

HONDURAS

AMERICA · CENTRAL AMERICA



CORAYA

HONDURAS AS A SUPERHERO

CORAYA'S POWERS

POPULATION		11,2 M hab.	POP. GROWTH		16,1 %
AREA		111,9 K km²	DENSITY		100 hab/km²
WEALTH		3,4 K \$/hab	LITERACY		88,25 %
LARGEST CITY		Tegucigalpa	URBAN POP.		58,8 %
LIFE EXPECT.		73,39 años	MEDIAN AGE		24,6 años
HIGHEST PEAK		Cerro Las Minas	LARGEST RIVER		Patuca
RAINFALL		2,0 K mm/m²			

LANGUAGES

Spanish

CURRENCY

Lempira hondureño

GOVERNMENT

Presidential system

RELIGION

Christianity
Catholicism

DEMONYM

Honduran

● WHAT DEFINES HONDURAS

Bay Islands

NATURE

The Bay Islands, a Caribbean archipelago in Honduras, are a tropical paradise with crystal-clear waters, vibrant coral reefs and white sandy beaches, ideal for diving.

Punta

CULTURE

Punta Garífuna is a vibrant rhythm and dance from Honduras, which celebrates Afro-Caribbean culture with energy and joy. An explosion of flavour and tradition!

Basilica of Suyapa

HISTORY

Tradition has it that in 1747 a peasant found an image of the Virgin. From then on, miracles began to occur. The Virgin of Suyapa became the national patron saint and a symbol of national unity.

Copan

HISTORY

Copan is a site of Mayan ruins of great significance due to its unique artistic style, featuring intricately carved stelae and high-quality sculptures that often depict rulers and deities with great realism.

Folklore

CULTURE

Honduran folklore is a cornerstone of national identity, reflecting the rich history, ethnic diversity and ancestral traditions that define Honduras.

Baleada

CUISINE

The baleada is a traditional Honduran dish, consisting of a flour tortilla filled with beans, cheese and, often, cream and meat. Other delicacies include tapado, seafood soup and nacatamal.

● PLACES TO EXPLORE

Tegucigalpa

1.607.033 pop.

Tegucigalpa, the capital of Honduras, lies some 1,000 metres above sea level in a valley surrounded by mountains. It is a vibrant city with a historic centre full of colonial churches. The city's main attractions are the Presidential Palace and the Metropolitan Cathedral.

San Pedro Sula

1.299.457 pop.

San Pedro Sula, situated in the fertile Sula Valley, is the economic heart of Honduras, driving two-thirds of the country's production through its dynamic industrial and agricultural sectors. Its main attraction is the Museum of Anthropology and History, a fascinating window into the country's past and culture.

La Ceiba

285.756 pop.

La Ceiba, situated on the Caribbean coast of Honduras, offers a fascinating landscape. It is surrounded by Pico Bonito National Park, which covers the entire area of Pico Bonito – a mountain standing at 2,435 metres – and extensive beaches, ideal for water sports.

Roatan

41.831 pop.

Roatan, an island in the Caribbean, is a fascinating destination that combines natural beauty with a rich history. As part of the Mesoamerican Barrier Reef, the second largest in the world, the island offers unrivalled opportunities to explore the underwater world. Furthermore, its past linked to pirates and its Garífuna heritage give Roatán a unique and captivating character.

● GEOGRAPHY OF HONDURAS

La Mosquitia

La Mosquitia is a vast region covering approximately 30,000 square kilometres, situated on the Caribbean coast of Honduras. It is known for its rich biodiversity, tropical rainforests and the presence of various ethnic groups, including the Miskito, Tawahka and Sumo peoples. This area faces significant challenges in terms of development and conservation.

Sula Valley

The Sula Valley, which encompasses the Ulúa and Chamelecón river basins, is prone to recurrent flooding. Despite this, it has excellent-quality soil, ideal for growing bananas, oil palms and sugar cane, making it the most important agricultural region in Honduras.

Cordillera Central

Honduras is the most mountainous country in Central America, with 82 per cent of its territory consisting of mountains. The Cordillera Central, which consists of very rugged, medium-sized mountains, runs from north to south, dividing the country and making transport within it difficult.

● EXTRAORDINARY PLACES

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