



FAMILY TRAVEL & NICARGUA

Family Travel and Nicaragua - Gluten Free

This is a destination with activity for all ages and sizes. Slightly larger than the state of New York, Nicaragua is the largest country in Central America. And all you need is a valid US passport. Upon arrival, U.S. citizens receive a 30-day or 90-day visa automatically. **Gluten Free Travel - US** and partner, Lori Snow from Condor Tours and Travel, have worked together for many years to create itineraries in locations that are “off the beaten path” and with amazing results. From eco-tourism; adventure and sports activities, including surfing, deep-sea fishing, swimming, snorkeling, kayaking, diving, volcano sand-boarding; historical and agricultural sites; cultural activities; agritourism; volunteerism; nightlife- this island has them all. And with a local cuisine inherently gluten free - Rice, beans and corn are staples of Nicaraguan cuisine. Nicaraguan grass-fed beef results in juicy steaks, often cooked over wood-burning grills. Since the country borders on the Pacific Ocean and the Caribbean Sea, and is home to one of the largest lakes in the Americas, fresh seafood is readily available, gluten free options are easy to find. As always **Gluten Free Travel - Us** will create our food reports to meet the needs for restaurants, markets and bakeries. As always, we do not encourage street eating or unknown local restaurants for fear of cross contamination. And, if your desire is a modern, up to the minute, 5 star resort – we can make that happen, as well.



Please call or email **Gluten Free Travel - Us** for more details.

Just to peak your interest even more, here are six places in Nicaragua where you can visit and enjoy with your family.

Granada

Founded in 1524, it is one of the most colorful cities in the country and a favorite tourist destination for many people. Here you can take a tour of the city by bicycle or in horse-drawn carriages, explore the more than 300 islets in the great Lake Nicaragua or go hiking on the Mombacho Volcano. There is also a variety of restaurants, candy stores, and ice cream shops to delight your palate.



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Playa La Flor, Rivas

Who doesn't like to go to the beach? And even more if you can see hundreds of turtles arriving to lay their eggs. In Playa La Flor Natural Reserve, you will have the opportunity to see these reptiles and learn about their procreation process, which generally takes place between July and January. Here you can also enjoy the sunset on one of the most beautiful coasts of the Nicaraguan Pacific.



Masaya Volcano

You will enjoy visiting the Masaya Volcano, where you and your family can learn in its museum about the history of this natural site, as well as the flora and fauna that surrounds this national park. The best part of this experience is that you can see the volcano's lava from close, looking down the Santiago crater. It is recommended to go at night to be able to see the lava in all its brilliance.

Estelí

Immerse yourself in the history of Nicaragua through art on walls is what you can do in this northern city. Estelí has more than 100 murals; various food and dessert stops, perfect for enjoying a day in the cool weather of this northern city. There are also several neighboring towns and villages that you can visit to continue enjoying all that this department offers.

Ometepe Island

A dream place that has two volcanoes, a waterfall, several beaches, and a magical resort called Ojo de Agua. It is a perfect place to connect with nature, renew energy and go for a walk.



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Pearl Cays

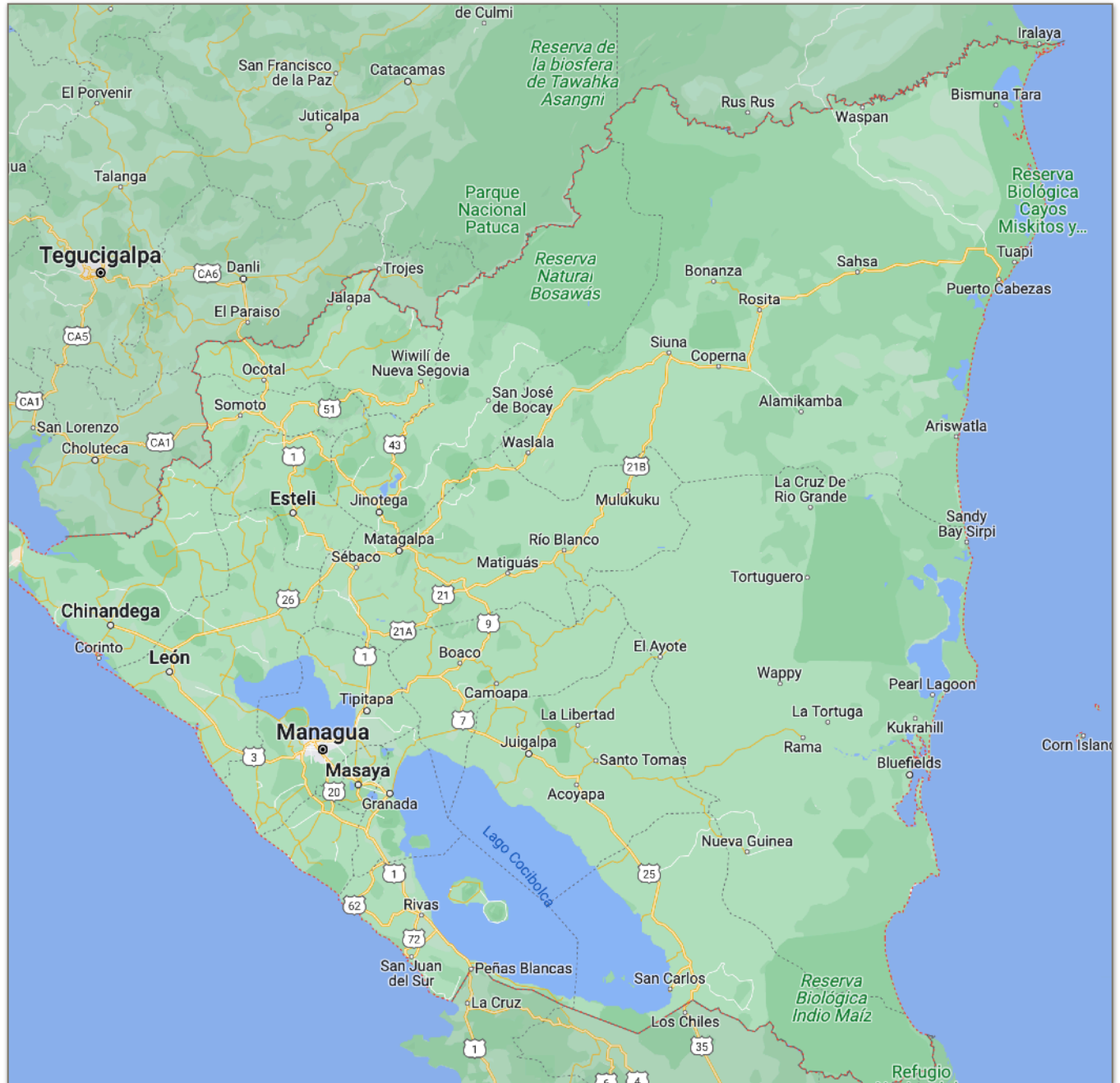
30 kilometers from the South Caribbean coast of Nicaragua are the Pearl Cays, some 36 islets of white sand surrounded by turquoise water. Here you can go camping with the whole family, snorkeling and sport fishing. From this paradise, you can also enjoy the night sky without visual pollution while listening to the sound of the waves.

AND....

- Monkey viewing tours
- Sand boarding adventures
- Sea turtle sanctuary
- Horseback riding and Surfing – **Gluten Free Travel - Us** can arrange lessons even for the little ones



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