Guatemala Multi Activity Explorer

Trip Code: MAG

Version:

MULTI ACTIVITY	GUIDED GROUP	MODERATE
MA		4



HIGHLIGHTS

- Kayak, hike, and cruise your way around stunning Lake Atitlán
- Trek to the summit of Volcán San Pedro (3,040m) for spectacular views
- Wander the colourful streets of the vibrant Chichicastenango Market
- Explore the towering pyramids of the ancient Mayan city of Tikal
- Hike jungle trails and swim in the clear turquoise pools of Semuc Champey

- Go in search of the magnificent National bird, the Quetzal, in the Biotopo del Quetzal Reserve

AT A GLANCE

- 10 days of Mixed Activities
- Max altitude: 3040m
- Volcano hike
- Kayaking & Swimming
- Culture & Sightseeing
- Cookery Class
- Jungle Walks & Wildlife
- Join at Guatemala City

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

A comprehensive and immersive journey through Guatemala's most iconic landscapes and cultural highlights. Over 11 days, you will explore the highland lakes, volcanic peaks, colonial cities, dense jungles, and ancient ruins that define this diverse Central American country. Activities include kayaking and hiking at Lake Atitlán, visiting the colourful Chichicastenango Market, climbing Volcán San Pedro, exploring the UNESCO-listed city of Antigua, and cooking a traditional Guatemalan meal. Our journey then takes us on to discover the impressive Mayan ruins of Tikal, spend a full day at the natural pools of Semuc Champey and immerse ourselves in the cloud forest of the Biotopo del Quetzal, spotting the colourful flora and fauna. You may even be lucky enough to spot the rare Quetzal Bird - the National Bird of of Guatemala. With comfortable accommodation, expert local guides, and all major activities included, this trip is ideal for travellers seeking a balance of culture, nature, and adventure.

Is this holiday for you?

This trip is ideal for those who enjoy being outdoors, exploring on foot or by kayak, and are curious about local traditions, food, and history. While some of the activities are moderately challenging, no technical experience is required–just a reasonable level of fitness and a spirit of adventure. The kayaking activity is suitable for beginners using sit on top kayaks with life vests provided. The hike to the summit of San Pedro Volcano is a 9km round-trip with a steep 1,200 m elevation gain. Trails are well-maintained with switchbacks easing the climb, but the upper sections include stone steps and steep slopes. It typically takes 5-6 hours total and is considered moderately strenuous, but well-marked trails and scenic diversity make it a memorable experience for fit hikers. Compared to other volcanoes in the region (like Atitlán Volcano), San Pedro offers a tough but more accessible option and is often recommended for beginner-to-intermediate hikers.

It is important to note that the itinerary also involves a couple of long overland journeys. While these offer a great opportunity to see more of Guatemala's diverse landscapes, travellers should be prepared for extended travel times and some early starts. A good level of fitness, a flexible attitude, and a sense of adventure will help you get the most out of this experience.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- A single timed group transfer on arrival and departure
- All accommodation as described on twin / double occupancy
- Meals as per the daily itinerary and meal plan
- All transport involved in the itinerary from Day 1 to Day 11
- Internal flight from Guatemala City to Flores
- All tours, activities and entrance fees as described in the itinerary

What's not Included

- Travel Insurance
- Airport transfers other than group transfers
- Some meals as indicated in the Meal Plan
- Tips
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Guatemala City.

A single-timed group transfer from Guatemala City Airport to the group hotel is provided on Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary, there will be a single timed group transfer to Guatamala City Airport. These will be timed to coincide with the preferred group flights.

Anyone arriving at the same or a similar time to the preferred group flights may also join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency contact number are provided with your booking confirmation.

Meal Plan

All breakfasts, 7 lunches and 1 dinner (prepared in the cookery class) are included in the trip.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Food in Guatemala

Guatemalan cuisine is a delicious fusion of Mayan traditions and Spanish influences, offering rich flavours, vibrant colours, and hearty ingredients. Don't miss local favourites like *pepian* (a savoury meat stew with roasted spices), *jocón* (chicken in a green tomatillo-cilantro sauce), and *kak'ik* (a traditional turkey soup with Mayan roots). Street food is both affordable and delicious–try *pupusas*, *tamales*, or *shucos* (Guatemalan-style hot dogs). For dessert, indulge in *rellenitos* (fried plantains filled with sweetened black beans). With flavourful dishes and wallet-friendly prices, eating in Guatemala is a highlight not to be missed! We'll also get the opportunity to learn how to cook authentic local dishes and enjoy the flavours of our own creations.

Antigua has a bewildering array of restaurants serving international cuisine and your trip leader will take you to some of the best. In other towns the choice may not be as wide ranging but still there are several good restaurants serving a variety of foods both local and international. We estimate an average of US$15 to US$25 per meal at a mid-range restaurant. In less touristy areas, like Lanquin, prices may be lower. If you opt for street food or local markets, costs will be significantly reduced.

Accommodation

We will stay at good standard hotels for the 2 nights in Guatemala, 3 nights at Lake Atitlan, 2 nights in Antigua and 1 hotel night in Flores . We also spend 2 nights at a tented camp resort in Lanquin, providing an authentic and comfortable experience surrounded by nature.

All rooms are en-suite and allocated on a twin sharing basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost.

If you are planning to extend your holiday, additional nights at the group hotel pre and post tour are available on request.

Internal flights

The internal flight from Guatemala City to Flores will be on TAG (Transportes Aéreos Guatemaltecos). The allowed baggage allowance is 22kg plus one daypack.

Group Leader & Support Staff

A certified and experienced guide will accompany the group for the entire duration of the tour. To enhance the experience and provide specialised knowledge, local support guides will join the group at each location (e.g., Tikal, Lanquín, etc.). All guides are certified, have long-term experience and are trained in first aid.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

A total of US$300 - $400 should be sufficient to cover meals, personal spending, tips for drivers and trek staff, miscellaneous expenditure on drinks, souvenirs etc. It is possible to use credit and debit cards to withdraw money from ATMs or pay for goods in Guatemala City and Antigua but cash will be the only option in rural areas. We recommend bringing US dollars in cash and exchanging a percentage of this to the local currency (Quetzals) on the day after your arrival in Guatemala. US dollars are widely accepted as payment in most restaurants and shops in Antigua but not necessarily outside this city.

Guidance on Tipping

Tips are the accepted way of saying ‘thank you’ to your local guides and porters and do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given.

For your guides and support staff we recommend that you give a tip if you feel that their services have met your satisfaction. We recommend that tips be given from the group as a whole and as a rough guide we suggest that a contribution from each group member of around $60 - $80, should provide a sufficient 'pool' for tips.

Baggage Allowance

There is no restriction on the weight of your luggage other than that imposed by the airlines. Please note the allowance on the internal flight is a 22kg. A soft bag with wheels or a trek bag is ideal for this holiday, in additional to a small day pack for the walks where you will need to carry personal items such as waterproofs, snacks and water.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Guatemala

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Guatemala is the Quetzal (named after the national bird).

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long walks in hilly country to ensure you are in good shape.

Climate

The climate you will experience is quite varied and will depend on the time of year and the different locations. October to March is the best time as it is the dry season on the Pacific side of Guatemala. Daytime temperatures in Antigua and Lake Atitlan are very pleasant, ranging from 17 to 25 °C. At night, in these areas, they are unlikely to fall below 15 °C. In the highlands, where the volcano ascents take place, temperatures can drop significantly. April to September is rainy season. Mornings are often sunny, but it's common to have heavy downpours in the afternoon, especially in the highland areas. In tropical areas like Lanquin and Semuc Champey, rain is more frequent and humidity is high.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Guatemala, Belize & Yucatan.Lonely Planet
- Guatemala. Lonely Planet
- The Rough Guide. Guatemala & Belize
- Neos Guide. Central America Adventure Travellers

Maps

ITMB - International Travel Maps

Double-sided map at 1;470,000, on waterproof and tear-resistant paper, with street plans of Guatemala City and Antigua, plus an enlargement of the environs of the capital including the volcanoes Acatenango and Fuego. Elevation colouring with spot heights indicate the topography. The road network includes seasonal tracks, and indicates intermediate distances on major and some minor roads.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking Boots or trail shoes
- Sandals (like Tevas suitable to get wet)
- Socks & underwear
- Trekking trousers
- Shorts
- Shirts / T-shirts / Tops
- Fleece jacket or warm jumper
- Lightweight waterproof jacket & trousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack 35-45 litres (with rain cover)
- Dry bags
- Headtorch
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets

- Washbag and toiletries
- Antibacterial handwash
- Insect repellent
- Small travel towel
- Small padlock (to lock your bag)
- Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles
- Travel clothes
- Flipflops for casual wear and evenings
- Swimwear (some of the hotels have pools as well as other swimming opportunities)
- Binoculars
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining in Guatemala City. A single timed group transfer from/to Guatemala City Airport is included.

Why Choose KE

Why KE?

This holiday is perfect for adventurous travellers who want more than just sightseeing—it's an immersive journey through one of Central America's most culturally rich and geographically diverse countries. Our well-balanced itinerary offers a rich mix of activities, all whilst enjoying the comfort of expert-guided experiences and hand-picked accommodations. Whether you're drawn to history, nature, or active exploration, this trip offers an unforgettable blend of culture, adventure, and natural beauty—ideal for those who want to truly connect with Guatemala.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change