



# Guatemala Villages & Volcanoes Hiking

## Maya Heritage from Tikal to Lake Atitlan

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**



# Feel the difference

with **Mountain Travel Sobek**

## **Unrivaled Expertise**

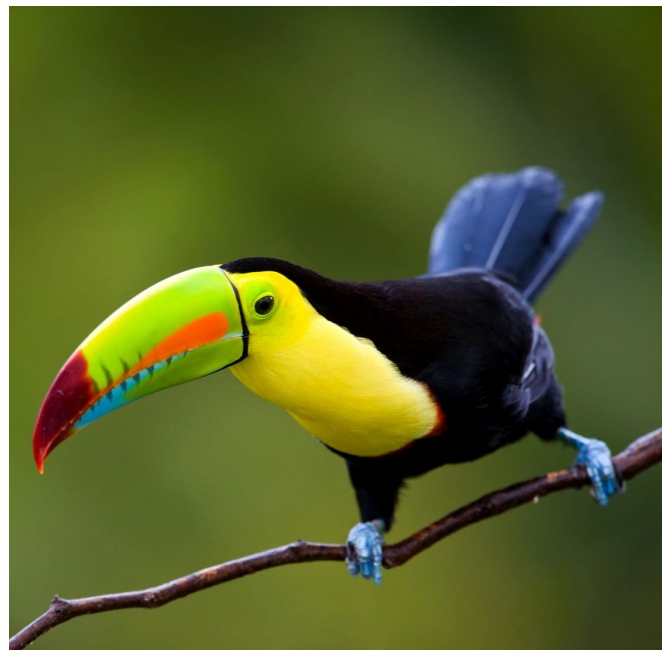
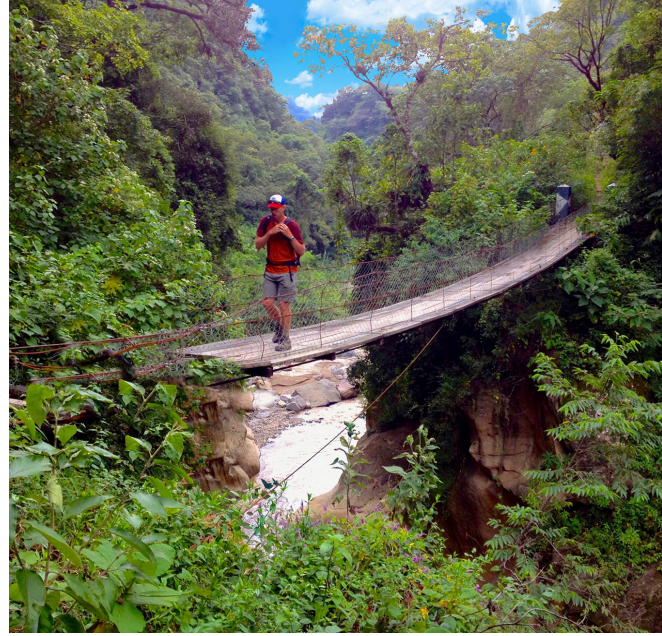
MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## **Unique Trip Design**

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## **Small Groups**

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

We design immersive active adventures for small groups, allowing access to experiences others can't reach, and we've been sharing the wonders of Latin America with our guests since 1970.

## REASON 2

This well-paced 10-day journey explores the stunning volcanic landscapes and rich Maya traditions of this diverse nation with a group capped at 12 adventurers, to make your experience more personal.

## REASON 3

The best insight into a country comes from its residents, and we pick experienced local guides who offer a deeper connection with the people and places you encounter along the way.

## At A Glance

### ACTIVITIES

Exploring jungle-shrouded pyramids, highland villages, and volcanic landscapes on foot, and discovering the rich cultural legacy of the ancient and modern-day Maya.



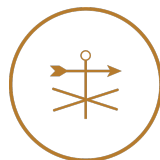
### LODGING

Perfectly located small hotels inside Tikal National Park, in the heart of colonial Antigua, and on the shores of Lake Atitlan, and a special night hosted by a local community at a deluxe tented camp in the highlands.



### CLIMATE

Nov to Apr offers sunny days, clear skies. The lowlands around Tikal have a tropical climate year-round, while the central highlands are cooler, particularly at night.



### KNOW BEFORE YOU BOOK

**Accommodation:** One night of the trip is in glamping tents with comfortable mattresses, linens, pillows, and a cozy down comforter; a separate toilet and shower vehicle is stationed nearby. This night is in the Lake Atitlan highlands amid traditional Mayan communities.



# Guatemala Villages & Volcanoes Hiking

## Maya Heritage from Tikal to Lake Atitlan

This exploration of Guatemala pairs hikes amid dramatic volcanic peaks, shimmering lakes, and lush rainforest, with the enchanting world of the ancient Maya and their modern-day descendants. The towering pyramids of Tikal rise from jungle trails that echo with the calls of howler monkeys. Village trails lead to meaningful encounters with Maya people who still wear traditional textiles and practice the customs of their ancestors. View the sunrise over calm waters on Lake Atitlan, a volcanic caldera ringed by cone-shaped peaks. Take a cobblestone walk through Antigua's colonial history. Hike the slopes of Pacaya Volcano.

### 10 Days

**Start:** Guatemala City, Guatemala

**End:** Guatemala City, Guatemala

**Departing:** January, February, March, April, May, November, December

**Activities:** Hiking & Trekking, Cultural Discovery

**Lodging:** Comfortable Hotels, Deluxe Camping

**Group Size:** 4-12 Guests

#### ACTIVITY:



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*I would highly recommend Mt Sobek for an amazing travel adventure. Every detail was taken care of- transport, luggage, meals, and of course hiking trails and accommodations. It made for a stress free trip and one where you can truly enjoy the beauty and culture around you.*

- Kristin W.

Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.

# The Itinerary

DAY  
01

## Arrive in Guatemala City & Fly to the Peten Rainforest

Arrive in Guatemala City by early afternoon and meet in the airport to travel together on the flight to Flores, and the Peten rainforest. A vast tropical jungle where ancient Maya civilization flourished, this region is part of the Maya Biosphere Reserve, established in 1991 to protect the largest remaining American tropical forest north of the Amazon. Transfer to your deluxe boutique hotel nearby. In the early evening, gather with the group for a briefing on the adventure ahead, followed by a welcome dinner.

**MEALS:** Dinner

**TRANSPORTATION:** 1-hour flight, 20-minute private van transfer

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DAY  
02

## Kayak Lake Peten Itza & Journey to Tikal

Paddle across the deep blue waters of Lake Peten Itza, gliding along emerald shores of tropical forest dotted with small towns with your guide—an easy introduction to the rhythm and beauty of this special place. Leaving your kayak behind, take a path less traveled, hiking into pristine rainforest and over rolling hills with spectacular views of the lake. Be on the lookout for toucans, macaws, and iguanas. The forest opens onto a hidden cove where you can relax on sandy shores or take a dip in the lake to cool off. Transfer back to Flores Island by motorized boat, then continue to UNESCO-listed Tikal National Park where you'll stay at the best lodging within its boundaries.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 20-minute boat ride, 2-hour private van transfer

**ACTIVITY:** 1.5 hours kayaking, 2 hours easy hiking

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DAY  
03

## Climb a Tikal Temple at Sunrise & Explore the Ruins

Rise before dawn and walk to the archeological site for a magical experience. Climb to the top of the tallest temple to gaze out over the canopy as the shapes of smaller temples emerge from the morning mist. At first light the jungle awakens with the roars of howler monkeys and calls of tropical birds. Return to the lodge for breakfast and meet up with your guide mid-morning for a more thorough exploration of Tikal's captivating ruins. As you wander amid the ancient Maya acropolis and ceremonial sites, your guide will unravel the complexities of the Maya civilizations and the architecture of Tikal. After lunch in a rainforest restaurant, your afternoon is free to explore more of the ruins on your own, relax, or take a dip in the pool.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6 hours walking on uneven terrain at Tikal

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## Hike Pacaya Active Volcano & Travel to Antigua

Take a morning flight to Guatemala City, then travel into the highlands, stopping at Finca El Barretal, a historic coffee estate perched on fertile volcanic slopes. Stretch your legs on a short walk to a hidden waterfall, then savor a farm-fresh BBQ lunch. This afternoon, hike up Pacaya Volcano, one of the country's most active. Ascend through farmland and pine forest to an exposed ridge for a panoramic vista of its blackened smoking cone, stark lava fields, and the distant volcanoes of Antigua and Lake Atitlan. Before descending, enjoy a well-earned reward as the sun sets—artisan pizza cooked over hot lava! Arrive in Antigua in the early evening.

*Note: In compliance with Pacaya National Park safety regulations, the closest guests can get to the volcano's active crater is a little over half a mile, with excellent vantage points from a distance.*

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour flight, 4-hour private van transfer, with stops

**ACTIVITY:** 1.5-2 hours/2 miles hiking with 1,500' elevation gain & 1,500' elevation loss

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## Explore Antigua & Cook a Classic Guatemalan Dish

Step into the cobble streets of UNESCO-listed Antigua on a walking tour through one of Latin America's most captivating colonial cities. Wander past pastel facades, grand plazas, and historic landmarks including the Cathedral of San Jose and La Merced Church, as your guide brings Antigua's rich history to life. A short hike leads to Cerro de la Cruz, where sweeping views of the city below are framed by majestic Volcan de Agua. Then, learn to cook pepian (pumpkin seed stew) using time-honored Maya techniques. Grind spices, stir rich sauces, and uncover the cultural roots behind this beloved dish, then enjoy your creation for lunch. Your afternoon is free to explore more of Antigua on your own.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 2-hour walking tour with minimal elevation gain/loss, 45 minutes hiking

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## Hike Deep into the Lake Atitlan Highlands

Begin the first stage of a two-day adventure into Guatemala's enchanting volcanic landscape. After a scenic drive to the trailhead, climb steadily along cloud forest ridgelines alive with chattering birds and tropical plants. Reaching the highlands, the landscape opens to farmers tending terraced fields as they have for generations. After a picnic lunch, descend toward your glamping camp with Lake Atitlan shimmering in the distance. In the afternoon, visit the Kaqchikel Maya communities of Panimaquin and Chuaquenum. Meet artisans at a women's weaving cooperative and learn how intricate textiles are created using natural dyes and backstrap looms, an ancestral craft that remains central to cultural identity. Return to camp and enjoy a dinner prepared by your community hosts.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hour private van transfer

**ACTIVITY:** 3 hours/4 miles hiking with 500' elevation gain & 3,150' elevation loss

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DAY  
07

## Descend to Breathtaking Lake Atitlan

Begin your descent through a mosaic of farmland and highland villages, offering a closer look at rural life and the beautiful countryside. On reaching a local coffee farm, discover the art of small-batch production—from planting and harvesting to roasting—and enjoy a tasting of the regional roast. Cross a hanging bridge and climb to a series of spectacular viewpoints overlooking Lake Atitlan and its three volcanoes. Then, transfer down through colorful fields to the village of San Antonio Palopo and board a private boat to cross idyllic Lake Atitlan, arriving at your hotel with time to relax and soak in the beauty of this iconic setting.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 45-minute private van transfer, 30-minute private boat ride

**ACTIVITY:** 4 hours/6 miles hiking with 1,000' elevation gain & 1,990' elevation loss

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DAY  
08

## Watch the Sun Rise Over Lake Atitlan

Get ready for another magnificent sunrise experience! Expect picture-postcard views of dark volcano silhouettes rising from glimmering Lake Atitlan as sherbert skies are reflected on its surface. Make an early-morning climb to the summit of Rostro Maya (also known as Indian Nose) to catch this iconic view, learning about the mountain's significance to the Maya people along the way. Descend to San Juan La Laguna, concluding your hike at this Tz'utujil Maya town known for its thriving arts, from murals and galleries to traditional craft workshops. Visit a local textile cooperative to experience traditional weaving firsthand, from spinning cotton to dyeing with natural pigments—you'll even have a chance to give it a go yourself! At the end of the visit, return to your hotel by boat across Lake Atitlan.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour private van transfer, 40-minute boat ride

**ACTIVITY:** 3.5 hours/1 mile hiking with 2,100' elevation gain & 2,100' elevation loss

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DAY  
09

## Paddle Lake Atitlan & Experience a Maya Ceremony

A morning kayak on Lake Atitlan is a spectacular farewell. Depart for Antigua, breaking your journey with a visit to Iximche, an off-the-radar archaeological site. Explore the plazas and palaces of this former Maya capital, and learn about its powerful history, from clan lords to Spanish conquest and the reclaiming of this sacred place for the Maya. Here, take part in a Maya spiritual ceremony led by an *aj q'ijab'* (daykeeper), connecting the body to the natural elements, offering a meaningful close to your journey through Guatemala's volcanic landscapes and wild beauty. Continue to Antigua for a festive farewell dinner and celebration of your adventures.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5-hour private van transfer

**ACTIVITY:** 1-hour kayaking, 1.5 hours moderate walking

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## **Return to Guatemala City & Depart**

After breakfast, there will be a group transfer to La Aura International Airport in Guatemala City for your outbound flight.

**MEALS:** Breakfast

**TRANSPORTATION:** 1.5-hour private van transfer



## Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

### **Las Lagunas Boutique Hotel**

Overlooking a quiet lagoon of Lake Peten Itza, Las Lagunas Boutique Hotel is set on a 300-acre nature reserve in the Peten rainforest. Spacious bungalows sit directly over the water on the lagoon and feature a private deck with Jacuzzi that looks out on Monkey Island. Others are at a higher vantage point between the trees in the rainforest. The infinity pool and onsite spa offer more opportunities for relaxation.

### **Jungle Lodge**

Set within the lush rainforest of Tikal National Park, Jungle Lodge offers a comfortable stay steps from ancient ruins, and we've secured coveted Junior Suites with air conditioning for our guests. Bungalow-style accommodations are surrounded by tropical trees alive with birds and monkeys. After a day exploring temples, unwind by the inviting pool or gather at the open-air bar for a refreshing drink. The on-site restaurant serves hearty local and international dishes, creating a relaxed, immersive base in the heart of the jungle.

### **Pensativo House Hotel**

Housed in a colonial era presidential residence, the Pensativo House Hotel retains much of its past with a historic cobbled courtyard, beamed ceilings, and an arched, open-air dining room. It also offers modern comfort in well-sized rooms with luxe bedding and whirlpool tubs. With classic architecture, warm hospitality, and a prime location near Antigua's landmarks, it's an inviting retreat after a day of exploration.



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Maya Community Glamping**

Hosted by a highland community, immerse yourself in Maya tradition. Your comfortable glamping site is set up before you arrive—each canvas tent holds two queen-size inflatable mattresses with linens, pillows, and down comforters as well as a bedside table. Meals are cooked by the local community and hot water bottles keep you cozy at night. A mobile toilet and hot shower vehicle covers the essentials while in camp.

## **Hotel Atitlan**

Right on the shores of Lake Atitlan with a view of the San Pedro, Toliman, and Atitlan volcanoes, this one-time coffee plantation is now Hotel Atitlan, set in lush gardens full of birds and butterflies. Each room at Hotel Atitlan boasts a private balcony overlooking the grounds and lake, hacienda-style design, and Guatemalan textiles. Watch the sunset poolside, relax in the Jacuzzi, and enjoy local flavors in the lakeside restaurant.

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# Departure Dates

This trip is available to run in: January, February, March, April, May, November, December

**Book early for a greater choice of available dates.**

Once you book, your price is GUARANTEED!

March 3-12, 2027

April 16-25, 2027

November 18-27, 2027

December 2-11, 2027

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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