



ITINERARY | DAY-BY-DAY

JOURNEY OF PURPOSE & DISCOVERY



Journey of Purpose & Discovery to Guatemala with Lori Greenwood

8 days / 7 nights

March 25 - April 1, 2023

Program Price: \$3,299 (double occupancy)

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

- Enjoy participating in a **Mayan culture workshop, school visits** and more. This program is for you if you are looking for an adventure that will align with your passion for travel, cultural immersion, and philanthropy.

Focus on Culture

- Explore the beauty of **Antigua, a UNESCO World Heritage**, site with a local private guide.
- 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.
- Visit a local **microbrewery** just outside of Antigua. Started by a US brewer, who selected an amazing location adjacent to a coffee farm with majestic views of the volcano!

Focus on Community

- Learn **how to make perfect tortillas** in a mama's home.
- Join Carmen for a **coffee and chocolate workshop**.
- Join Don Cesar in his **carpentry workshop** and visit a nearby **chicken bus** factory.
- Putt on your dancing shoes – learn how to **Salsa**
- Explore **San Juan La Laguna**, a small Mayan village, often referred to as the “Swiss Village” of the lake.
- Your participation will directly **support the education** of children in Guatemala
- Explore the deep **Mayan Culture** of several indigenous communities.

What's Included:

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

Not Included:

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



Guatemala | www.nandajourneys.com | 888-747-7501



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📍 Depart from Chicago

DAY 1- Welcome to Guatemala

Depart from Chicago 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.

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).

Overnight: Good Hotel (or similar)



📍 Antigua, Guatemala

DAY 2 - Volcano Hike & Salsa

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 for you, no problem, we will have horses available for you to ride!

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.

Enjoy some free time to continue your exploration of Antigua before enjoying a Salsa dancing lesson and a welcome dinner at the Welten Restaurant, a local favorite.

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



📍 Antigua, Guatemala

DAY 3 – School Visit & Worry Doll Workshop

This morning the group will depart for one of **Niños de Guatemala’s** schools. The organization provides education to 525 children who otherwise would not have access. Learn about the power of education and how impactful it is to the local community.

Niños de Guatemala’s **Nuestro Futuro School** serves nearly 200 children living below the poverty line. You will tour the school and explore how the school is focused on not only traditional education but also recycling, organic growing, and health/nutrition.

Break time starts at 9:30, so the entire group will have a chance to support the mothers in the kitchen to **prepare snacks, drinks and hand deliver them to the kids.**

Next meet a mother of four children in one of the NDG schools and learn about the art of making a **Guatemalan worry doll**. This industry is now the main income generation source for 80% of mothers in the San Lorenzo el Cubo community. Make your own traditional worry doll as a souvenir.



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

📍 Antigua, Guatemala

DAY 4 –Chicken Bus, Chocolate & Coffee



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.

This afternoon you will journey to a local village, San Lorenzo, to visit a local woman owned business to learn all about the significance 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. She will also show you how to make traditional Guatemalan chocolate, a popular drink with a rich history.

This afternoon, enjoy some local craft brews, a growing industry in 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.



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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: The Good Hotel (or similar)

Included meals: Breakfast & Lunch

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. Enjoy a **welcome dinner** at your lakeside hotel.

Overnight: Villas Santa Catarina (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 **Lake Atitlan, Guatemala**

DAY 6 – Village life and foodie tour



📍 **Lake Atitlan, Guatemala**

DAY 5 – 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.

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!



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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: Villas Santa Catarina (or similar)
Included meals: Breakfast, Lunch & Dinner

📍 Lake Atitlan, Guatemala

DAY 7 Relax, reflect, or explore some more!

Today is yours to explore or simply stay and enjoy the lakeside tranquility of Villas Santa Catarina.

You may elect to explore the lake by kayak, take a dip in the heated outdoor pool, or venture by boat to explore one of the other lakeside villages. The lake enjoys a regular water taxi service to the surrounding towns and villages. Panajachel, the lakes main town, is only a 5-minute boat ride away and has many shops, restaurants, and markets where you are sure to find some wonderful souvenirs.

If you are seeking a little adrenalin, might we suggest zip-lining at the nearby eco park. Choose from the Cables X-Tremos course which has 8 zip-lines which pass along waterfalls, canyons, the valley, and the coffee grove forest. Add on the Ultra course which has an additional 7 zip-lines with breathtaking views of the lake and the longest cables.

Overnight: Villas Santa Catarina (or similar)
Included meals: Breakfast

📍 Departure

DAY 8 – Time to say goodbye

Your will have a private transfer to Guatemala City for your flight back to Chicago.



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
- ✓ 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.
- ✓ 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

Villa Santa Catarina

Calle del Embarcadero

Santa Catarina Palopó, Guatemala 07011

Telephone: +502-7761-1291

<http://www.villasdeguatemala.com/esp/villa-santa-catarina>

VILLA SANTA CATARINA, is located 5 minutes from Panajachel, on the shores of Lake Atitlán, in Santa Catarina Palopó famous for its colorful typical costume and for the beautiful textiles that are made there. The 38 rooms of VILLA SANTA CATARINA are arranged in 2 buildings with 2 levels each, surrounded by beautiful gardens and magnificent views of Lake Atitlán and surrounding mountains.

VILLA SANTA CATARINA offers you a restaurant and bar, food service to your room, heated outdoor pool, beautiful gardens and free wi-fi in public areas.

