Population: approximately 8 million
Capital: Tegucigalpa
Main Seaport: Puerto Cortes
Monetary Unit: Lempira
Time Zone: UTC-6: 2 hours behind EST, same as MST.

Major Religion: Roman Catholic
Main Language: Spanish
Honduras Independence Day: September 15th
Other Holidays: Childrens Day (9/10), Good Friday, Easter, Day of the Soldier (7/20), El Dia de Lempira (10/3), Christmas, New Year's Eve.

Major Airports: Brus Laguna, Guanaja Airport, Goloson International Airport (La Ceiba), Juan Manuel Galvez Inernational Airport (Roatan), Ramon Villeda Morales Inernational Airport (San Pedro Sula/La Mesa), Puerta Lempira Airport, Toncontin International Airport (Tegucigalpa), Utila Airport.
Airlines from the US to Honduras: American, Delta, Taca, United

National Flower: orchid, Rhyncholaelia digbyana
National Bird: Scarlet Macaw

Average Temperatures: average high is 90; average low (in mountain areas) is 68. Mainly hot and humid year-round.
Precipitation: months with highest average: September, June, May, October

Major Archaeological Sites: Copan, Cerro Palenque, El Puente, Las Naranjos, Margarita Tomb, Playa de los Muertes, Talgua caves, Travesia, Yarumela, the Mosquito Coast
Major Resort Sites: Roatan, Palmetto Bay (World's 2nd largest coral reef), La Moskitia, Gracias, Comayagua, Utila
Weekly English-Language Newspaper: Honduras This Week