



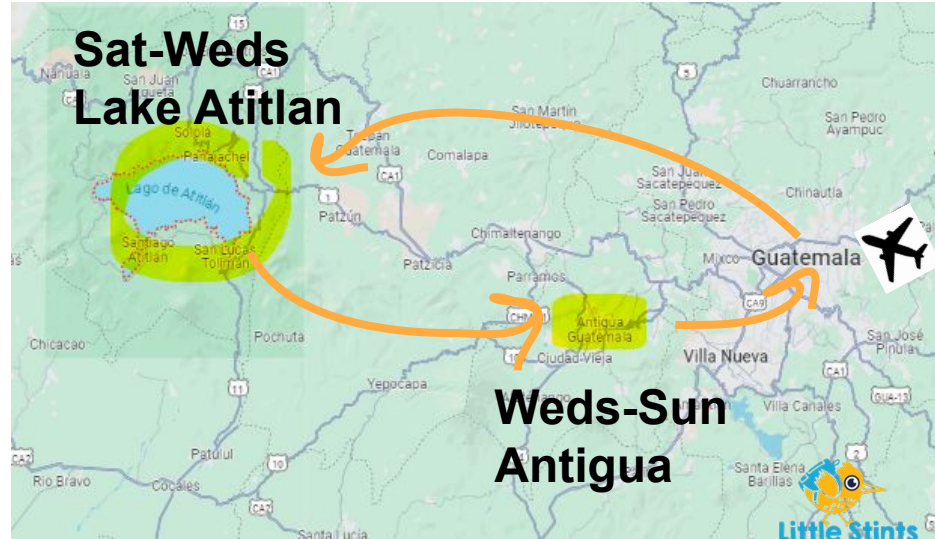
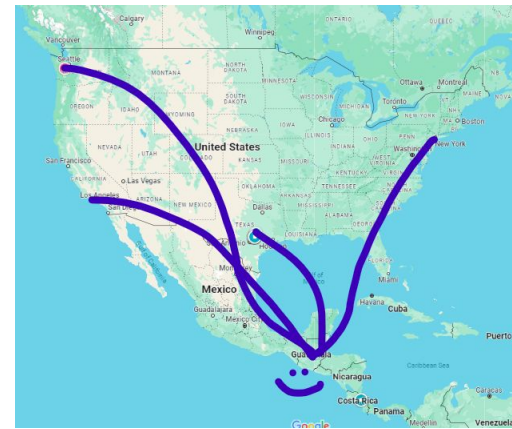
# Guatemala Adventure!

9 days; 8 nights

2 amazing locations: Lake Atitlan & Antigua

# The Adventure!

Lake Atitlan	1. Saturday	Arrive (Guatemala City) & transfer to Lake Atitlan
	2. Sunday	Atitlan Reserva
	3. Mononday	Lake Atitlan explorations
	4. Tuesday	Kayaking + painting
Antigua	5. Wednesday	Off to Antigua & walking tour
	6. Thursday	School visit & market experience
	7. Friday	Hike a volcano!
	8. Sat Nov 30	Kite fun & celebration with locals
	9. Sun Dec 1	Depart (Guatemala City)



# Lake Atitlan

Lake Atitlán is renowned as **one of the most beautiful lakes in the world**, and is one of Guatemala's most important national and international tourist attractions.

It's surrounded by volcanoes with shores dotted by unique towns/villages all connected by roads, boats, and trails.

Much of the local population is indigenous Maya.



# Antigua

Antigua is an amazing [world heritage site](#) founded in the early 1500s (Guatemala's original capital). It's got a super colonial feel (along with lots well-preserved ruins from various earthquakes throughout the centuries!), yet is also very well modernized for western tourists, with [coffee shops](#) galore and lots of little restaurants all around! It's 1500m above sea level, was constructed on a grid pattern inspired by the Italian Renaissance, has a lovely little central park/square, and is surrounded by some imposing volcanoes in the background that sometimes let off a cute little puff of smoke into very blue skies!

At times you may feel confused about whether you're in a little town in Spain or in Latin America :)!



# 1. Saturday: Arrive (Guatemala City-> Lake Atitlan)

The main airport is for this part of Guatemala is Guatemala City.

You'll fly in there and get transported from the airport to your hotel at Lake Atitlan :)! It's about a 2.5 hour drive...

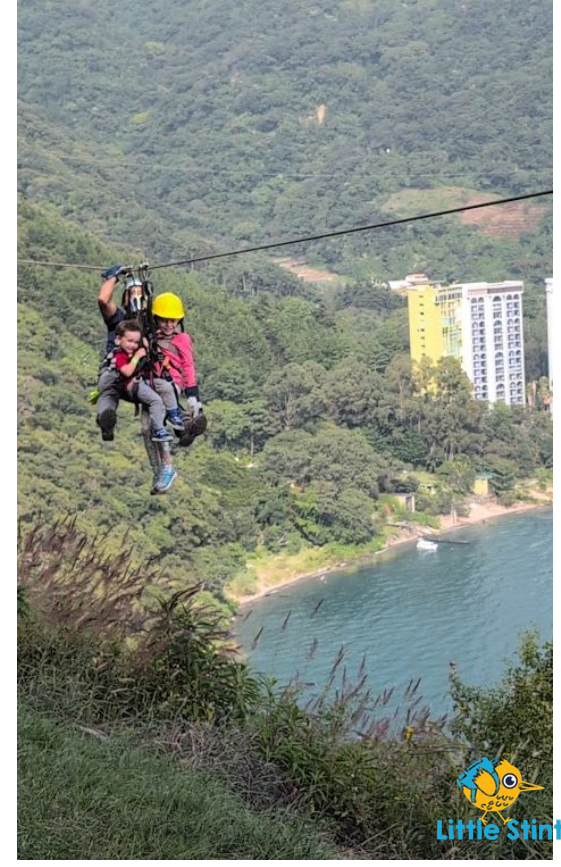
The hotel has pool, restaurant, is by the lake, etc :)!

*(If you can't arrive in Guatemala City by ~4pm on Saturday, we recommend flying in the day/evening before, ie on Friday, and we can help arrange accommodations near the airport)*



## 2. Sunday: Atitlan Nature Reserve

Woohoo! [Reserva Natural Atitlan](#) will be boatloads of fun... it's a jungle area with lots of pathways, zip line, waterfalls, rivers, hanging bridges, animals, butterfly reserve, and more! You'll spend the day running off all of the pent up energy from travel the day before :)!



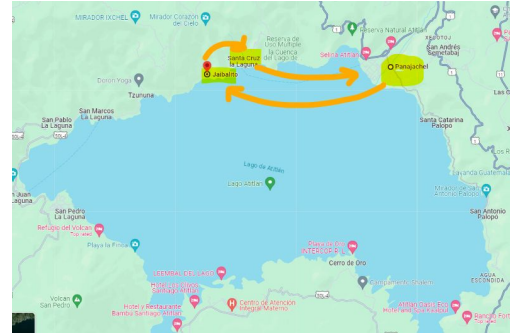
# 3. Monday: Lake Atitlan Explorations

You'll head out on the Lake today... over to explore some of the towns!

First stop is the tiny town of [Jaibalito](#). It has no access by car and is the smallest and most remote of the settlements along the lake!

Then you'll head to the town of Santa Cruz for a beading workshop...

You'll return by boat back to your hotel in Panajachel.



## 4. Tuesday: Kayaking + painting

You'll start today out with some low key time kayaking around Panajachel :)! The winds and lake are most calm in the morning, so it should be gorgeous!

Then you'll head to Santa Catarina Palopo which is super famous for the town's recent artistic transformation: their mission has been to paint ALL 960 buildings! You'll have art supplies and everyone can explore, stop and paint or draw what they find interesting, and be inspired. It's worth reading about here:

<https://www.architecturaldigest.com/story/santa-catarina-palopo-guatemala-painting-project>





## 5. Wednesday: Off to Antigua & walking tour

Today you'll pack up and say adios to the lake! You'll transfer to Antigua, a unique [world heritage site](#) founded in the early 1500s, which will be your home for the next few nights! It's 1500m above sea level, with a super colonial feel– and well-preserved ruins from various earthquakes throughout the centuries. The town was constructed on a grid pattern inspired by the Italian Renaissance and it's surrounded by some imposing volcanoes in the background!

Once there, you'll head out on a tour/scavenger hunt through the city, catching the highlights while also keeping the kiddos' attention :)!

In the late afternoon you'll settle into the hotel...

Babysitters will be on deck for tonight so parents will have some freedom: does a Salsa class and dinner out sound good? :)

PS - [see the appendix](#) for the crazy number of coffee shops around here :)



## 6. Thursday: School visit and market experience

School visit!!! We'll start by visiting a local school... meeting the kids, seeing the classrooms, playing some games with them, etc! Everyone can all bring some books and/or light school supplies (pencils, pens, a frisbee, notebooks, english story books, etc) from home to share with the students and the school.

Then, you'll head to a local Guatemalan market on Market Day! You'll learn about the history of it, how the market functions and is organized, explore new foods/fruits, and more! The kids will play some "market bingo" too, which keeps them engaged :)!

Evening: Sitters will be available again :)! Parents, would you enjoy a home cooked meal tonight?



## 7. Friday: Hike a volcano!

**Get ready for roasting marshmallows on a volcano.** If you didn't know that's a thing, now you do!

You'll climb up the Volcano Pacaya! Kids **CAN** do this (it's amazing how motivational marshmallows can be!), and you will also have a couple of horses on reserve in case someone needs a ride for a bit :).

This night you'll have babysitters available as well and kids can have **MOVIE NIGHT!**



## 8. Saturday: Kite fun & celebration with locals

Kite's are an important part of culture in Guatemala, especially on the Day of the Dead (Nov 1) with their [kite festivals](#)... and November is also the windy month. So, you'll learn more about kites, their significance, how they're made, decorate some, and fly them – all from a gorgeous park overlooking the town of Antigua.



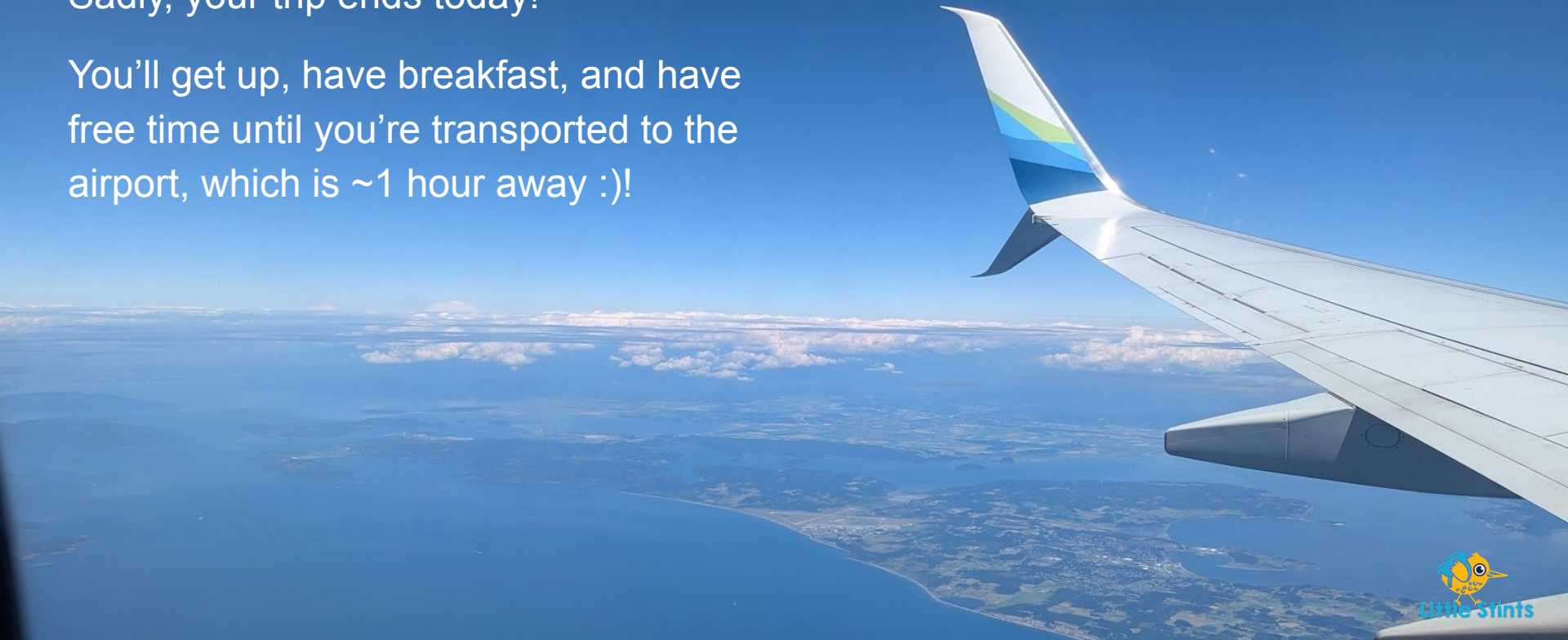
In the evening, you'll have a special goodbye party in the community where your guide lives, with his family and extended family. The kids will be able to play, you'll get to talk and learn more about real life there, and it will be a lovely way to wrap up your trip!



## 9. Sunday: Depart (Guatemala City)

Sadly, your trip ends today!

You'll get up, have breakfast, and have free time until you're transported to the airport, which is ~1 hour away :~)!



# Pricing

**Please reach out for current pricing as it will be based on numerous factors**

To reach out you can use:

- [This form](#)
- Phone: +1 619.786.4816
- Email: [jessica@littlestints.com](mailto:jessica@littlestints.com)
- [Pick a time on our calendar](#)

Includes:

- All transportation
- Airport transfers
- Activities and entrance fees
- Babysitters
- Guide(s) as needed
- Hotels
- Some meals
- Most tips
- English speaking driver
- Travel insurance

Doesn't include:

- Most meals
- Airfare

# Come join us



## Adventures in Guatemala!

**Book now, [using this form!](#)**

Or to chat with us:

- Phone: +1 619.786.4816
- Email: [jessica@littlestints.com](mailto:jessica@littlestints.com)
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# Appendix: Some food to get excited about

La Casa de las Sopas \$



**Pepián: The National Dish** La Casa de las Sopas is a must-eat restaurant in Antigua if you want to try *pepián de pollo* a hearty chicken stew that is the national dish and the most recognizable item in Guatemalan cuisine. A blend of two cultural flavors, Spanish and Maya.

Another one to try is *jocón* a stew with a green tomatillo base, cilantro, and ground pumpkin seeds. Sit on the patio and slurp some soup!

Most info here from:  
<https://travelisimo.com/guatemala/blog/posts/the-best-ty-pical-foods-that-you-must-try?country=GT>



## Kak'ik: A Mayan Delicacy

Another essential dish that you must try in Antigua is kak'ik, an aromatic and flavorful turkey broth. This ancient Mayan recipe combines turkey meat with local spices such as achiote, cilantro and tomato. The result is a comforting and tasty broth that will transport you to the roots of Guatemalan culture.



## Stuffed Chiles: Spicy and Delicious

For those who enjoy a little heat, stuffed chiles are a great option. These sweet peppers are stuffed with ground beef, vegetables, and cheese, topped with tomato sauce, and baked until golden and bubbly. They are an explosion of flavor that will leave you wanting more!

## Tamales Colorados: A Feast on Banana Leaves

Tamales are a staple of the Guatemalan diet, and red tamales are a specialty you can't miss in Antigua. These tamales are wrapped in banana leaves and filled with corn dough seasoned with a spicy red adobo and pork or chicken. They are a comforting treat that is sure to leave you wanting more.

