants and cactus. Weather you'd like to have a breadfruit or tamarind tree in your back yard, the island is a perfect place to buy one and enjoy it.



TICA

Parts of Roatan are covered with thousands of cohune or corozo palms (Attalea cohune) native to Mexico and Central America

Flower Shops | Floristería

- Every Day Flowers CH 3202-7953
- Florería Privamera CH 9857-2459 Natural, Artificial
- Flores de María FH 2443-1882

Garden Centers | Viveros

- Blue Harbor Trop. Arb. MH 9457-4264
- Carambola Garden SB 9963-0872 cannonball trees
- Helen Murphy SB 9982-5560 garden design
- Orgánica S&I SB 9914-9194
- Seeds Garden Center FH 9914-7761 design
- Serrano Industrial CH 2445-1659
- Vivero Insular DC 9973-2972
- Viveros del Bosque CH 9918-3951
- Viveros del Caribe CH 9933-0044

Landsc. Design | Dis. de Jardín

- Coconut Care 9991-2757
- Helen Murphy SB 9982-5560
- Intégra MP 9515-1146 see ad on p. 19
- Roatan Rem. Home 3366-7467

Landsc. Serv. | Serv. de Jardín

- Coconut Care 9991-2757
- Helen Murphy SB 9982-5560
- Mi Bosque DC 9918-3951
- Oak Ridge Mining Co. OR 9979-8326
- Roatan Tree Doctors 9619-4581 tree movers
- Seeds Garden Center FH 9914-7761
- Vernon Albert WB 9954-4554

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Realtor

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Roatan, Honduras 34101

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Bay Islands Escrow Services, LLC (BIES)

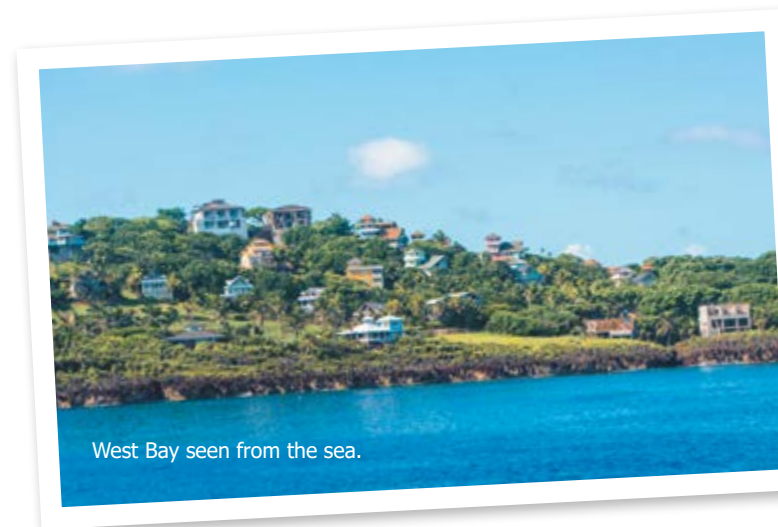
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REAL ESTATE | BIENES Y RAÍCES

Real estate boom has continued on the island in 2022 and 2023



The largest real estate sale to date took place in 2007 with the sale of Barbareta island for around \$10 million to Kelcy Warren

Purchasing properties on the island has gotten increasingly less complicated. Since 1991 a foreigner can purchase a property of 3,000 square meters (.74 Acres) on Roatan. Larger properties require setting up of a Honduran Corporation with the foreigner being designated as an administrator. Setting up of a corporation with an attorney takes several weeks and requires a Honduran national to be a partner. An attorney should be hired to obtain and scrutinize property title and do a title searches, perhaps redo a land survey, and progress towards 'closing'. At the 'closing' where seller and buyer sign the notary protocol completing the transaction is completed.

Escrows | Depósitos

BIES SB 9620-3182 see ad on prev. page

Real Estates | Bienes y Raíces

- A&S Real Estate PT 9692-0924 Stephanie Taylor
- About Roatan R.E. SB 9957-4522 see ad below left
- Big Real Estate BB 8844-0472 see ad on p. 51
- Caribbean Colors WB 3200-1630 Tricia Power
- Blue Roatan Realty WB 9898-4510 John & Barbara Morris

- Century 21
- Island Properties
- KW Roatan
- Lux Roatan R.E.
- New Door Realty
- One Stop R.E. & C.
- Property Roatan RE/MAX

- PT 9978-8355 Marisol Triana
- SB 9912-0458 Mary Monterosso
- SB 9906-7696 see ad on p. 3
- PB 949 338-7194 Anna Moskowitz
- GB 9910-5217 Shelsie Bodden
- BB 9772-6128 Wilfredo Mejía
- FH 9457-6277 Gavy Hernández
- MP 8932-7381 office number

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Dixon Cove, road to Reco wind farm, across from Utila dream ferry terminal



The Turrets development in Roatan's West Bay.

Roatan has many real estate offices with agents and their typical commission is 10%. After locating the property you'd like to purchase you prepare a 'Purchase Agreement' outlining the price, timeline, and purchase details thus making an 'Offer to Purchase'. After acceptance of the offer a deposit (usually 10%) is made. The transaction usually closes within 30 to 45 days.

The property buyer should make sure all the property taxes, electric bills and phone bills are paid up. The property could also have outstanding bills for water and gas. There is a fee for changing Municipal Cadastral Number to your name. You must bring the property deed (Escritura Pública) in your name to make the change. The Municipality charges Lps. 1,000 to make the change for properties under \$100,000.

If you are buying a home in a gated community expect a monthly HOA fee between \$100 and \$350. These payments should cover security, garbage removal, landscape maintenance, road upkeep.

Escrow originates from old French word escroue, meaning a scrap of paper or a scroll of parchment

- | | | | |
|--------------------------------|----|-------------|-----------------------------|
| Roatán Executive Real | MB | 9969-6005 | Jocely García |
| Realty Roatan | WB | 9545 - 8144 | Martin & Jana Musil |
| Roatan Real Estate | SB | 3358-3191 | Margot & Matt |
| Roatan Reef | WE | 9898-4510 | Krys Enger |
| Roatán Executive Real | MB | 9991-2257 | see ad on p. 38 |
| Roatán Island Real Est. | WB | 9974-5815 | see ad on p. 7 |
| Roatán Land & Homes | WE | 9789-6953 | Mike Wittry |
| Roatán Life | SB | 2407-2236 | see ad on p. 2 |
| Roatán R.E. Experts | SB | 9911-5714 | Sophia Fedio |
| Roatán Sotheby's | WB | 9341-4904 | see ad below right |
| Wendy Roatán Realt. | FH | 3329-2091 | see ad below left |
| ZeUs Roatán R.E. | FH | 9493-9387 | Ale Zelaya & Jessie Ustariz |

RESTAURANTS | RESTAURANTES

The first Chinese restaurant on the island was opened in Los Fuertes in 1990s

If you can think of it, you can have it on your plate...Just about. Roatán's assortment of restaurants spans the gamut from Indian, Chinese, and Thai to Tex-Mex, Mediterranean and sushi. There are delicious Angus burgers and vegetarian restaurants. There are also several buffet eating options and fast food restaurants. Depending on the distance, several restaurants offer food delivered to your home, or to your hotel room.

In any fine kitchen, ingredients are the key to excellent cuisine and the ingredients fund on Roatán are first class: never-frozen fish, fresh lobster, and wild shrimp are widely available. A wide selection of fresh seasonal island fruits is also available. Roatán is a chef's playground.



Some of the islander's favorite foods is Mوندongo soup, made of slow cooked diced tripe with vegetables

Coffee Shops | Cafeterías

- | | | | |
|-----------------------------------|----|-----------|------------------|
| Bitcoin Café | PB | 8800-6934 | see ad p. 11 |
| Annie's Board | WB | 9937-3699 | walk café |
| Bad Ass Java | WE | 3245-6851 | artisan coffee |
| Bean Crazy | WE | 9622-8396 | wifi, food |
| Café 304 | SB | 9624-8176 | wifi, bakery |
| Café 304 | CH | 9624-8176 | bakery |
| Café de Palo | WE | 9649-0724 | brunch, wifi |
| Café Escondido | WE | 9952-0813 | |
| Cafetini | FH | 2408-6110 | Ext. 6393 |
| Chocolate Factory | WE | 9661-0813 | chocolate |
| Don Rey Coffee | CH | 3208-8935 | |
| E-Coffee | FH | 2408-2610 | see ad on p. 43 |
| Expresso Americano | CH | 2445-0365 | airport |
| Expresso Americano | CH | 2480-5287 | mall megaplaza |
| Fresh Bakery | GB | 9667-1794 | coffee, sweats |
| Galeano Coffee E. | DC | 9420-9741 | |
| Gilei's Café | FH | 9837-1064 | |
| JavaVine | WB | 9819-5475 | breakfast, wifi |
| Lawson Mark. & Del. | SB | 9881-0890 | |
| Luna Bean Café | WE | 9378-9347 | Boutique, rest., |
| Mayak Chocolate | WE | 9939-2586 | chocolate |
| Rakkaus Grub | DC | 9499-1167 | rest., drinks, |
| Roatán Coffee & Spices | CH | 9780-5630 | macaw market |
| Roatán Coffee R. | WB | 3231-3234 | artisan, cigars |
| Ruatan Coffee | LF | 9446-1395 | |
| Skal | FH | 3334-0031 | restaurant |
| Sandy Buns Bakery | WE | 9675-6363 | |
| The Coffee Shop | FH | 9967-3963 | |

Asian | Asiática

- | | | | |
|---------------------------------|----|-----------|--------------|
| Bambu SuShi & Fusion | SB | 9777-9775 | sushi |
| Crazy Bean | CH | 9622-8396 | sushi |
| Dragon Fly Rolls | SB | 9896-5540 | |
| Real China Palace | CH | 9560-3020 | deliveries |
| Thai Blue Elephant | CH | 9777-4040 | thai food |
| Chopsticks & Forks | SB | 9452-0543 | chinese food |
| Valentina's Garden | FH | 9803-4225 | sushi |
| Wok Roatán | SB | 8864-2752 | |

Buffet | Buffet

- | | | | |
|-----------------------------|----|-----------|-------------|
| BIP Gas Station | LF | 9451-8992 | |
| Calelu's | WE | 9541-9541 | Honduran |
| Caribbean Peak | PB | 8982-5228 | |
| Caribe Restaurant | BB | 8737-9964 | fridays 2x1 |
| Eldon's Supermarket | CH | 9692-5516 | mid day |
| Eldon's Supermarket | FH | 2455-7518 | mid day |
| Petrosun Gas Station | FH | 9452-6252 | mid day |
| Petrosun Gas Station | LF | 9893-5434 | mid day |
| Petrosun Gas Station | PC | 9452-6207 | mid day |
| Petrosun Gas Station | WE | 9452-6239 | mid day |

Burgers | Hamburguesas

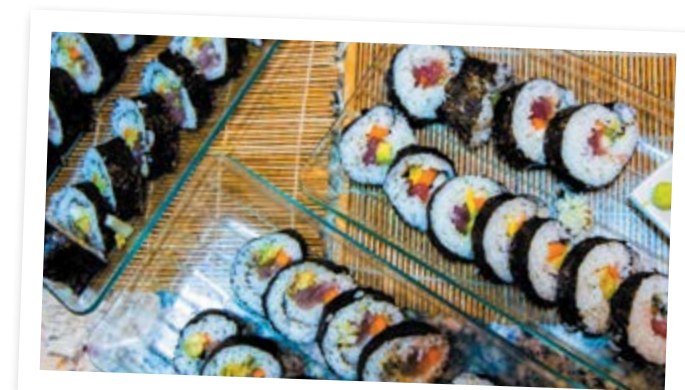
- | | | | |
|--------------------------|----|-----------|-----------------|
| Big House Burgers | FH | 9494-7895 | |
| Bojangles | CH | 2408-2610 | see ad on p. 43 |
| Bojangles | FH | 2408-2610 | see ad on p. 43 |
| Come Como Loco | LF | 8669-6009 | |
| Gi's Fries | WB | 9469-5941 | |
| Hangover Hut | WB | 9804-7001 | |
| Havana 65 | FH | 9357-8427 | see ad on p. 42 |
| Herby's | FH | 2455-7688 | music, sports |
| Mangiamo Market | WB | 9450-0079 | deli, grocery |
| La Palapa | WB | 9496-4308 | at Infinity Bay |
| Nicha's Burger | FH | 3353-3791 | |
| Queens Restaurant | FH | 9450-0508 | good service |
| The Shack | WE | 8730-1236 | |
| The Burguer Joint | DC | 8802-4855 | at Macaw Market |
| Wendy's | FH | 2512-6000 | |

Fast Food | Comida Rápida

- | | | | |
|------------------------|----|-----------|-----------------|
| Asados Ta Rico | CH | 8756-6297 | tacos, asados |
| Blimpie | WE | 2408-2610 | see ad on p. 43 |
| Bojangles | CH | 2408-2610 | see ad on p. 43 |
| Bojangles | FH | 2408-2610 | see ad on p. 43 |
| Come como loco | LF | 8969-6009 | tacos |
| Pizza Inn | FH | 2408-2610 | see ad on p. 43 |
| Pollos César | LF | 3284-1306 | |
| Pupusas Al Paso | WB | 9818-0162 | at placita inn |

International | Internacional

- | | | | |
|--------------------------|----|-----------|--------------------|
| Argentinian Grill | WB | 9769-6862 | cocktails |
| Argentinian Grill | WE | 2445-4264 | cocktails |
| Bella's Place | PB | 9967-4481 | island, grill |
| Bite on the Beach | WB | 9663-6317 | |
| Cannibal Café | WE | 9869-1376 | tacos, quesadillas |
| Crisp | WE | 9609-8145 | healthy salads |



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Elotes Locos	CH	9664-5211	wines, honduran
Francelia Restaurant	DC	9370-5114	wings, pasta, tacos
Gilei's Café	FH	9837-1064	
Havana 65	FH	9357-8427	see ad below left
Iron Shore	WB	2445-5125	steak, bar, grill
J&O The Steak House	SB	9888-7949	steaks, grill, bar
Kismet Rest. & Bar	WB	9663-6317	
La Cevichería	SB	9801-2255	
Lala Llama Momma	WB	3265-6081	
Las Pergolas	PB	2437-1121	
La Tortillería	CH	9374-8737	mexican
Lawson Mark. & Del.	SB	9881-0890	
Lilly Pond	WE	9778-3404	
Lionfish Louie's	JB	3298-7041	
Lotus At Xbalanque	WB	9469-6300	
Luna Beach Roatán	WE	9378-9347	
Luna Muna	WB	95510324	at ibagari
Marlin's Beach	WE	9870-9799	mexican & carib.
Maxim's	WE	8900-0234	
Marygold Indian C.	GB	9667-1794	hindu
Miramar	WE	9898-4922	steaks
Oceanside H.C. & Cafe	BB	9446-8189	healthy, salads
Pineapple Grill	FH	2455-7698	meats
Prime 504	CH	9788-7086	steaks, bar
Rest. by Andree	FH	8969-3931	mediterranean
Roatán Oasis	WE	9484-6659	british/asian
Silversides	BB	9781-9558	
Spiro's Barley Cafe	CH	9443-9089	greek
Sunset Hideaway	WB	8859-8620	island, grill, bar
Thai Blue Elephant	WE	9777-4040	asian
The Cove	PB	9542-0205	see ad below right
The Salty Mango	SB	3201-0060	
The Soup House	DC	9831-5633	at Macaw Market
Yarch Club Rest.	FH	3307-5155	

Island | Islaña

Anthony's Chicken	WE	9613-7537	
Beachers W.E.	WE	9869-2112	seafood, bar, music
Bite on the Beach	WB	9663-6317	
Blue B. Beach Grill	SB	3228-8161	seafood, bar, grill
Buccaneer Rest&Bar	WE	9774-7345	
Capt. Jack	FB	9730-0676	ceviche Bar
Celest Island Cuisine	WB	8864-3705	
Chillies	WE	9670-6530	
Conch Fritters	FH	9969-6005	seafood
Creole's	WE	9567-3423	island fusion
Gio's Flowers Bay	FB	9692-9590	seafood
Guava Grill	SB	9640-9191	seafood, bar
Happy Harry's	WE	9555-8334	
Island Grill	CH	2445-2246	fish, Lobster
King Fish	OR	8828-2470	seafood

La Sirena de Camp B.	CB	8921-4500	seafood, bar
Lionfish Louie's	JB	3298-7041	see ad below
Little French Key	FC	9808-4809	
Miramar	WE	9898-4922	caribbean cuisine
Nardos	CH	2445-1521	
On The Rocks	JV	8783-9169	seafood
Snappers	DC	9819-5361	seafood
The Cove	PB	9542-0205	see ad below right
Yurumei	PG	9646-4453	Garifuna food

Italian | Italiana

Drunken Sailor	WE	9492-0740	pasta
Gio's Restaurant	FB	9676-4509	seafood
Gio's Restaurant	FH	9581-1685	seafood
Miramar	WE	9898-4922	pasta
Pazzo Italian	WE	9889-1732	home made pasta
Romeo's Restaurant	FH	2445-5018	classic italian
Trattoria da Piero	WB	3328-9577	pasta

Pizza | Pizzeria

Drunken Sailor	WE	9492-0740	
Herby's	FH	2455-7688	music, sports
Il Pomodoro	WB	2445-5075	at paradise beach
JJ's Pizzas	FH	3374-5248	
Junior's Patio	WE	9685-5073	vegetarian
Mia Pizza	WE	8900-8470	
Papa Bones	DC	2445-3098	
Pizza Express	CH	9692-5516	deliveries
Pizza Express	LF	9534-3330	deliveries
Pizza Inn	FH	2408-2610	see ad across
Pizza Inn	CH	2408-2610	see ad across
Pizzarama	WB	9454-0564	
Pizzarella	DC	8802-4855	at Macaw Market
The Buccaneer	FH	9924-6336	
Trattoria da Piero	WB	3328-9577	



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 French Harbor



SHOPPING | COMPRAS

Every Saturday morning dozens of shoppers wait for a weekly opening of "paca" at Megapaca

Alcohol | Bebidas Alcohólicas

- Captain Van's Liquor** WB 9658-9574 see ad below
- Eldon's Supermarket #1** FH 2455-5280 see ad on p. 43
- Eldon's Supermarket #2** CH 2455-7532 see ad on p. 43
- Eldon's Supermarket #3** CH 9430-7165 see ad on p. 43
- Inversiones Shadai** CH 8839-4357 wholesaler
- La Casa Colorada** CH 9815-3465 wines, liquor
- La Casa Del Ron** CH 2512-0525
- Mangiamo Market** WB 9450-0079 wines, liquor
- M&M Inversiones** BB 2445-3514 wholesaler
- Plaza Mar** CH 9751-2417
- Roatán Rum Company** WB 9745-6614
- The Roatán Wine R.** WE 9711-7890
- Tiffany's Dokony** CH 9441-7710

Beverage Distr. | V. de Bebida

- Bodega de Beto** OR 3182-0108
- CD Roatán Pepsi** LF 9602-0025
- Cervecería Hondureña** BB 2550-0100 alcohols
- Deposito Ruiz** BB 2455-6220
- Gary's Soursop Tea** PB 9991-2757 delivery
- M&M Inversiones** BB 2445-3514

Clothes | Ropa

- Aloha Boutique** CH 9590-6452
- Carrion** FH 2518-4000 large chain store
- Tiendas Charly** CH 33170461
- Chicas HN** FH 8926-5058
- Katrinny Bay** FH 3229-0979
- Koba Store** CH 9751-1529
- Luna Beach Roatán** WE 9378-9347
- Malibu** FH 2480-5277
- MG Styles** SB 9630-9511 clothes & design
- Pacer** FH 2512-6000

Conv. Stores | Tiendas de Conv.

- Captain Van's Liquor** WB 9458-9574 see ad below right
- Circle K** MP 9451-8992 delivery
- Circle K** DC 9435-3778 delivery
- Circle K** SB 9440-3419 delivery
- Circle K** JV 9441-2226 delivery
- Petrosun** FH 9452-6252
- Petrosun** LF 9893-5434
- Petrosun** PC 9452-6207
- Petrosun** WE 9452-6239

Dolar Stores | Tiendas de a dólar

- Hiper tienda Xtra** MP 9867-8348
- De Todo Honduras** FH 3390-3877
- Price Home** FH 2512-6000 ext. 7 to 11

Grocery Stores | Super

- Distribuidora Rey** CH 2445-1188
- DISANDY** DC 3176-5915 vegetables, fruits
- El Isleño** CH 2445-1155 supermarket
- Eldon's Supermarket #1** FH 2455-5280 see ad on p. 43
- Eldon's Supermarket #2** CH 2455-7532 see ad on p. 43
- Eldon's Supermarket #3** CH 9430-7165 see ad on p. 43

- La Cosecha** LF 9853-2454
- MADDA** CH 8965-9065
- Nuevos Horizontes** FH 3280-4251
- Plaza Mar** CH 9751-2417 supermarket
- C. Ramírez N.1** LF 9437-3075 supermarket
- C. Ramírez N.2** CH 9437-3610 supermarket
- C. Ramírez N.3** SB 9445-9635 supermarket
- C. Ramírez N.4** OR 9404-3445 supermarket
- Woody's Groceries** WE 2445-4269
- Sompopo** SB 9456-2968 delivery service

Ice | Hielo

- Captain Van's Liquor** WB 9458-9574 see ad below
- Coconut Tree** WE 9621-1799
- Ice Cube** PG 9979-2941 delivery
- Petrosun** CH 9452-4423
- Petrosun** FH 9452-6252
- Petrosun** LF 9893-5434
- Petrosun** PC 9452-6207
- Petrosun** WE 9452-6239
- Sun Water** FH 2455-5932 see ad on p. 43

Meats | Carnes

- Carnicería Rosita** CH 9608-3037
- Carnicería Rosita** FH 3335-1055

Souvenirs | Souvenires

- Artesanía Doña María** CH 9625-5408 pottery, wood, jewel
- New Souvenirs** CH 2445-2447
- Rusty Fish** WE 9947-8975 art, recycle, metal,

Shoes | Zapatos

- Tiendas Charly** CH 33170461
- Payless Shoes** FH 2407-2276 Mall
- Pies Bonitos** WB 9789-6953

Thrift | Tiendas de Segunda

- K&K Superstore** CH 9848-0440 furniture, beds, applian.
- Megapaca** FH 3253-5214 paca opened Saturdays
- New Souvenirs Roa.** CH 3176-8844
- Scarlett Store** LF 2455-6030
- Usados Y Más** CH 9986-0459

Captain Van's
Rentals & More

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SPORTS | DEPORTES

Roatán's most famous footballer is Georgie Welcome Collins who played in the 2008 Olympics



Children begin a 2k race at the Acropola run in Palmetto Bay.

Basketball | Baloncesto

- Pandy Town Basket** PT 3320-7902 court rental

Boxing | Boxeo

- Active Fitness Center** WE 9607-9992 boxing
- Bay Islands Boxing** FB 3246-7657 club, tournament
- Flex Appeal** CH 9693-9893 boxing

Football Clubs | Clubes

- F.C. Arsenal** CH 9585-7351 third division

Football Fields | Canchas

- KIX Sports Complex** CH 9692-5931 variety of fields
- La Bombonera** FH 9872-8348 two small fields

Golf | Golf

- Black Pearl** PB 9455-1101 18 holes
- Roatán Disc Golf** WB 9909-2483
- West Bay Golf** WB 9683-7049 9 holes, pro shop

Gymnasiums | Gimnasios

- Active Fitness Center** WE 9607-9992
- Energym Fitness** CH 9879-0918
- Flex Appeal** CH 9512-6827 weights
- Island's Gym** SB 9669-1681 personal trainer,
- Island Tigers Center** FH 9551-0256 taekwondo
- La Piña Spa & H.C.** FH 9714-4087 sauna,
- Oceanside** BB 9496-8189 gym/cafe
- Workout Any Time** FH 9511-7833

Races | Carreras

- Acropola Trail Trail** PB 9454-cccc 20K 10K 5K 2K run
- Extreme Roatan** PB 9693-7952 obstacle run
- Point 2 Point** WB 3228-0433 bicycle

Rugby | Rugby

- Roatán Pirates RC** PG 9454-1013 practice, team

Taekwondo | Taekwondo

- Island Tigers** FH 9551-0256 gym, fitness



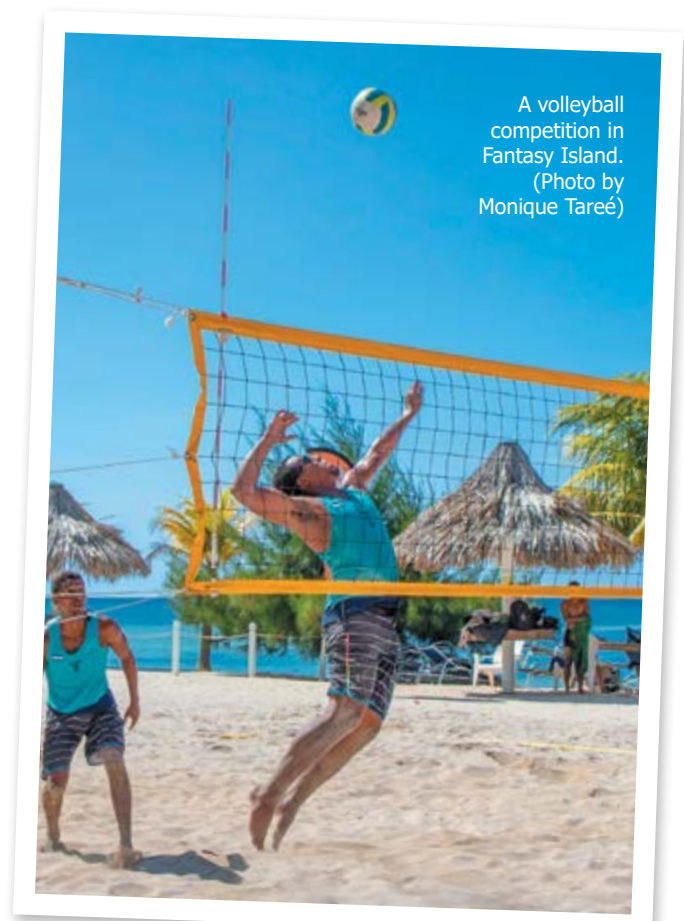
Arsenal

While the island has no soccer teams in Honduras' second division, in 2018 it had two: Arsenal from French Cay and Borussia from Los Fuertes

While soccer became king on Roatán in early 2000s, the island has a great history of baseball. The six-team Roatán baseball league is currently not playing, but nearby Utila continues the baseball tradition.

On the weekends Roatán's soccer fields fill with children and youth playing matches and training. Every Saturday, during the season, the island's soccer pitches host the division three games. Some East of the island and West End has some great beach volleyball players. Amateur boxers from a gym in Flowers Bay compete at tournaments held periodically at Paradise Beach Convention Center. Island Tigers Taekwondo Club has been a cradle for some of Honduras' best combat athletes.

An 18-hole golf course designed by Pete Dye attracts golfers looking for a challenge and great views of the north shore. Another, nine-hole golf course is planned for West Bay.



A volleyball competition in Fantasy Island. (Photo by Monique Tareé)

TRANSPORT | TRANSPORTE

Shipping cars, boats, or small packages from the US has never been easier

From the times when the first car arrived here in 1968, many things have changed. There are various ways of getting about the island. The most economical way of traveling is on the privately-operated minibus service. You can also rely on "colectivo" taxi service that will take up to four passengers and is usually around Lps. 50 for a town to town service. The price of individual taxis should be agreed upon before you begin your journey. There are ten international air-

lines that land at the Juan Manuel Galvez International Airport and during winter several more charter airlines offer direct flights between Roatán and five Canadian cities. A 40 minute flight on a national airline to San Pedro Sula offers options to travel to US and Europe at lower prices. The catamaran ferry services to Roatán have been improving and expanding. The twice-a-day 1.5-hour catamaran service between Dixon Cove and La Ceiba is the most often utilized option for travelers.

Airlines | Aerolíneas

Aerolinea Lanhsa	CH 2445-0397	Honduras
Aerolinea Sosa	CH 2445-1154	Honduras
Air Transat	CH 9970-2867	Canada
American Airlines	CH 9455-5299	Dallas, Miami
AVIANCA	CH 2445-0397	San Salvador
Cayman Airways	CH 9438-5789	Grand Cayman
CM Airlines	CH 9522-5965	La Ceiba, SPS, TGU
Delta	CH 2445-2181	Atlanta
Sunwing	CH 9956-0891	Canada
Tropic Air	CH 2407-2206	Belize
UNITED	CH 2445-0224	Houston, Denver

Air | Aéreo

Aerolinea LANHSA	CH 2445-0397	national
Aerolinea Sosa	CH 2445-1154	small cargo
CM Airline	CH 9522-5965	national

Busses | Autobuses

Catrachos Tours	SB 8750 4401	tours, private
El Tío	WB 9665-6206	Ernesto Zelaya
Island Tours	9626-3885	tours, trans.
Jeffries Tours	9656-7241	tours, rentals
Gomez Express	CH 3388-8156	
Hyde Tours	PG 9991-2257	
Roatán Bus	CV 9668-9061	minibus, tours
Roatán Driver	9702-4608	bus, tours
Roatán Transport	CH 9851-8970	charter, tours

Couriers | Mensajeros

Cargo Expreso	CH 2280-5300	national
Disso Delivery	9705-7977	delivery
Expresco	CH 2445-1153	national
Fedex	CH 9535-9627	international
Hugo	CH 2262-4846	delivery
Mandaditos Rivera	CH 9758-3876	delivery
Mandaditos Welcome	CH 9888-1510	delivery
PEINKIRA	SB 9643-2453	local delivery
Ras Express/DHL	DC 9596-2475	to/from US
Rapi Delivery	8863-9886	delivery
Ready to go Roatán	LF 8742-8632	delivery

Ferries | Ferry

Galaxy Wave	DC 3193-0000	see ad on p. 11
Utila Dream	CH 9436-2231	cargo, people

Road | Terrestre

BIP Delivery	SB 9476-5791	food delivery
Cargo Express	CH 3190-6761	national
Disso Delivery	9705-7977	local
Expresco	CH 2445-1153	national
Fletes J.	LF 3181-3686	
Mandaditos Rivera	CH 9817-9878	local
Mandaditos y Más	CH 9642-6349	
PEINKIRA	SB 9643-2453	local
Ready to go Roatán	LF 8742-8632	local
Roatán Eats	WE 9654-5948	food delivery
Tropic Consolidators	FH 9542-5777	see ad below

Sea | Marítimo

ANAVIS	FH 2455-7728	
Bahía Shipping	MP 9669-0987	Roatán/La Ceiba
Bambino	FH 2455-5435	Roatán/La Ceiba
Best Way Shipping	FH 8913-9343	see ad across page
Captain Berta	CH 9931-4272	Roatán/La Ceiba
Captain Sánchez	CH 9860-8902	Roatán/La Ceiba
Galaxy Wave	DC 3193-0000	see ad on p. 11
Gloria Shipping	CH 9706-4760	Pto. Cortés/Roatán
Island Shipping	DC 2455-6458	La Ceiba, Cortés
Lady Stele	FH 9956-7919	La Ceiba/Roatán
Max Shipping	BB 9417-4067	see ad on right
Naviera Hybur S.A.	FH 3268-9357	see ad below
Tropic Consolidators	FH 9542-5777	see ad across page

Taxis | Taxis

Don Danilo	CH 3291-9667	pickups
Galaxy Transport	DC 9899-0090	
José Zamora	9848-3996	pickups
Roatán Taxi Service	CH 9634-2377	pickups, tours
Taxi Anthony	WE 9613-7537	
Taxi VIP Roatán	WE 3209-1291	
VIP Taxi Service	FH 3209-1291	pickups, tours

Vans | Mini Vans

Captain Van's Rentals	WB 9658-9574	see ad on p. 17
Chilaxis Tours	WE 98642482	tours, rentals, etc
Hamilton Car Rentals	WE 9518-6065	see ad on p. 17
Racing Rent a Car	CH 9788-8883	carwash, rentals
Rent a Car Roatán	SG 9989-3256	
Roa Car	WE 9965-3419	

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UNDERWATER | BAJO EL AGUA

West End is home to Central America's only commercial submarine

Some of the biggest attractions on Roatán lie beneath the surface of water that surrounds the island. Recreational diving began on the island in the 1960s when US soldiers on leave would spend their vacations on the then unspoiled reefs of the island.

There are dozens named and marked dive sites around Roatán. Most island's dive shops are located on the west end of the island, but the east end offers less frequented and pristine sites full of coral and aquatic life.

Two free diving schools operate on Roatán, and nearby Útila is home to the biggest free diving school in the Caribbean. Since 2013, the Caribbean free diving cup competition has been held in West Bay in the month of May. It's a great opportunity to cheer divers descending to 100 meters on a single breath.



17

AKR's dolphin program dates to 1989 and the unique for Central America facility houses 17 bottle nose dolphins



A diver with a lionfish. (Photo by: Monique Tarec)

Diving Chamber | Cámara de buceo

Hyperbaric Chamber SB 9450-3253 Anthony's key

Dive Shops | Tiendas de Buceo

Anthony's Key	SB	2445-3003	
Bananarama Dive	WB	9456-3382	
Barefoot Divers	DC	9967-3642	courses, PADI
Black Pearl Divers	DC	9452-4550	las palmas
Blue Island Divers	SB	9739-0137	
Island Dive Center	WE	9776-8947	at brisas del mar
Cayuco Reef	WB	9450-5014	at paradise beach
Coconut Tree Divers	WE	9619-9910	
Coco View	FC	9676-7549	
Dive Pangea	CB	8803-4800	east end
Duna Divers	WB	9551-0163	ibagari
Eco Divers	WE	3351-8587	
Fantasy Island	FC	3376-4542	
Grand Blue Divers	SB	9536-8441	
Infinity Divers	WB	9690-8045	
Island Diving Center	WE	9691-6795	snorkleling
Jackson Dive Center	WE	9561-2945	

Las Rocas	WB	2408-5760	resort
Ocean Connections	WE	9901-3646	
Octopus Dive School	SB	9887-9236	PADI, courses, etc
Pro Dive Roatán	WE	9669-7519	
RYC Divers	FH	9404-3182	at Yatch Club
Reef Gliders	WE	8913-5099	
Reef House	OR	9487-0521	scuba, resort,
Roatán Dive Center	DC	9542-2577	
Roatán Divers	WE	9949-3781	
Sandy Bay Divers	SB	9910-0144	open water
Scuba Shop	PB	3293-4293	bitcoin accepted
Sea Divers	SB	8963-6222	small groups, local
Seagrave Plantation	WE	2445-4297	resort
Splash Inn	WE	9626-7919	snorkleling
Subway Watersport	MB	9959-1140	courses, PADI
Sun Divers	WE	9585-2113	
Tropical Island Divers	MH	3369-0777	marble hill
West End Divers	WE	9816-7276	
Yatch Club	FH	3307-5155	marina

Diving Gear | Equipo de Buceo

Cressi		9690-6044	suits, freediving
Island Diving Center	WE	9691-6795	
Mares	WE	9676-7549	
Roatán Motor Sports	FH	9912-1732	see ad on p. 14
Sandy Bay Divers	SB	9910-0144	
Subway Watersport	MB	9959-1140	fins, mask

Freediving | Buceo Libre

Boss Underwater Adv.	WE	+1 340-777-3549	whatsapp US
Roatán Freediving	WE	8740-5891	courses
Roatán Sea Kayak	WE	9761-9859	kayaking

Snuba | Snuba

Gumbalimba Park	WB	9914-9196	easy to learn
Snuba Diving	WE	9915-4431	easy to learn

Submarines | Submarinos

Stanley Submarines WE 3359-2887 see ad on left

WEDDINGS & EVENTS | BODAS Y EVENTOS

Roatán has become a place for corporate retreats, conferences

Some companies organize corporate events on the island. Israel-based SodaStream set up their annual worldwide meeting on the island 2021 and combined it with a volunteer clean up effort with a local NGO and school children.

Roatán has become a coveted wedding destination offering spectacular backdrops to make the ceremony extra special. Weddings and receptions on the white sand beaches, by the turquoise Caribbean water are a perfect way of beginning a lifetime path for many couples.



Flower decoration for a wedding on the island.

Caterers | Abastecedores

Anis Diana	CH	3347-5226	
Britteney Benneth	SB	3394-8512	
Endy Rivera	MB	8798-1771	private chef
Every Day Flowers	CH	3202-7953	weddings, gifts
Roatán Chefs	SB	9889-6213	weddings, events
Rogue Caterer	MB	3298-7041	
Taste: Catering & Ev.	FH	9343-3135	chef Robby Molina
The Chef Factory	FH	9752-2086	private chef

Drones | Drones

Icrea Productions	SB	9915-1932	commercial
ROA Drones		9892-8179	weddings
Tim Blanton Product.	BB	3303-4410	weddings
Transoceanika MKT	SB	9772-6128	cooperate

Event Planners | Plan. de Event.

Epic Events	FH	3369-9669	catering, wedd.
Seas Of Celebrations	FH	9585-8786	
Special Times	OR	8750-2717	wedding, rent.
Sweet Details	OR	8744-0636	birthdays, store

Jewelry | Joyería

Cash Y Oro Joyas	CH	8928-4040	see ad on right
Diamonds Inter.	CH	2445-0166	port of Roatán
Diamonds Inter.	MB	2455-6352	mahogany bay
Penelope's Island	WB	2445-5039	
Stone Castle Inst	GB	9707-2446	cameos

Party Supplies | Sum. de Fiestas

Bay Island Equip. Rent	DC	3379-2787	equipment
Bouquet 'N More	FH	3386-0030	balloons
De Todo Honduras	FH	3390-3877	
Price Home	FH	2512-6000	ext. 7 to 11
Epic Events	FH	3369-9669	balloons, gifts,
Every Day Flowers	CH	3202-7953	flowers, gifts
Fallon's	FC	9765-3129	gifts, cards, bal.
GoParty Roatán	LF	9632-5275	gifts, balloons, etc
Graficos Insulares	LF	9441-2587	piñatas, gifts, etc
IMAJO	CH	9859-2766	cakes, decor.
I'sas Party Surprise	MH	9597-3709	cakes, piñatas,
Print Copies Party	LF	9663-0511	ballons, cards,
Seas Of Celebrations	FH	9585-8786	rental, balloons,
Special Times	OR	8750-2717	rental, flowers,
Sweet Details	OR	8744-0636	balloons, giftss

Photographers | Fotógrafos

Caroline Power Ph.	WE	3200-1630	underwater
DG Creations	SB	9734-9678	weddings
Icrea Productions	SB	9915-1932	commercial
Kerron McNab Phot.	FC	8734-2756	gaph. des., portrait
Marian Plunkett	SB	9553-6518	weddings
Preston Underwater	FC	9688-6505	snorkeling, scuba
Roatán Events	WB	9967-3963	weddings
Roatán Moments	WE	9861-9154	see ad next on p. 29
Roatán Photography	SB	9939-9232	weddings
Shawn Jackson	WE	9653-4853	events
Tim Blanton Prod.	BB	3303-4410	underwater,

Videographers | Videógrafos

Heartify	SB	9963-1733	events, corporate
Icrea Productions	SB	9915-1932	social events
Roatán Events	WB	9967-3963	weddings
Roatán Film	GB	9693-7952	weddings, events
Tim Blanton Prod.	BB	3303-4410	underwa., weddings

Wedding | Bodas

Every Day Flowers	CH	3202-7953	planner, flowers
Concierge	FH	9959-0532	vacation pack., wedd
Heartify	SB	9963-1733	weddings, videography
Icrea Productions	SB	9915-1932	videography
Kerron McNab Phot.	FC	8734-2756	photography
Mayan Princess	WB	9488-4425	weddings, parties
Pristine Bay	PB	3288-5020	weddings, events
Roatán Events	WB	9967-3963	vow renewal, civil

Cash Y Oro Joyas

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XYZ | XYZ

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Bakeries | Reposterías

Aloma's Cake	CH 2445-1067	
Bean Crazy Bakery	WE 9822-6175	
Bebas Cake Mix	CH 9455-8810	
Bellas Artes Past.	CH 9907-6300	cakes, bread
Dulce Bonito	CH 3380-9193	cakes, coffee
Fresh Bakery	GB 9667-1794	coffee, sweets,
IMAJO	CH 9859-2766	cakes, parties
J&S Bakery	CH 2445-2565	bread,
Jody's Cake	JV 9860-5429	
Katy Bakery	CH 9762-0391	
Panadería Avila	FB 3217-7544	
Wake & Bake	WE 9795-9956	

Distributors | Distribuidores

DICOSA	FH 9436-2380	medical equip.
Distribuciones Cooper	CH 2445-1053	
FECOBE	CH 9572-7606	title instalation
Quimicas Maygen	BB 9979-2360	cleaning sup.
Inversiones GF	FH 9730-8377	

Electronics | Electrónica

Comercial Joly	LF 9443-5594	
Curacao	FH 2220-4545	
ENECSTAR	CH 9514-0874	
Jetstereo Express	CH 2276-0010	
Lady Lee	FH 2480-5390	
Molineros	CH 3213-6117	
Molineros	LF 9497-0067	

NETMAN Commun.	CH 9692-5931	see ad on p. 36
SKYTEK Security	LF 3176-1972	CCTV, alarms, etc
Smart Depot	FH 3155-6438	
Techno's Design	DC 9510-1568	accessories

Funeral Homes | Funerarias

Bay Islander's F.H.	CH 9580-6925	islaner owned
Comercial Joly	LF 9443-5594	
Divino Paraíso	CH 9452-0550	
Funeraria Miss Guelda	CH 3319-8401	

Ice Cream Shop | Helados

Costa Dulce	WE 9751-0610	gelato
Costa Dulce	FH 9751-0610	gelato
Helados Sarita	FH 3270-2392	

Petrol Stations | Gasolineras

BIP	DC 9435-3778	circle K
BIP	LF 9451-8992	mini mall
BIP	SB 9440-3419	circle K
Petrosun	CH 3146-0861	fuel, air, food
Petrosun	FH 9452-6252	
Petrosun	LF 9893-5434	fuel, air, food
Petrosun	PC 9452-6207	
Petrosun	WE 9452-6239	

Phone & Elec. Repair**| Reparación Elect. y Teléfonos**

Claro	FH 2205-2412	phones, internet
Hondutel	CH 2445-1414	fixed line
Island Technology	CH 9896-2290	phones, computers
Phone Comp Doctor	CH 9516-3269	accessories, games
ServiMovil	LF 9486-9956	phones, repairs
Tecno Zone	CH 8810-7518	
Tigo	FH 2243-0000	Ext. 7827
Danny Cell	LF 9615-4819	phones, computers
Techno's Design	DC 9510-1568	computers, acces.

Shopping Centers | Plazas

Abbott Plaza	CH 9961-8694	
Coconut Plaza	SG 9743-5302	
Coconut Tree Plaza	WE 9713-3130	new
Dolphin Plaza	CH 9991-8455	twi levels
Jackson Plaza	LF 2445-7174	two levels
La placita Inn	WB 9666-1150	
Macaw Market	CH 9761-6337	two levels
McNab Plaza	FH 9986-0570	
Megaplaza	FH 2512-6000	major shopping area
Naviera Hybur Bldg	FH 2455-7564	
Plaza Mar	CH 9751-2417	three levels
West Bay Mall	WB 2445-3130	with condos

Tobacco Shop | Tabacquería

Artesanía Doña María	CH 9625-5408	souvenirs
Cigar Factory	WE 9547-2780	
Frank's Cigars	WE 9607-4410	
Nekkid Monk Vape S.	WE 9374-4382	vape shop
Spiro's Café	CH 9443-9089	craft beer, gifts

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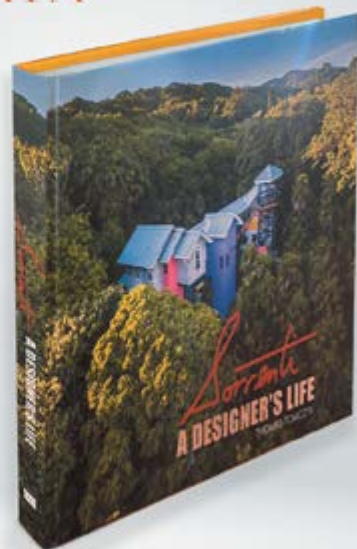
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