

Leap of Faith in Belize

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While in Belize, Karen Catchpole and Eric Mohl combined two adventures by jumping off waterfalls inside a pitch black cave. Check out the video to find out why this was truly a leap of faith!



STORY BY:

KAREN CATCHPOLE AND ERIC MOHL OF THE TRANS-AMERICAS JOURNEY

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It's dark. It's wet. Bats, a toad the size of a volley ball and something known as a "scorpion spider" call it home. Ancient Mayans used to perform sacred rituals, sometimes involving human sacrifice, here. To say our senses were on high alert as we entered Waterfall Cave in Belize would be an understatement.



After a 20-minute hike through the jungle we reached the mouth of the cave and the last of the daylight. From here on in we entered a world of profound darkness (except for our headlamps).

The geography of this unique wet cave means that there are lots of waterfalls inside the formation. We explored just six of them during our three-hour Waterfall Cave Expedition with [Ian Anderson's Caves Branch Adventure Co. & Jungle Lodge](#) (US\$90 per person including transportation, gear, guides and lunch).

On our way into the cave these waterfalls had to be scaled by climbing up them as the cold, crystal clear water came crashing down on us. That was the easy part.

In order to get back out of the cave we had to rappel down or jump off each of the waterfalls.

We've rappelled before. We've jumped off waterfalls before. However, jumping off a waterfall inside a cave in near darkness into a pitch black pool of water that you're trusting is deep enough and obstruction-free lends new meaning to the phrase "leap of faith." Watch the video to see what I mean!

Video by Eric Mohl of the [Trans-Americas Journey](#).

Look for [Karen Catchpole and Eric Mohl's Just Add Adventure!](#) series every Wednesday and Friday all summer long on Travel and Escape!

KAREN CATCHPOLE AND ERIC MOHL OF THE TRANS-AMERICAS JOURNEY



In April of 2006, journalist Karen Catchpole and photographer Eric Mohl left their jobs and apartment in New York City and embarked on the [Trans-Americas Journey](#), a 200,000-mile working road trip through all 23 countries in North, Central and South America. After many years on the road they are still nowhere near their goal of Tierra del Fuego at the tip of South America where the road literally ends. Until then, their slow and steady overland exploration of The Americas continues.

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