

## HONDURAS

**Country Dialling Code (Tel/Fax): ++504**

**Instituto Hondureño de Turismo:** PO Bos 3261, Edificio Europa, 5to Piso, Colonia San Carlos, Avenida Ramon Cruz, Tegucigalpa, Honduras

**Capital:** Tegucigalpa **Time:** GMT - 6

**Background:** Part of Spain's vast empire in the New World, Honduras became an independent nation in 1821. After two and one-half decades of mostly military rule, a freely elected civilian government came to power in 1982. During the 1980s, Honduras proved a haven for anti-Sandinista contras fighting the Marxist Nicaraguan government and an ally to Salvadoran government forces fighting against leftist guerrillas.

**Map References:** Central America and the Caribbean

**Area:** total: 112,090 sq km land: 111,890 sq km water: 200 sq km

**Climate:** subtropical in lowlands, temperate in mountains

**Terrain:** mostly mountains in interior, narrow coastal plains

**Natural Resources:** timber, gold, silver, copper, lead, zinc, iron ore, antimony, coal, fish, hydropower

**Population:** 6,249,598 note: estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality and death rates, lower population and growth rates, and changes in the distribution of population by age and sex than would otherwise be expected (July 2000 est.)

**Nationality:** noun: Honduran(s) adjective: Honduran

**Ethnic Groups:** mestizo (mixed Amerindian and European) 90%, Amerindian 7%, black 2%, white 1%

**Religions:** Roman Catholic 97%, Protestant minority

**Languages:** Spanish, Amerindian dialects

**Economy:** Honduras spent 1999 primarily recovering from Hurricane Mitch, which killed more than 5,000 people and caused about \$3 billion in damage. Although it is slated to receive about \$2.76 billion in international aid, the economy shrank 3% with widening current account and fiscal deficits in 1999. It nevertheless met most of its macroeconomic targets, and 2000 should see economic recovery as reconstruction projects make progress and the agricultural sector recovers. Honduras may also get relief from its \$4.4 billion external debt under the Highly Indebted Poor Countries (HIPC) initiative.

**Industries:** sugar, coffee, textiles, clothing, wood products

**Currency:** 1 gourde (G) = 100 centimes

**Railways:** total: 595 km narrow gauge: 349 km 1.067-m gauge; 246 km 0.914-m gauge (1999)

**Highways:** total: 15,400 km paved: 3,126 km unpaved: 12,274 km (1999 est.)

**Waterways:** 465 km navigable by small craft

**Ports and Harbors:** Cap-Haitien, Gonaives, Jacmel, Jeremie, Les Cayes, Miragoane, Port-au-Prince, Port-de-Paix, Saint-Marc

**Airports:** 13 (1999 est.) Airports - with paved runways: total: 3 2,438 to 3,047 m: 1 1,524 to 2,437 m: 1 914 to 1,523 m: 1 (1999 est.) Airports - with unpaved runways: total: 10 914 to 1,523 m: 5 under 914 m: 5 (1999 est.)

**Visa:** Not required for tourist stays of up to 90 days. Agovernment Head Tax of US\$ 30 is levied on all non-residents who are leaving Haiti. Visitors travelling for business purposes must apply to the Ministry of the Interior for a Permis de Sejour. Temporary residence@ Contact the Consulate (or Consular section at Embassy).

**Duty Free:** goods permitted: 200 cigarettes or 50 cigars of 1 kg of tobacco; 1 litre of spirits; small quantity of perfume or eau de toilette for personal use.

**Health:** A yellow fever vaccination certificate is required from travellers coming from infected areas. Malaria risk, in the malignant falciparum form, exists throughout the year in certain forest areas. All water should be regarded as being potentially contaminated. Water used for drinking, brushing teeth or making ice should have first

been boiled or otherwise sterilised. Health insurance providing cover for repatriation in the event of serious illness is strongly recommended.

## HOTELS•MOTELS•INNS

**TEGUCIGALPA**

**HONDURAS MAYA HOTEL,** Tegucigalpa, Colonia Palmira, Ave. Republica de Chile, Tegucigalpa, M.D.C. Honduras C.A., (504) 280-5000, (504) 220-6000, [reserve@hondurasmaya.hn](mailto:reserve@hondurasmaya.hn), [www.hotelhondurasmaya.com](http://www.hotelhondurasmaya.com)

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## AIRLINES/HELICOPTERS/AIRPORTS

**AEROLINEAS SOSA, S.A.R.L.** AVENIDA SIN ISIDRO FRENTE A1 PARQUE CENTRAL, LA CEIBA, Honduras, Tel: 504 443-1399, 504 440 0692 • Fax: 504 443-1894, Email: [aerososa@psinet.hn](mailto:aerososa@psinet.hn)

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