



## ITINERARY | DAY-BY-DAY

JOURNEY OF PURPOSE & DISCOVERY



Private Journey to Guatemala – support educational non-profit

**9 days / 8 nights**

**Year Round**

Enjoy the unique culture and traditions of Guatemala while you spend time exploring the cities and splendor of the gorgeous countryside. Explore several indigenous village communities around the lake, immersing yourselves in the culture and participating in educational and fun workshops

### Program Highlights

- ✓ An exclusively designed private journey to explore **Antigua** and **Lake Atitlan, Guatemala**.
- ✓ **Private guide** on days where activities have been included.

### Focus on Culture

- ✓ Explore the beauty of **Antigua, a UNESCO World Heritage**, site with a local private guide.
- ✓ Take in the beauty and serenity of one of the world's most beautiful lakes, **Lake Atitlán**, once described as *"the closest thing to Eden on earth"* by Lonely Planet.
- ✓ Hike an **active volcano**, Pacaya, and enjoy a picnic pizza lunch baked in the hot lava!
- ✓ Visit the **Ixchimche Ruins**, former capital of the Late Postclassic Kaqchikel Maya kingdom in 1470.
- ✓ Journey to **Pastores**, home to master shoemakers and artisans of leather made products.

### Focus on Community

- ✓ Join a local mama and **learn how to make perfect tortillas** in her home.
- ✓ Tour **3 micro-breweries**: sample beers, enjoy dinner and relax in the unique surroundings.
- ✓ Chocolate and coffee are very important in Guatemala; join Carmen to learn why and enjoy both these delicious local specialties.
- ✓ Join Don Cesar in his **carpentry workshop** and visit a nearby **chicken bus** factory.
- ✓ Explore **San Juan La Laguna**, a small Mayan village, often referred to as the "Swiss Village" of the lake.

#### What's Included:

- 4\* accommodations throughout
- All transportation and activities outlined in the itinerary
- International air to and from Guatemala - SFO
- Local English-speaking guide
- Meals as mentioned
- Airport transfers

#### Not Included:

- Personal expenses at the hotels including room service and spa services
- Meals not specified
- Passport renewal or issuance



## ITINERARY | DAY-BY-DAY

### 📍 Depart from San Francisco

## DAY 1- Welcome to Guatemala

Depart from San Francisco and journey to Guatemala, a country otherwise known as the "Land of Trees" and once referred to as the 'closest thing to Eden on earth' by Lonely Planet. After claiming your luggage and clearing customs in Guatemala City, you will be met by your local guide and transferred to Antigua.

**Antigua** is a small city surrounded by volcanoes in southern Guatemala. It's renowned for its Spanish colonial buildings, many of them restored following a 1773 earthquake.

Check-in at the **Good Hotel** which we have chosen for its wonderful location and relaxed and friendly environment. It is also known for the unique and significant role it plays in giving back to the local community of Antigua. All net profits from the hotel go directly to funding three local schools that have been established to educate over 500 children in underserved communities in Guatemala.

In 2015 they set up the Good Training Program, a bespoke hospitality training course. The program includes three months of classroom study and paid work experience. After graduating, every student has the chance to work full-time at the Good Hotel or with one of their carefully chosen partner hotels.

Enjoy some free time this afternoon to settle into your new surroundings. Your local guide, or hotel staff, will be extremely happy to suggest local restaurants for dinner.

### Overnight: Good Hotel (or similar)



### 📍 Antigua, Guatemala

## DAY 2 - Explore Antigua & learn how to make tortillas!

**Note:** Breakfast will be provided daily during your stay.



Your private guide will take you on a walking tour of Antigua, a UNESCO world heritage site. Explore Antigua's beautiful streets and visit the famous and important places in Antigua, including churches, ruins, monuments, the local market, the central park and more. Important highlights of the walking tour include the famous **La Merced Church** and the **Arco de Santa Catalina** (pictured).

You'll join a **local mama** to help her prepare and make the second of three daily batches of tortillas! Enjoy your freshly baked snack and see who did best!

Enjoy lunch at Los 3 Tiempos which specializes in typical local Guatemalan dishes. Dine on the rooftop patio and reflect on all you have seen and experienced during your morning tour.

Free time has been allocated this afternoon to shop, relax, or revisit one of the areas you enjoyed on your morning tour.

This evening, enjoy a welcome dinner at the Welten Restaurant, a local favorite. **WE CAN ALSO ADD a salsa class with a local dancer instructor.**

### Overnight: Good Hotel (or similar) Included meals: Breakfast, Lunch & Dinner



📍 **Antigua, Guatemala**

### **DAY 3 – Volcano hike, chocolate, and coffee workshop**

After breakfast, embark upon a glorious hike of the Pacaya Volcano. **Pacaya is an active volcano** that rises to an elevation of 2,552 meters and first erupted approximately 23,000 years ago. As you ascend the volcano, enjoy spectacular views of the valley down below and observe two other volcanoes, Agua, and Fuego (active) in the distance.

The hike is graded moderate and will be at a pace that accommodates the entire group (Nanda guests of all ages have completed the hike). If hiking is *not* an option for you, horses are available (additional fee).

We have a special treat lined up for lunch! Your guide will find the perfect spot for you to enjoy a pizza lunch. This is no ordinary pizza and will be **cooked fresh in the heat of the hot lava rocks**. Relax, take in the views and sip on a beer or wine and enjoy this unique, once-in-a-lifetime experience.



Guatemalan coffee is world famous, and you cannot leave Antigua without taking a coffee tour. So, this afternoon you will journey to a local village, San Lorenzo, to visit a local woman owned business to learn all about the significance of coffee and cacao in Guatemala.

You will meet Carmen, an independent business owner, who will guide you through the coffee process, from tree to cup. Carmen will take you to her family's traditional Guatemalan coffee plantation. After touring the coffee fields, you will learn how to clean, toast, grind and prepare coffee at Carmen's house. While enjoying a delicious cup of coffee, Carmen will tell you more about her history and her daily life in Guatemala.

She will also show you how to make traditional Guatemalan chocolate, a popular drink with a rich history. This is the second product that is produced and sold by Carmen's family. She will explain and demonstrate the production process and of course allow you to enjoy this delicious local treat.

Dinner is by individual arrangement (own expense).

**Overnight: The Good Hotel (or similar)**  
**Included meals: Breakfast & Lunch**



**Antigua, Guatemala**

**DAY 4 – Chicken bus, carpentry, handmade shoes, and local brews!**



No visit to Guatemala would be complete without riding on a Chicken Bus, the most common mode of public transport across the country. These former U.S. school buses are repaired, modified, and decorated elaborately by the local bus companies. You'll visit a local workshop to learn how the buses are transformed and how important this industry is to the local community.

Next, meet Don Cesar who owns a family coffin-making business. Coffin carpentry is a prominent and important part of life in Ciudad Vieja. Don Cesar will show you how the coffins are built and decorated according to Guatemalan tradition and your guide will share with you more about the Mayan beliefs, traditions and celebrations related to this part of life.

Before lunch at a local café, visit the small town of Patóres, famous for handmade leather boots and shoes.

Patóres was originally known first for its cowboy boots but now has over 50 shops offering an array of handmade leather footwear for men, women, and children as well as purses, belts, and accessories.

This afternoon, enjoy some local craft brews, a growing industry in Antigua! First drive to Cerveceria 14 a short drive outside of Antigua. The brewery was started by a craft beer aficionado from Denver. The location is stunning, surrounded by a coffee plantation with volcano views! Sample their delicious beers and return to Antigua to visit Antigua Brewing, taste their less traditional beers, and enjoy the Guatemalan sunset from the terrace. To complete your brewery experience, continue to your third stop, Antigua Cerveza El Bosque. Enjoy a delicious dinner in the forest around a bonfire and compare tastings to explore everyone's favorite!

**Overnight: Good Hotel**  
**Included meals: Breakfast, Lunch & Dinner**



**Antigua, Guatemala**

**DAY 5 – Free time**

Now that you're acclimated to the beautiful town of Antigua, spend the day exploring at your leisure. Your local guide will be happy to provide recommendations for what to do and see based on your personal interests.

**Overnight: Good Hotel (or similar)**  
**Included meals: Breakfast**



📍 Lake Atitlan, Guatemala

## DAY 6 – Mayan ruins and journey to Lake Atitlan

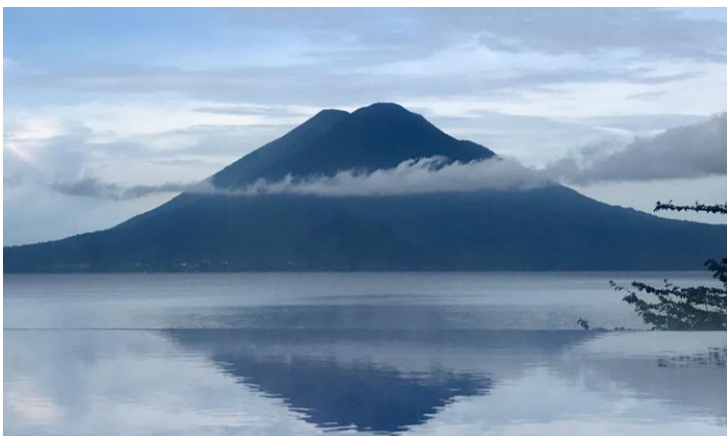
Today journey to Lake Atitlán, once referred to as “the closest thing to Eden on earth” by Lonely Planet. Lake Atitlán, a crater lake formed around two million years ago, is nestled between three majestic volcanoes (Atitlán, Tolimán and San Pedro), mountains, and twelve different Mayan villages.

In route you will explore some of the most revered and historically significant **Mayan ruins in Iximche**. Together you will experience the transformational wonders of the former and first capital of Guatemala in all its architectural and spiritual significance

Enjoy lunch at Way Bi. The restaurant has beautiful, landscaped gardens and is part of a non-profit foundation which offers pet therapy, a safe house, and counseling services for families that are suffering abuse, and for children with disabilities or autism.

Continue your journey to Lake Atitlan and enjoy a tour of the primary town by the lake Panajachel. From here you will take a short boat transfer to your hotel La Casa del Mundo in El Jaibalito. Enjoy a **welcome dinner** at your lakeside hotel. Meals at Casa del Mundo are made with the safest and best ingredients available, hand selected in Panajachel's indigenous market and transported by boat (the only access apart from ancient foot trails) to the hotel dock.

**Overnight: Casa del Mundo (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Lake Atitlan, Guatemala

## DAY 7 – Village life and foodie tour



After breakfast, you will visit **San Juan La Laguna** which is considered one of the more traditional villages around the lake and often referred to as the “Swiss Village” of the lake. San Juan’s population is primarily **Tz’utujil Maya** and because tourism isn’t developed as much here as in other villages around the lake, it provides for a more authentic Mayan cultural experience.

You will first visit a **local women weavers’ textile cooperative** to learn about and participate in the process of ancestral weaving. See how different natural materials including pepper, achiote, coconut shells, tree bark, and other natural products are used to dye the fabric to create stunning natural colors. This village is renowned for its beautiful textiles which are unique and different from anything else you will see in Guatemala.

Enjoy a light traditional local lunch and visit an **art gallery**, where you’ll see the beautiful artworks and learn about the techniques used to create them. As you explore the village you will observe beautiful murals painted on the houses and walls – don’t forget your camera!

This afternoon you will explore the bustling local markets, sample delicious fruits, and enjoy traditional Guatemalan foods. Your **foodie tour** includes more fabulous local chocolate! The markets are also a wonderful place to purchase some local souvenirs. You will find native huipiles, bracelets, handmade leather products including purses as well as shoes, jewelry, and much more.

**Overnight: Casa del Mundo (or similar)**  
**Included meals: Breakfast & Lunch**



## ITINERARY | DAY-BY-DAY

### 📍 Lake Atitlan, Guatemala **DAY 8 – Saturday, September 24**

#### Cultural Interaction

Today is yours to explore or simply stay and enjoy the lakeside tranquility of Casa del Mundo.

Your hotel has several private balconies with hammocks, loungers, and seating areas from which you can observe the lake, read a book, meditate, or nap the day away!

There are two hikes available from your hotel to explore the local area and take in the stunning scenery of the surrounding lake and villages. I suggest walking in to Jaibalito (easy walk) and visiting Hans at his tiny hostel. You'll meet backpackers and locals alike. Be sure to sample his amazing sauerkraut and homemade beer! The walk to Santa Cruz is a little tougher (take water and snacks) but offers amazing lake views. Fantastic opportunity to practice your Spanish!

Or take the boat shuttle in to Panajchel to enjoy lunch, souvenir shopping or simply watching the backpackers and locals go about their day!

**Overnight: Casa del Mundo (or similar)**

**Included meals: Breakfast, Lunch**

#### 📍 Departure

### **DAY 9 – Time to say goodbye**

You will have a private transfer to Guatemala City for your flight back to San Francisco.



#### Your Impact:

- ✓ 59% of the Guatemalan population live below the national poverty line.
- ✓ 41% are educated to primary level.
- ✓ 19% are educated to secondary level.
- ✓ Only 8% are educated to higher education level.
- ✓ 45% of the Guatemalan population is Indigenous. Mayans of different social classes can be found in all of Guatemala's cities, although the majority live in poverty or extreme poverty and are most likely to suffer social, economic, political, and cultural exclusion.

#### How you are helping:

- ✓ Your participation helps Ninos de Guatemala to continue their work providing education for over 500 students
- ✓ For each night at the Good Hotel, you fund the education of a child for 5 days (20 days total, per participant)
- ✓ Each half-day of cultural experiences and activities that you participate in funds a nutritious and wholesome snack for 3 students at a Ninos de Guatemala school for one whole month (18 students per participant)
- ✓ By supporting social cooperatives, you're directly protecting the cultural heritage of indigenous communities and helping families remain in the local community and create a life of financial independence.



📍 Antigua, Guatemala

### Good Hotel

Calle del Hermano Pedro 12, Antigua,

**Telephone:** +502 7796 6500

<http://www.goodhotelantigua.com>

A former private mansion, infused with local touches, personalized service, and a social business model in the heart of UNESCO-protected Antigua, Guatemala. Good Hotel Antigua is deeply rooted in the local community. For each night you stay, you fund 5 days education for a local student. Located in a quiet cobblestone street in the heart of Antigua, Guatemala. Just a 5-minute walk from the Parque Central (Main Square).



📍 Lake Atitlan, Guatemala

### Casa del Mundo

El Jaibalito, Lake Atitlan, Guatemala

**Telephone:** +502 5218 5332

<http://www.lacasadelmundo.com/>

La Casa del Mundo, or the World's Home is a place where diverse cultures come together to relax, share experiences, and enjoy the gems of Lake Atitlan. We are proud to tend to such wonderful guests.

Travelers come here to relax and take a break from their busy lives. Many forget what day it is and are taken over by utmost relaxation. They use the hotel and its atmosphere as their re-energizing hub while venturing out to experience the color, life, and sublimity of Lake Atitlan.

The 17 bedrooms, each with unique architecture, were built one by one into the lake's cliff sides over the past 20 years. They're equipped with top quality beds, hot water (mostly solar heated), restrooms, traditional Mayan decorations, and spectacular lake views from their 100-250 feet high perches.

