



Belize @45 Research Conference

YOUR GUIDE TO THE CAPITAL CITY

BELMOPAN CITY, CAYO DISTRICT, BELIZE, CENTRAL AMERICA

30 SEPTEMBER - 1 OCTOBER 2026





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Venue Details

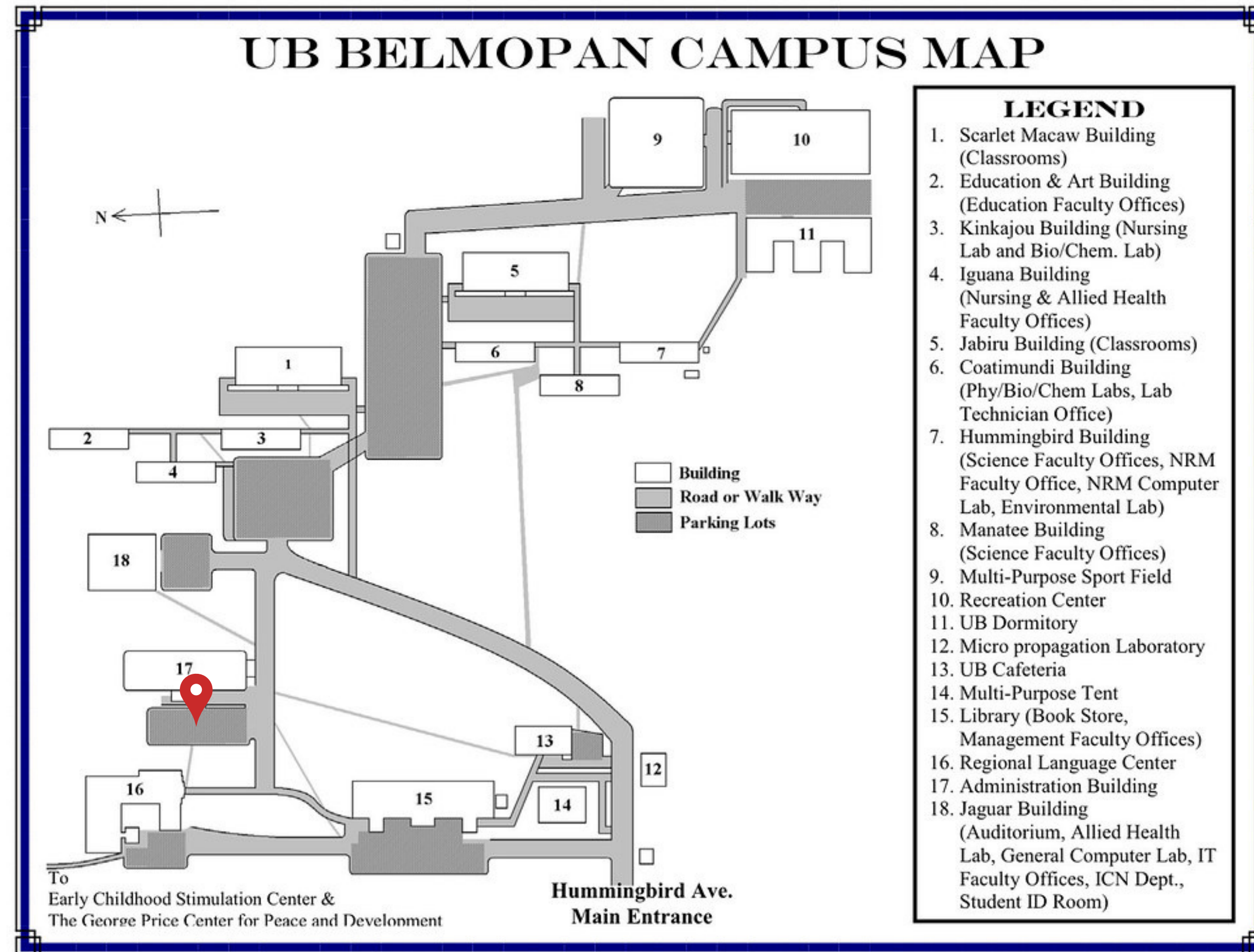
UNIVERSITY OF BELIZE, BELMOPAN CAMPUS,
CONFERENCE CENTER

-AIR CONDITIONING

-POWER OUTLETS

-SPLIT RESTROOMS

-MULTIPLE VENDORS NEAR CAMPUS LIMITS FOR A QUICK
SNACK (VEGAN-FRIENDLY)



Getting Around Town

THE BELMOPAN MARKET SQUARE IS THE PRIMARY HUB FOR PUBLIC TRANSPORTATION. WHETHER IT BE INTERDISTRICT TRAVEL VIA COMMERCIAL BUSES, SHORT-DISTANCE TRANSFERS VIA PASSENGER VANS, OR PRIVATE TAXIS FOR TIME-SENSITIVE ARRIVAL--RELIABLE AND REGULATED TRANSPORTATION CAN BE FOUND HERE.



PASSENGER VANS FOR IN-CITY
TRANSIT
(THESE VANS STOP AT
DIFFERENT PARTS OF THE CITY
AND SURROUNDING VILLAGES
WITH INTERVALS OF 15-30
MINUTES BETWEEN TRIPS)



PRIVATE TAXIS FOR RAPID
ARRIVAL



BUS TERMINAL
FOR INTERDISTRICT TRAVEL



Comfort

EL REY HOTEL IS LOCATED NEAR THE SUBURBAN HEART OF BELMOPAN, SO EXPECT QUIET NIGHTS AND EASE OF EXPLORATION.

APPROX. \$110 - \$125 BELIZE DOLLARS PER NIGHT



Business class

BULL FROG INN IS A TRUSTED CHOICE FOR PROFESSIONALS SEEKING CONVENIENCE AND COMFORT. THE PROPERTY HAS A RESTAURANT, BAR, AND IS IN CLOSE PROXIMITY TO GROCERS.

APPROX \$150 BELIZE DOLLARS PER NIGHT



Private oasis

THE INN AT TWIN PALMS IS AN ALL PLAY STAY OUTSIDE THE CORPORATE SPRAWL OF BELMOPAN. THE PROPERTY BOASTS A POOL, RECREATION AMENITIES, A PRIVATE CHAPEL, AND COMPLIMENTARY BREAKFAST.

APPROX \$370 - \$400 BELIZE DOLLARS PER NIGHT

Accomodations (\$1 US = \$2 BZ)

Food and Drink Hubs



RESIDENTIAL GRAB AND GO

THIS VENDOR GROUP IS LOCATED ON THE NORTHERN RING ROAD BESIDE THE MUNICIPAL TENNIS/BASKETBALL COURT AND JUST A FEW MINUTES AWAY FROM THE GOVERNOR GENERAL FOOTBALL FIELD. THEY ARE A POPULAR NIGHTTIME CHOICE.



COMMERICAL CENTER LUNCH

THE MARKET SQUARE FOOD COURT IS BELMOPAN'S MOST FREQUENTED PLAZA FOR WEEKDAY LUNCH. CUISINE RANGES FROM LOCAL TO JAMAICAN AND EVEN INDIAN. IT SITS RIGHT ACROSS FROM THE BUS TERMINAL AND TAXI LOT.



THE 822 TAVERN

A POPULAR RESTAURANT AND BAR WITH A PALATABLE MENU AND HIGH ENERGY ATMOSPHERE.



DOUBLE O'S

A LITTLE OFF THE BEATEN PATH WITH MUSIC PLAYED NOT TOO LOUD AND NOT TOO SOFT. DOUBLE O'S IS A RESPECTABLE BAR BOASTING QUITE A FEW APPETIZERS.



GOOD VIEW

A FAMILY FRIENDLY RESTAURANT SERVING LOCAL CUISINE, PERFECT FOR CONVERSATION.

Mixer Location Ideas

Points of Interest

DROP IN FOR A VISIT AND LEARN MORE ABOUT THE ICONS OF BELIZE'S FORMATIVE YEARS



SCHEDULE A TOUR BY EMAILING
RESEARCHASSISTANT@NICHBELIZE.ORG
OR CALLING (+501) 671-9456.



OR VISIT THE GEORGE PRICE CENTER
BETWEEN THE HOURS OF 8AM - 5PM,
MONDAY TO FRIDAY.

For questions, reach out to:



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