

2024 Stretch Expedition:
Roatán, Honduras
March 15 - 22



Are you ready for a tropical get-away? This stretch expedition will fulfill your lifetime goal to not only scuba dive but also get PADI SCUBA certified and participate in coral reef restoration!

TRIP HIGHLIGHTS:

- A full week on the island of Roatán off the coast of Honduras, South America. Warm breezy days on the beach and in the ocean!
- We will partner with the Roatán Institute for Marine Sciences (RIMS) to observe dolphin research, and possibly swim with the dolphins!
- You will participate in a full PADI SCUBA certification program with premier dive instructors. (We will help coordinate pre-classwork study necessary before the trip.)
- Sleep in air-conditioned bungalows on the water's edge or overlooking the harbor and experience the music, food and traditions of the local Roatán people.
- Note: This STRETCH trip is for people who have never been certified, or for those who need recertification after many years.

OVERVIEW ITINERARY:

March 15

Flight to Roatán, Honduras

March 16 - 21

Final PADI open water dives and instructor-led SCUBA classes. Support and restore the beauty and biology of the unique MesoAmerican Caribbean Reef System.

March 22

Flight home

For more information, contact: stretch@proutyproject.com

PREVIOUS STRETCH EXPEDITIONS

2023 Namibia • 2022 Grand Canyon • 2021 Pandemic - No Travel • 2020 Pandemic - No Travel • 2019 North Pole • 2018 Cambodia
2017 Norway • 2016 Cuba • 2015 Spain • 2014 Morocco • 2013 British Virgin Islands • 2012 Galapagos Islands
2011 Colorado • 2010 Peruvian Amazon • 2009 South Africa • 2008 India • 2007 Chile • 2006 Sri Lanka • 2005 France
2004 China • 2003 New Zealand • 2002 Vietnam • 2001 Nepal • 2000 Ecuador • 1999 Tanzania