



Trek Guatemala

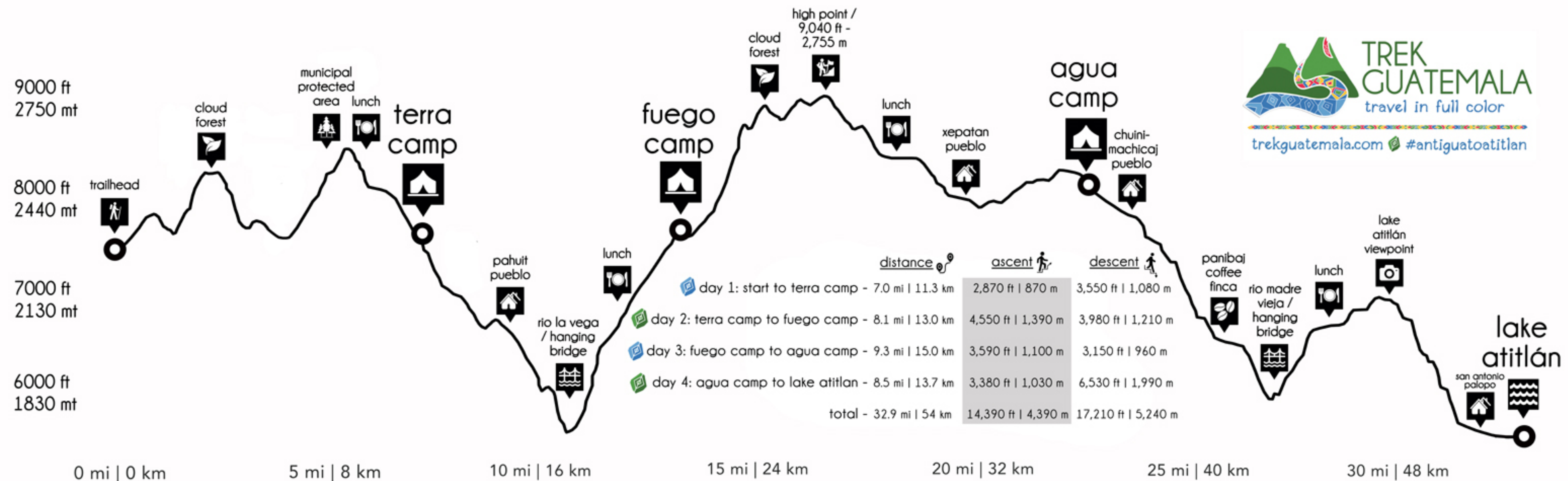
TREK ANTIGUA TO LAKE ATITLÁN

9 DAYS

TREKKING ANTIGUA TO LAKE ATITLÁN

Overview

Mysterious, colorful and delightfully different than its neighbors, Guatemala is Central America's most diverse country...from its people to its landscapes. Living Maya culture is everywhere with vibrant traditional dress and indigenous traditions. The colonial city of Antigua, established in 1534 by Spanish conquistadors, is a UNESCO World Heritage site and is recognized as one of Latin America's most historical and enchanting cities. Author Aldous Huxley famously called Guatemala's Lake Atitlán "the world's most beautiful lake", surpassing even Lake Como in Italy. And with its deep, clear waters surrounded by three towering volcanoes and Mayan villages...we certainly agree. And of course the best way to connect these two world-class destinations and explore the beauty and culture of Guatemala is via our four-day Antigua to Atitlán trek. Along the route guests experience friendly Mayan communities, active volcanoes and pass through a variety of landscapes...from cloud forest to coffee fincas. Our treks are supported by comfortable safari-style tent camps, delicious food and knowledgeable guides. And leave the heavy lifting to us! Each day you'll travel light with day packs while we move camp and your gear from one breathtaking destination to the next. We've combined our favorite hotels, experiences and places to visit into an extraordinary nine-day trip that shows you the best of Guatemala, and takes some of the guesswork out of travel planning. From cozy boutique hotels in colonial Antigua to trekking through breath taking landscapes to exploring Mayan pueblos that surround Lake Atitlán – this trip delivers comfort, authenticity and adventure.



ANTIGUA TO LAKE ATITLÁN + TIKAL

ITINERARY AT-A-GLANCE

DAY 1

Arrival/Antigua
Arrive airport. transfer
one hour drive to
Antigua, Dinner.
Overnight Hotel Mil
Flores

DAY 2

Explore Antigua
Cultural walking tour,
acclimatize, final
briefing and trek prep.
Overnight Hotel Mil
Flores

DAY 3

Trek to Terra Camp
Sky Route Trek
Hike and overnight
Terra Camp

DAY 4

Trek to Fuego Camp
Sky Route Trek
Hike and overnight
Fuego Camp

DAY 5

Trek to Agua Camp
Sky Route Trek
Hike and overnight
Agua Camp

DAY 6

Trek to Lake Atitlán
Sky Route Trek
Coffee farm visit,
Hike and overnight
Casa Palopó

DAY 7

Explore Lake Atitlán
Boat ride to San Juan La
Laguna, local
community visit,
Overnight Casa Palopó

DAY 8

Return to Antigua
Visit with Mayan
Shaman, breakfast,
return to Antigua,.
Overnight Hotel Mil
Flores

DAY 9

Departure
Breakfast, Transfer to
Guatemala
International for
departures

WELCOME TO OUR SKY ROUTE...LINKING ANTIGUA AND LAKE ATITLÁN

Whether you join us for all four days or just an overnight, our trek is as inspiring as the stars above



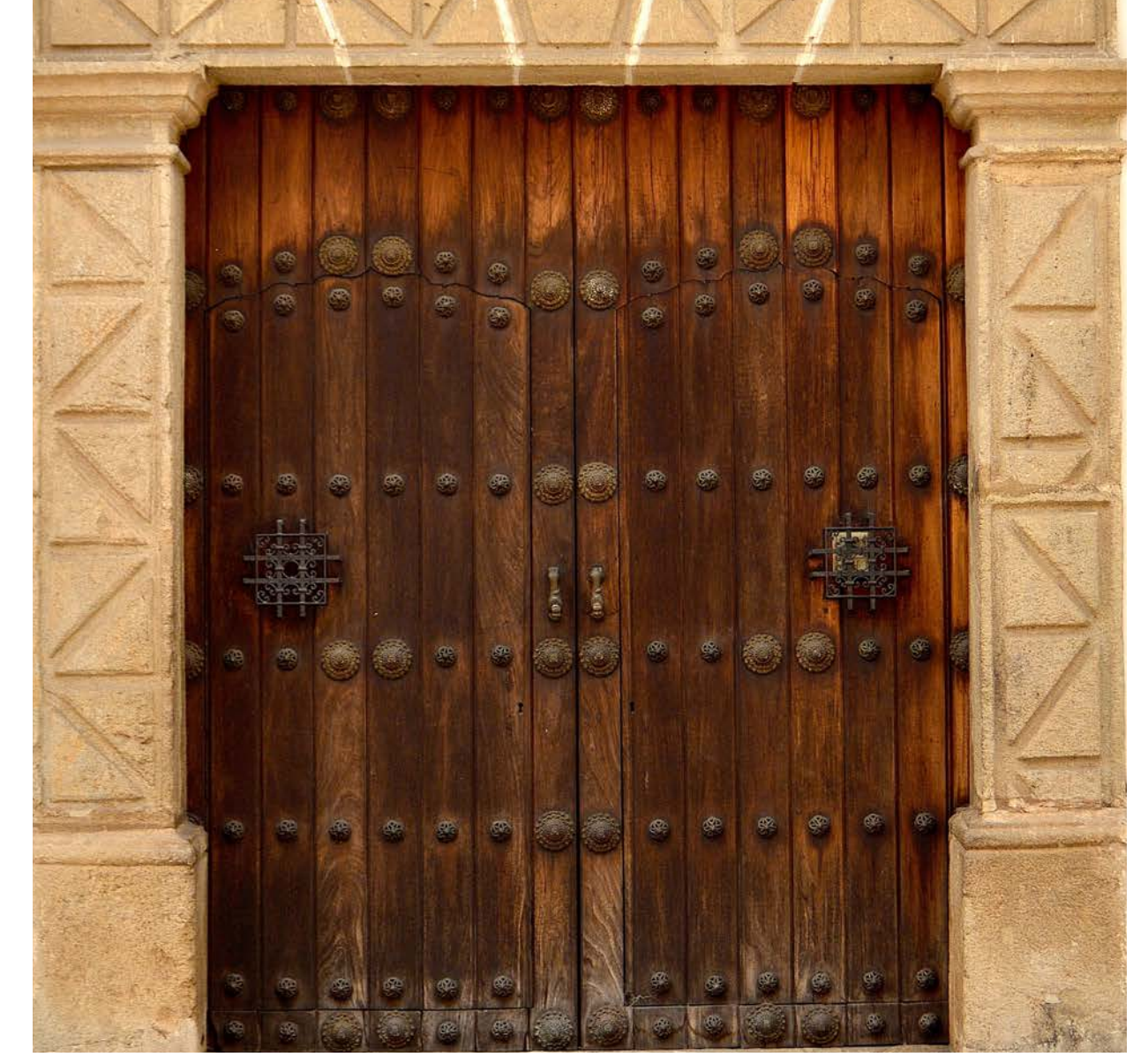
Yep...it's an active volcano



DAY 1: ARRIVAL / ANTIGUA

One of the strengths of Guatemala is its location. Less than a two- hour flight from Miami, Houston and other major US airports...it's easy to leave home on the morning and be strolling along cobblestone streets sipping a latte by late afternoon. Based on your arrival time, your first day in Guatemala is spent in Antigua where you can explore the city's colonial architecture, artisan markets and countless restaurants.

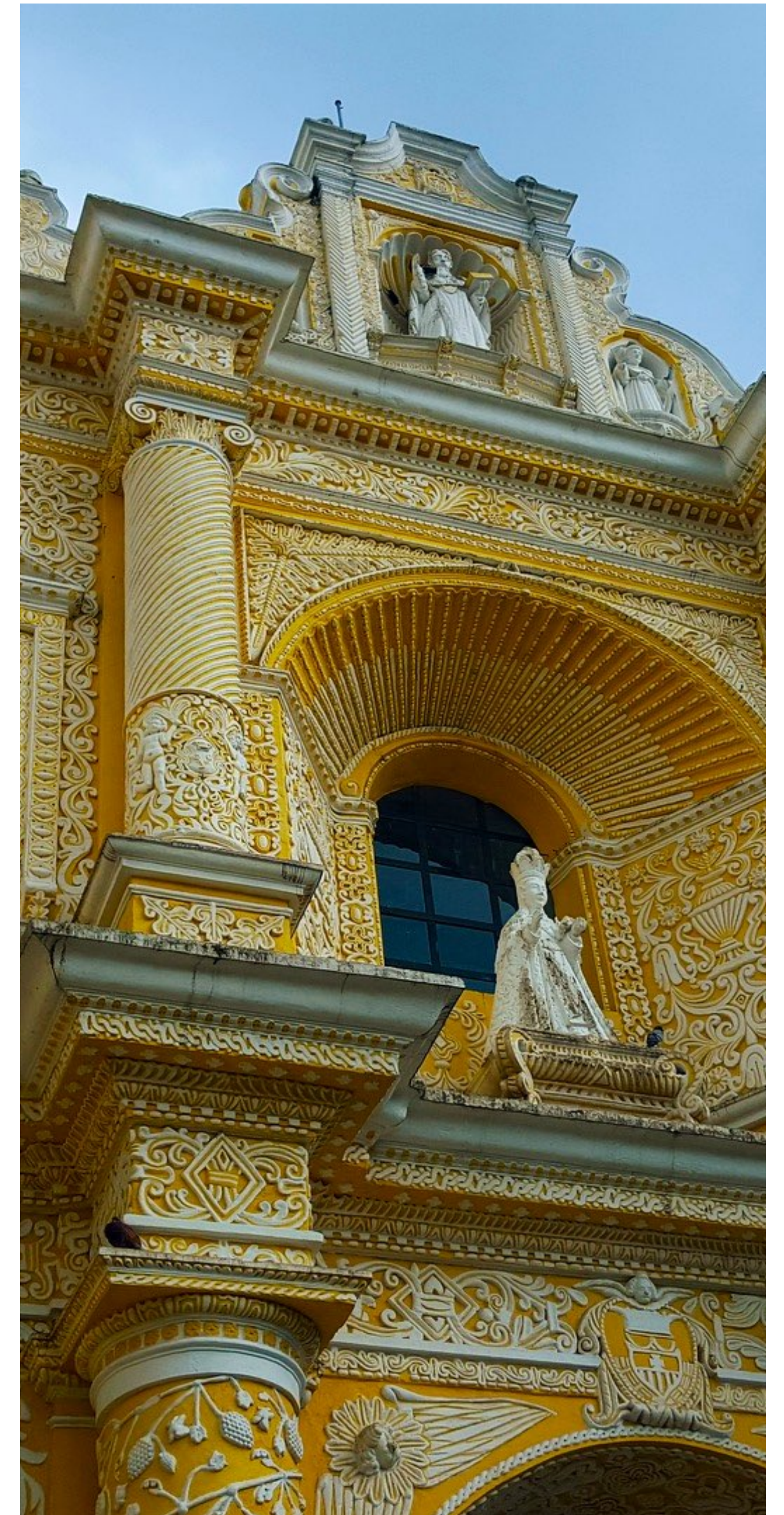
Overnight: Hotel Mil Flores (Dinner)



DAY 2: EXPLORE ANTIGUA

Following breakfast, you'll join famed local historian and author Elizabeth Bell on a cultural walking tour of Antigua. During the two-hour walk you'll visit Parque Central, the main cathedral and its 500-year old ruins, as well as the Palace of the Captain's General. You'll also learn about Maya archaeology through the spiritual stone of jade. The afternoon is yours to explore Antigua's nooks and crannies. This is also a day to acclimate to Guatemala's elevation, with Antigua sitting at 5,000 ft/1,500 m. In the evening, your trip leader will provide a final briefing to go over trek logistics, packing and any last-minute questions you might have.

Overnight Hotel Mil Flores (Breakfast, Lunch, Dinner)



DAY 3: TREK TO TERRA CAMP

Leaving Antigua, the first day of the trek begins with a visit to a shrine dedicated to the Mayan deity “San Simón”. Here, guests can witness locals as they pay their respects to the mysterious San Simón, and even light a candle to bless their travels. From there, a short drive takes us to our trailhead where we begin our trek that ascends out of vegetable and fruit plantations into lush Guatemalan cloud forest, topping out at nearly 8,700 ft / 2,650 mt. Acatenango Volcano, the highest in the Antigua Valley, looms overhead as we begin to descend through thick cloud forest down to a beautiful, grassy saddle between two mountain peaks. From there, it’s a short climb into a forested protected area where we have lunch in a sunny and secluded clearing. Following lunch, we descend through the protected area, trekking below towering trees covered in epiphytic plants such as orchids and bromeliads before we arrive at Terra Camp. After a hot shower and appetizers, guests warm up around a campfire before sitting down for a delicious dinner.

Overnight Terra Camp (Breakfast, Lunch, Dinner)





DAY 4: TREK TO FUEGO CAMP

Day two of the trek begins with a long descent through forest and agricultural fields into the La Vega River valley, more than 1900 ft / 580 m below where we cross a hanging foot bridge over the river (allowing you to embrace your inner Indiana Jones!) before a challenging yet spectacular afternoon 2400 ft / 730 m climb up through coffee plantations to our lunch spot located near a quaint Mayan village. After lunch, we make a final push upwards to arrive at Fuego Camp by late afternoon. Upon arrival, our staff meets you with a welcome drink to quench your thirst. Time to pull up a chair, kick off your boots, and take in the panoramic view that includes a first-row seat to Fuego Volcano, one of the world's most active volcanoes that's been going regularly since the Spanish conquest. With luck, it will light up the night sky with plumes of molten lava. Around the campfire, a local women's group will show you how to make traditional Guatemala corn tortillas by hand (trust us, it's harder than it looks) before we sit down for dinner and a good night's rest.

Overnight Fuego Camp (Breakfast, Lunch, Dinner)



DAY 5: TREK TO AGUA CAMP

Day three of our trek immerses guests in the finest natural scenery that Guatemala has to offer. A morning push takes guests to the highest point of the trek, just over 9,040 ft/2,755 m. We follow a pristine ridgeline for the rest of the day with panoramic views of six volcanoes and cloud forest before arriving to Agua Camp. After relaxing a bit, we venture into the local Mayan community of Chuinimachicaj to visit a women's cooperative that specializes in traditional backstrap weaving, an ancient art practiced for centuries in Guatemala and still used to weave fabric for clothing and other textiles.

Overnight Agua Camp (Breakfast, Lunch, Dinner)





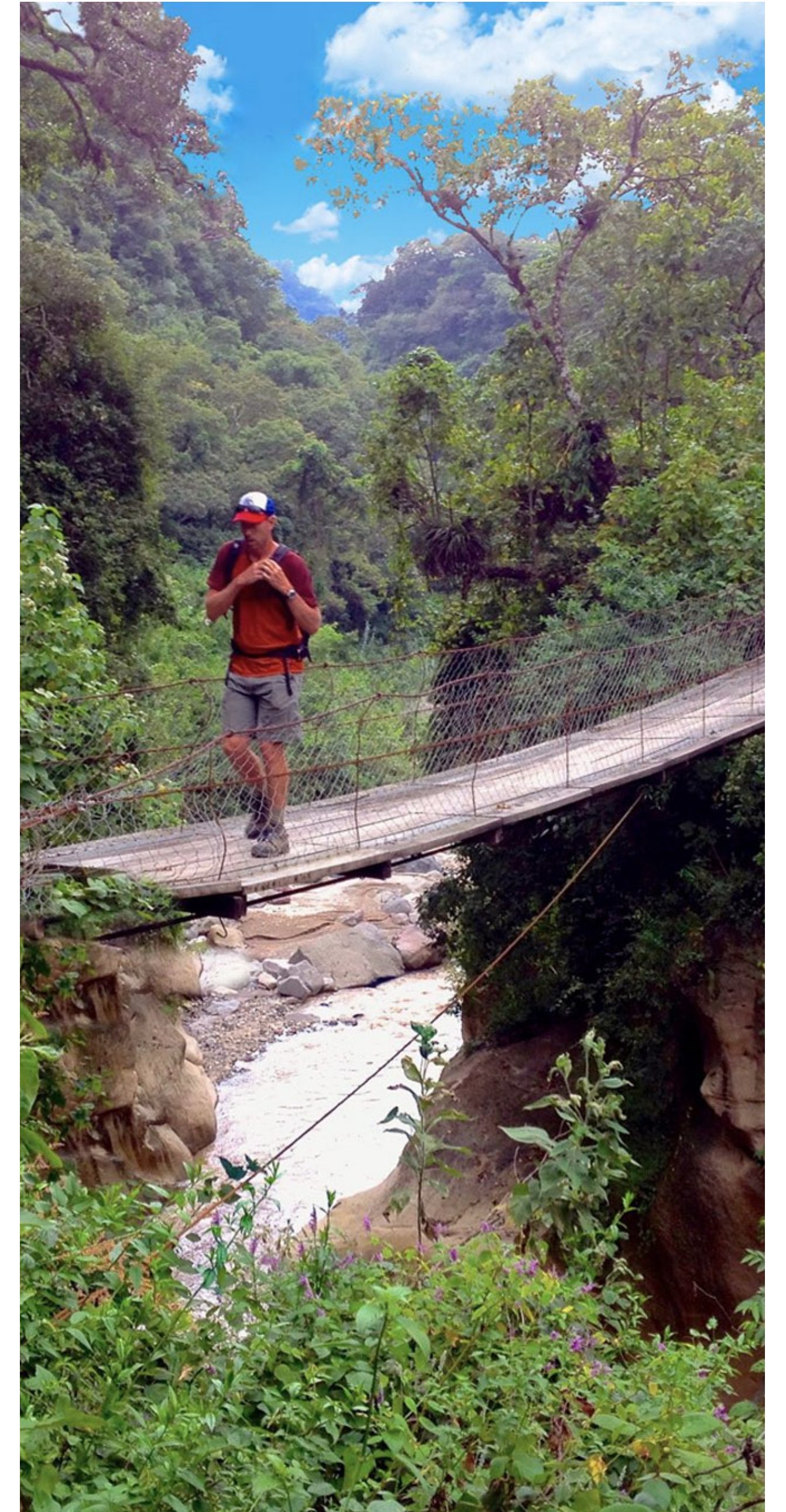
Bienvenidos
C#2

Juan
- and -
Melissa

DAY 6: TREK TO LAKE ATITLÁN

The final day of the trek begins with a descent into the Madre Vieja River valley, where we visit a picturesque coffee farm to learn about the planting and harvesting of small-batch coffee (and some tasting too!). After, we begin a short ascent that takes us up to the rim of Lake Atitlán, which offers expansive views of the water below and three massive volcanoes that surround it. From there, a final descent takes us to the lakeside village of San Antonio Palopó to conclude the trek. Congratulations, you made it!

Overnight Casa Palopó (Breakfast, Lunch, Dinner)



DAY 7: EXPLORE LAKE ATITLÁN

Following breakfast at the hotel, the group will board a private boat for a 1-hour boat ride to the quaint Mayan village of San Juan la Laguna. There, a local guide will meet you for a two-hour tour that includes visits to a variety of cooperatives that include weaving, coffee, chocolate and honey. San Juan la Laguna is also known for its artisans, and the group will visit a few art galleries in the village as well. Following lunch in San Juan la Laguna, the group will return by boat to the hotel where they can spend the afternoon swimming or just swinging in a hammock with a good book.

Overnight Casa Palopó (Breakfast, Lunch, Dinner)





DAY 8: RETURN TO ANTIGUA

Day 8 begins with a relaxing morning at the hotel during which a local Mayan Shaman will conduct individual astrological readings and explain the mysteries of Mayan rituals. Following lunch, a mid-day departure will take guests back to Antigua where they can use their final afternoon in the country to stroll the colonial city streets, window shop for souvenirs and enjoy a farewell dinner at one of Antigua's finest restaurants.

Overnight Hotel Mil Flores (Breakfast, Lunch, Dinner)



DAY 9: DEPARTURE DAY

Following breakfast at the hotel, a private shuttle will transfer you back to Flores for a morning flight that returns you to Guatemala International Airport by 9am for international departures and the end of your tour.





ACCOMMODATIONS: HOTELS

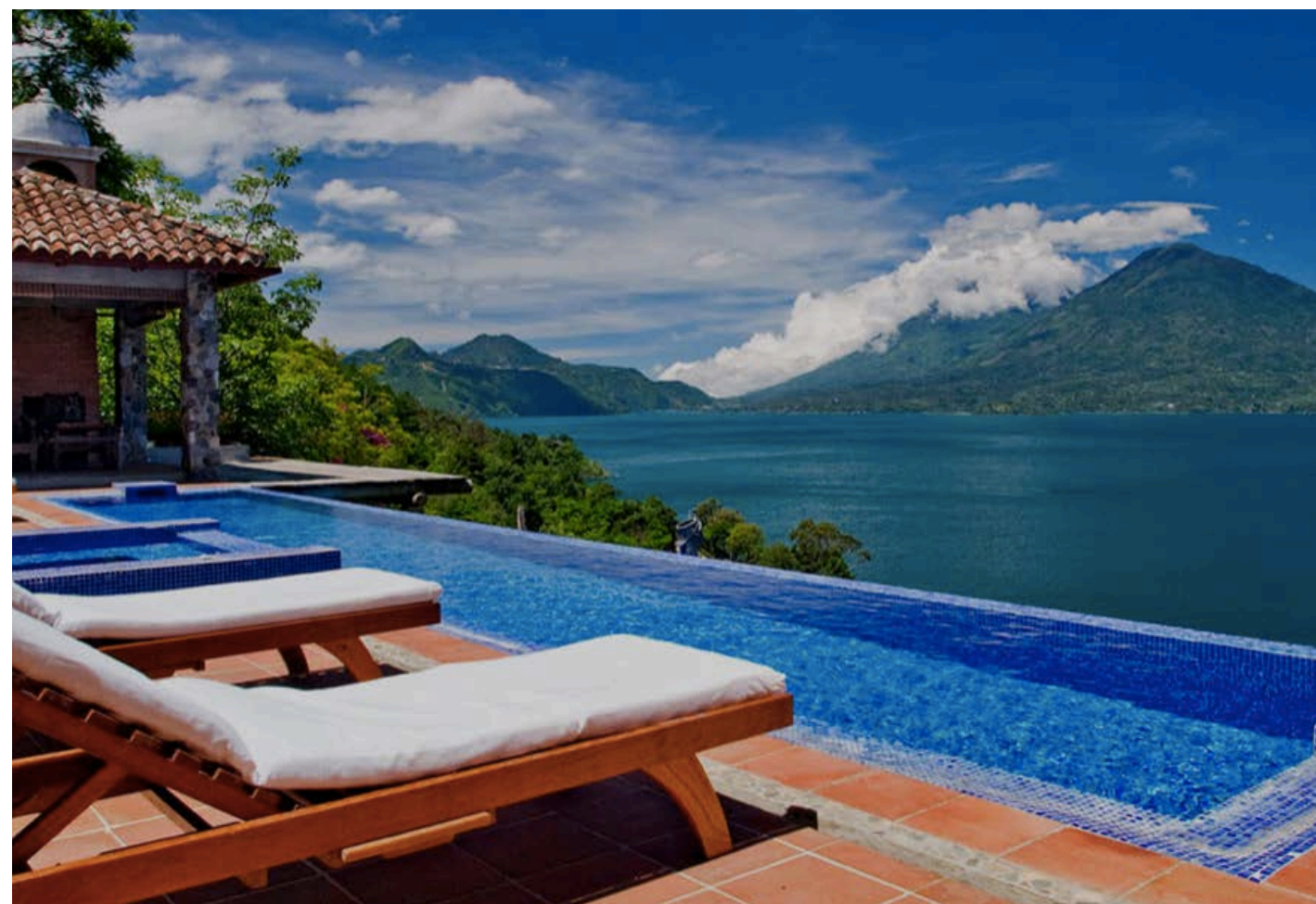
HOTEL MIL FLORES

With its dynamic setting just 300 meters from the main entrance to Antigua, Guatemala, this luxury hotel offers an elegant gateway to the city's finest attractions, dining and nightlife. Behind its regal Colonial façade, within a meticulously renovated 16th Century residence, this timeless luxury hotel in Antigua is a monument to historic grandeur. Warm and inviting, each of the hotel's recently renovated suites features rich fabrics, vibrant colors, and sensual textures, along with a surprising host of tech-savvy features and comforts.



CASA PALOPÓ,

Perched above spectacular Lake Atitlán with a view of three volcanoes and located in the Guatemalan Highlands, Casa Palopó offers prime relaxation as well as a base for Lake Atitlán adventures.. The only Relais & Châteaux in Guatemala, this laid-back hotel boasts colorful and warmly decorated rooms with exposed wood- beam ceilings. There's a cozy lounge and a restaurant with chandeliers. Other amenities include an outdoor infinity pool, and a terrace with sitting areas and panoramic lake views.



LAS LAGUNAS BOUTIQUE HOTEL

Located in the Heart of the Maya World, minutes away from the magnificent Tikal, Uaxactún and Yaxhá ruins, experience the richness of the jungle at its best at Las Lagunas. Inspired by a Guatemalan visionary who explored the undomesticated rainforest of Peten for 30 years, the property combines 300 acres of land, the comfort of a Boutique Hotel and its Private Reserve, two Monkey Islands, a complete Spa and an incredible museum.



ACCOMMODATIONS: CAMPS

ABOUT OUR CAMPS

Our treks are supported by comfortable safari-style tent camps, delicious food and knowledgeable guides. And leave the heavy lifting to us! Each day you'll travel light with day packs while we move camp and your gear from one breathtaking destination to the next.

ABOUT OUR TREK TRUCK

Each trip is supported by our overland "Trek Truck", a modified vehicle that not only carries our gear from camp to camp, but also features a nifty hot water shower, portable flush toilet and sink. It's private, but you can look up at the stars as you rinse a little trail dust off each night

TERRA CAMP



FUEGO CAMP



AGUA CAMP

