The Sapodilla Cayes Marine Reserve covers an area of approximately 125 square kilometers and includes fourteen sand and mangrove cayes along the southernmost tip of the Belize Barrier Reef. The shallow water reefs around the outside of the reserve make the area great for snorkeling, as it often is not deeper than 15 feet.

Approximately 40 miles east of Punta Gorda lies the Sapodilla Caye Marine Reserve, a 48 square mile preserved area of reef, sand and mangrove cayes.

Schools of jack and spadefish frequent the outer reefs, while close to the bottom divers can find angelfish, parrot fish and snappers. The spectacularly clear waters through the lagoon area, characterized by silt, sand and shallow sea grass beds in the middle of the reserve, make the spot ideal for viewing gardens of lettuce coral, sponge and algae that grow throughout.

Notable Features

- The outer portion of the reserve is characterized by shallow water reefs which occur as a fringe around the cayes. The depth of water over these fringing reefs is often less than 15 feet, and some of them are exposed at low tides. The drop off east of the islands is gently sloping, in contrast to the near vertical walls further north and surrounding the outer coral atolls.
- The reserve is home two very beautiful beaches in Belize—Hunting Caye and Lime Caye. The former, is a high coral sand beach in the shape of a half moon lines the eastern shore, is known as a nesting ground for the Hawksbill Turtle. Lime Caye is frequently crowded by visitors from southern Belize and Guatemalan tourists.

Visitor Experience

Kayaking is a great way to explore each island. The Sapodillas have superb snorkeling and diving. The incredible reef system here with its healthy coral reef, supports many marine species including giant Whale Sharks, manta rays, dolphins, and sea turtles

Frank's Caye and Nicholas Caye both have basic accommodations.

Diving, fishing or snorkeling in this area can be arranged with licensed tour operators based in can be arranged with qualified dive operators based in Belize City, Dangriga, Hopkins, Placencia and with resorts on the atoll itself.