



GUATEMALA

**MUNDO MAYA MULTI-SPORT
BY BIKE, FOOT & KAYAK
9-DAYS**

The Guatemalan highlands are the perfect playground for adventure, nature, and culture. On this journey, we combine biking, hiking and kayaking through a vast and varied landscape starting in the colonial city of Antigua with its cobblestone streets and ornate Spanish architecture. The idea is to celebrate Guatemala by deconstructing the natural and cultural beauty that makes it so special.

Day 1

GUATEMALA CITY - ANTIGUA

ARRIVAL

We'll meet at the International Airport in Guatemala City and transfer you to the beautiful colonial city of Antigua. The remainder of the day is at leisure to explore or rest for the upcoming adventure. Overnight in a comfortable hotel in Antigua.

Accommodation: Hotel

Meals: None



Day 2

ANTIGUA VALLEY

BIKING & COOKING CLASS

We start the day with a physical adventure, journeying by bike south to Agua Volcano. Along the way, we'll have many short stops to explore the towns and villages of the Almologa Valley, with its stunning churches and Spanish colonial architecture. A town that is often a highlight is San Antonio Aguas Calientes, famous for its weaving. We will also enjoy a short visit to a sustainable macadamia farm. After returning to Antigua midday, your guide will recommend a few places to have lunch and you'll have some time at leisure to explore on your own before being picked up again for our late afternoon cooking class. The cooking class is taught by native Guatemalan chefs specializing in regional traditional cuisine, an exotic mixture of traditional Spanish and indigenous Mayan foods. The grand finale of the class will be the delicious Guatemalan dinner we will all be able to enjoy together. Afterwards, we'll overnight in the same comfortable hotel in Antigua.

Biking Duration: 3 hours

Cooking Class Duration: 3 hours

Accommodation: Hotel

Meals: Breakfast, Dinner

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com



Day 3

PACAYA VOLCANO

HIKING

We begin the journey with a drive to the trailhead of our Pacaya Volcano hike. With its continuous plume of drifting smoke, this is our first taste of volcanic activity. We will hike our way through a massive rugged dried lava field, recently formed by a massive eruption in 2010. We'll likely encounter many geothermal hot spots along the way, perhaps even have the chance to roast a marshmallow or two. At around the halfway point in the hike, surrounded by the views of the volcanoes -- Agua, Fuego and Acatenango -- we'll rest for a freshly prepared mountainside picnic. After lunch, the hiking scenery will become more lush and green as our route traverses Pacaya's lesser-known forests and farmland. We will return to our hotel in Antigua late afternoon and have a free evening to explore, overnighting in the same hotel.

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 4

LAKE ATITLAN

BIKING

We'll begin our day with a transfer along the Pan American Highway to Lake Atitlan. The lake and shores are alive with local fishermen pitching nets into the water, indigenous Maya women hand washing their clothes and men working in the fields donned in red and white embroidered Santiago shorts. Before reaching the lake, we'll stop and get onto our bikes to begin riding along old country roads and jeep tracks. We'll enjoy a picturesque descent toward the lake while passing fields of corn, beans, and squash. Reaching Lake Atitlan, we'll then begin a short ascent up to El Mirador for a spectacular view. Having earned it with our muscle-powered ascent, we'll enjoy the view over a freshly prepared picnic lunch. Afterwards, we'll have a bit more work ahead of us during a short but technical descent from the caldera's rim down to the lakeside Mayan village of Santa Catarina. Tonight we'll settle into a beautiful lakeside hotel there, where we'll have the chance to unwind with a swim in the lake. The evening is at leisure.

Accommodation: Hotel

Meals: Breakfast, Lunch

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com

Day 5

LAKE ATITLAN

HIKING AND KAYAKING

After waking to the gorgeous lake and volcano views, we'll enjoy an energizing breakfast before slipping into our kayaks for a morning of flat water kayaking. We'll paddle westward, aiming for the shoreline between the villages of Tzununá and San Marcos La Laguna. Along the way, we'll pass many tiny villages and fisherman pitching their nets in the lake. If time allows, we'll be able to stop our kayaks for a swim before trading them for our daypacks and hiking shoes. Taking our adventure to land, we'll enjoy a leisurely hike from village to village along Atitlan's shoreline. As we hike, we'll be able to take in the views of three surrounding volcanoes -- San Pedro, Tolimán and Atitlán. Afterwards, we'll head back to our lakeside hotel in time for a well-deserved lunch. The remainder of the day is at leisure.

Kayaking Duration: 2 hours

Hiking Duration: 1.5 hours

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 6

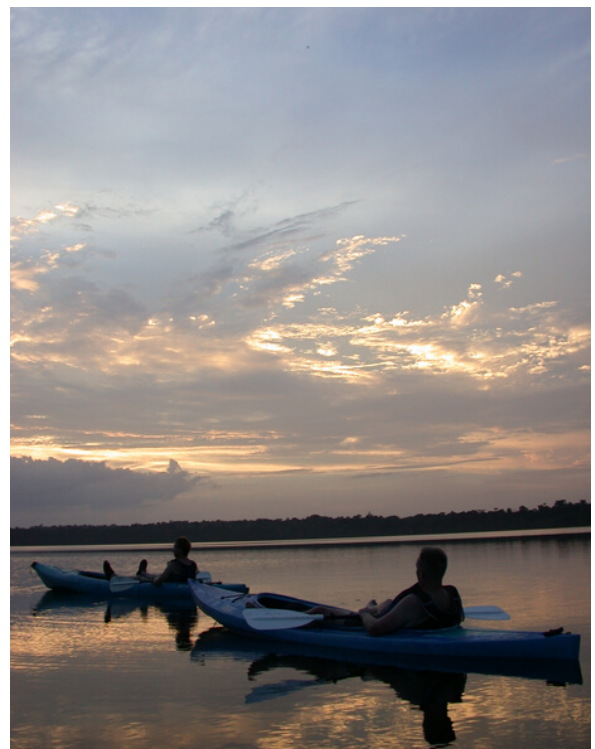
IXIMCHÉ RUINS

SIGHTSEEING

After breakfast we will board small boats to cross the lake, followed by a private shuttle to the Iximché ruins, a Mesoamerican archaeological site. There, we will have a guided tour that highlights its variety of pyramid-temples, palaces and Mesoamerican ball courts. This once thriving ancient Maya site was the capital of the late post-classic Kaqchikal Maya Kingdom from 1470 until its abandonment in 1524. The Kaqchikal are the indigenous Maya people of Guatemala's mid-western highlands. After the tour, we will have lunch before continuing to Antigua for the night. The remainder of the day is at leisure.

Accommodation: Hotel

Meals: Breakfast, Lunch



BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com

Day 7

ANTIGUA - FLORES

SIGHTSEEING AND FLIGHT

This morning is at leisure so that you have the opportunity to independently explore Antigua. A UNESCO World Heritage city, it previously served as the capital of the Kingdom of Guatemala and is now famous for its well-preserved Baroque-influenced architecture as well as its many colonial church ruins. At around noon, we will meet back at the hotel again to transfer to Guatemala City for our quick flight to the northern rainforest region of Peten. We will be transferred to our night's accommodation, located within the unique setting of Tikal National Park and in close proximity to many of Guatemala's most impressive archaeological sites. We'll have the remains of the evening to relax and prepare for the next day's sightseeing adventure.

Accommodation: Hotel

Meals: Breakfast

Day 8

TIKAL NATIONAL PARK

SIGHTSEEING

Today is a special day as we'll explore the impressive ruins of Tikal, known as the New York of the Maya World. Tikal is located in the heart of the jungle, and this UNESCO World Heritage site was once the former capital of the ancient Mayan world's most powerful kingdom. Among the impressive structures found here is the tallest pre-Colombian structure in the Americas, Temple IV, which stands at 70 meters (270 ft). Standing at the top of some of these structures, you'll overlook a sea of rainforest. If we're lucky, we'll hear the sounds of howler monkeys all around. In the afternoon, we'll transfer back to Flores to catch another local flight back to Guatemala City. At the airport we'll be met by a driver and transferred to a cozy hotel for the night. The remainder of the evening is free to enjoy Guatemala City.

Accommodation: Hotel

Meals: Breakfast

Day 9

GUATEMALA CITY

DEPARTURE

After breakfast at the hotel, at a time convenient to your flight, you will be transferred to the international airport to connect with your international flight back home.

Meals: Breakfast



TRIP INCLUSIONS

Trip Includes

All accommodation (twin shared), meals as indicated, internal transportation, 21-speed specialized mountain bikes, kayaking gear, park entrance fees, and English-speaking guides.

Not Included

International flights, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com