

# Travel Advisory Honduras



Level

3

Reconsider travel

*Reissued with obsolete COVID-19 page links removed.*

Reconsider travel to Honduras due to **crime** and **kidnapping**. Some areas have increased risk. Read the entire Travel Advisory.

Do not travel to:

- Gracias a Dios Department due to **crime**.

**Country Summary:** Violent crime, such as homicide, armed robbery, and kidnapping, is common. Violent gang activity, such as extortion, violent street crime, rape, and narcotics and human trafficking, is widespread. Local police and emergency services lack sufficient resources to respond effectively to serious crime.

Read the [country information page](#) for additional information on travel to Honduras.

If you decide to travel to Honduras:

- Avoid demonstrations.
- Be aware of your surroundings.
- Avoid walking or driving at night.
- Do not physically resist any robbery attempt.
- Be extra vigilant when visiting banks or ATMs.
- Do not display signs of wealth, such as wearing expensive watches or jewelry.
- Exercise caution using cell phones in public, including inside of cars while stopped in traffic.
- Visit our website for [Travel to High-Risk Areas](#).
- Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#) to receive Alerts and make it easier to locate you in an emergency.
- Follow the Department of State on [Facebook](#) and [Twitter](#).
- Review the [Country Security Report](#) for Honduras.
- Prepare a contingency plan for emergency situations. Review the [Traveler's Checklist](#).
- Visit the CDC page for the latest [Travel Health Information](#) related to your travel.

## Gracias a Dios Department – Level 4: Do Not Travel

Gracias a Dios is an isolated area with high levels of criminal activity and drug trafficking. Infrastructure is weak,

government services are limited, and police and military presence is scarce.

- The U.S. government has limited ability to provide emergency services to U.S. citizens in Gracias a Dios as U.S. government employees are restricted from traveling to the area.

Visit our website for [Travel to High-Risk Areas](#)