



Country Profile: Honduras

Honduras is a democracy with a developing economy. The national language is Spanish, although English is often spoken in the Bay Islands. The climate is generally pleasant and temperate, with dry and wet seasons. During the dry season from February into May, widespread forest fires and agricultural burning can lead to severely degraded air quality throughout the country possibly causing respiratory problems and airport closures. The terrain includes mountainous areas, coastal beaches, and jungle lowlands. Facilities that would normally be used by tourists, including hotels and restaurants, are generally adequate in the capital city of Tegucigalpa, in San Pedro Sula, Tela, La Ceiba, the Bay Islands, and near the Copan ruins. Large sections of the country, however, lack basic public services or even a governmental presence. Currency exchange is readily available at banks and hotels in the major cities. Read the Department of State [Background Notes](#) on Honduras for additional information.

COUNTRY OVERVIEW

Country Name:	Honduras
Continent:	Central America
Capital City:	Tegucigalpa
Boundary Countries:	Guatemala, El Salvador, Nicaragua
Recommended Hospitals in Capital:	Hospital Del Valle (San Pedro Sula), Hospital y Clinicas Viera (Tegucigalpa) Hospital La Policlinica (Comayaguela), La Lima Medical Center (Cortes), Hospital Vincente D'Antoni (La Ceiba), Hospital Quirurgico Clinica Medica Maya (La Lima), Centro Medico Cemesa (San Pedro Sula), Centro Medico de Emergencia Suyapa (San Pedro Sula), Hospital Evangelico Siguatepeque, Centro Medico Honureño (Tegucigalpa), Honduras Medical Center (Tegucigalpa), Hospital Dime (Tegucigalpa), Hospital Infantil Privado-Tegucigalpa, Las Lomas Medical Center (Tegucigalpa), Mater del Centro de Medicina Integral para la Mujer (Tegucigalpa)
Main Cities:	Tegucigalpa, Puerto Castilla, La Ceiba, Puerto Cortés, San Pedro Sula, Choluteca, Danlí, San Lorenzo, Choluteca, Tela, Juticalpa, Comayagua, Santa Rosa de Copán
Country Size:	112,090 sq km
Population:	7, 483,763

COUNTRY GENERAL INFORMATION

Language:	Spanish, Amerindian dialects
Currency:	lempira (HNL)
Predominant Religions:	Roman Catholic 97%, Protestant 3%
National Holidays:	Independence Day, 15 September (1821)
Economic Status:	Honduras, the second poorest country in Central America and one of the poorest countries in the Western Hemisphere, with an extraordinarily unequal distribution of income and massive unemployment, is banking on expanded trade under the US-Central America Free Trade Agreement (CAFTA) and on debt relief under the Heavily Indebted Poor Countries (HIPC) initiative.

Security:	Army, Navy, (includes Naval Infantry), Honduran Air Force (Fuerza Aerea Hondurana, FAH)
US Presence:	<u>U.S. Embassy Tegucigalpa</u> Avenida La Paz Tegucigalpa M.D.C. Honduras Phone: (504) 2236-9320
Major Airports:	Airports: 116, Airports w/paved runways: 11 Tegucigalpa – Toncontin International Airport (TGU/MHTG) Tegucigalpa Airport, Honduras, PO Box 30120, Tegucigalpa, HONDURAS Tegucigalpa Airport, Honduras, Aeroport International de Toncontin, Tegucigalpa, MCD, HONDURAS Tel: +504 (0)233 1115, +504 (0)233 7613 Fax: +504 (0)233 3683, +504 (0)234 2402 Customs, hours: 12:00-0:00 UTC

©2006-2024 Seven Corners Inc. + 303 Congressional Blvd., Carmel, IN 46032 + 800-335-0611

Seven Corners is one of the industry's most experienced travel health insurance providers. The company serves leisure, student, business, government and missionary/volunteer travelers. It offers an extensive selection of international medical and travel insurance policies to U.S. citizens traveling overseas or foreign nationals visiting the United States. Seven Corners has thousands of policy holders and a worldwide network of 30,000 agents. The company created and maintains the industry's most comprehensive network of international health care providers that includes thousands of doctors, pharmacies and hospitals around the globe. Seven Corners is a member of the United States Travel Insurance Association, is GSA certified and is currently pursuing a SAS 70 Type II compliant designation. In addition to travel medical insurance, Seven Corners also offers health care administration to the government sector. The company is privately held and headquartered just north of Indianapolis in Carmel, IN.