Guatemala's Magnificent Seven

Trip Code: GVO

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Conquer seven incredible volcano summits in the Guatemalan highlands
- Stand on top of Tajumulco (4,220m), Central America's highest peak
- Wonder at the sensational sunrise views from Volcan Toliman and Tajumulco
- Watch Volcan Fuego illuminate the night sky with plumes of lava
- Enjoy soaking in volcanic hot springs and explore Antigua and Lake Atitlan

AT A GLANCE

- 14 days walking and sightseeing
- Max altitude - 4220 metres
- Join at Antigua

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

West of Guatemala City, the highland area of the altiplano is bounded to the south by a string of impressive volcanic peaks. Rich in Maya culture and blessed with a wonderful climate, this picturesque region is the focus of our great volcano trekking holiday extravaganza. Setting out from the charming Spanish colonial city of Antigua, we begin our trekking holiday in Guatemala with an ascent of Pacaya (2552m). From the top, we have tremendous dawn views of the surrounding volcanoes and of the distant Pacific Ocean. We travel West to the shores of the beautiful Lake Atitlan, from where we first climb San Pedro (3040m) and then make a 2-day ascent of Volcan Toliman (3210m). We have a day to relax and explore the shores of Lake Atitlan before continuing our journey west to Quetzaltenango, Guatemala's second city and the home of the Quiche Mayan people. From here we make an ascent of Volcan Chicibal (2858m) and explore its crater lagoon steeped in Mayan history. Over the next two days we tackle our highest objective, Tajulmulco (4220m), the highest point in Central America, reaching the summit from a camp high on the peak. Before returning to Antigua we will summit our penultimate objective 'Volcano Santa Maria' at 3772 metres. Returning to Antigua we then head south for our final volcano. From a spectacular camp between Acatenanago (3976m) and Fuego (3768m) we climb the dormant Acatenanago for views over all of our 'Magnificent Seven' volcanoes. In addition we will be treated to spectacular view of Volcan Fuego, the world's most continuously active volcano. This is an unforgettable adventure in a great trekking destination which has a freshness that will appeal to any adventure traveller.

Is this holiday for you?

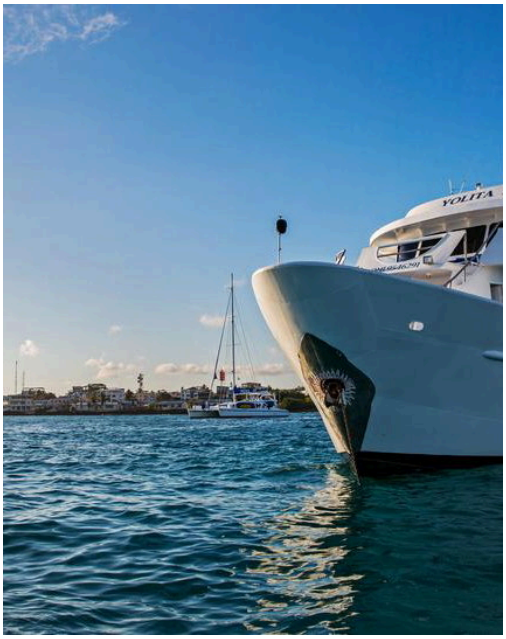
The length and difficulty of each of the objectives in this holiday varies considerably and it is therefore not easy to pin to a particular grade. The overall grade we have given this holiday takes into account a number of factors including the overall length of the trip, the facilities available, and the ease with which it is possible to opt out of various sections of the itinerary. The approaches to the volcanoes on the 'Magnificent Seven' are generally easy, following established trails through coffee plantation, forest or jungle. However, the ascents of the volcanoes themselves present quite challenging hikes even to regular hillwalkers. All of the volcanoes except Pacaya and Chicibal present a considerable amount of ascent and descent (between 1200 and 1700m of ascent), sometimes on steep and/or loose ground. We do have porter or pack-horse support during those days when we are camping which means you will not be carrying heavy packs on any of these ascents.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be `dry` landings where you step onto a pier and at others you will make `wet` landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day **Galapagos Islands Adventure,** for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our Galapagos Cruises aboard the luxury Monserrat Motor Yacht.

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
¤9,223,372,036,854,776,000 per person



The Mayan City of Tikal

Situated in a remote jungle setting, Tikal is one of the world's premier archaeological sites and one of the Guatemala's most interesting attractions. It was one of the largest and most powerful cities during the Mayan period, dating between 600BC and 900AD. After its decline and eventual collapse, the city was reclaimed by the encroaching jungle and hidden for centuries, until European archaeologists began to excavate the pyramids, plazas and temples in the 1850s. Now a National Park and a UNESCO World Heritage site, it is now possible to explore the ongoing excavations and temples. It isn't only the ruins that impress: the area is part of a biosphere and boasts 285 species of exotic birds and animals and there are hundreds of orchid species.

This 2-day extension begins with an early transfer from Antigua to the airport in Guatemala City, where we catch the one-hour flight north to the town of Flores. From the airport an hour's drive into the surrounding rainforest brings you to Tikal itself. At the entrance to the National Park, there is a small group of hotels, lodges, shops and restaurants and you will be able to check in to the hotel, before heading off into the park for the first of two visits to Tikal. The park is open from 5 a.m. to 5 p.m and our first visit is a guided tour of the most famous ruins; after lunch, if you retain your ticket, you can enter the site again to explore on your own. In the morning, after a night at a nearby hotel, there is the opportunity to make another visit to the site. An early start, followed by a short walk to the Great Plaza at the centre of the site, will enable you to choose your tower and get to the top of it as the sun rises, an unforgettable experience.

After spending the morning at the site, you will return to the hotel and meet the transport for the drive back to the airport at Flores. The flight back to Guatemala City is usually at around 3 p.m.

2 days from
¤9,223,372,036,854,776,000 per person

Holiday Information

What's not Included

- Travel Insurance
- Airport transfers other than group transfers
- Tips
- Miscellaneous expenses - drinks and souvenirs etc

Meal Plan

All meals are included in the holiday price except for lunch on the free day beside Lake Atitlan - Day 7. .

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.

Antigua has a bewildering array of restaurants serving international cuisine and your trip leader will take you to some of the best. In Quetzaltenango the choice is not as wide ranging but still there are several restaurants serving a variety of foods both local and international. During the camping nights you will have a cooked meal prepared from fresh local ingredients. The picnic lunches during the trek consist of salad, bread, pasta, cheese, cooked meats, and fresh fruit. Mineral water as well as tea or coffee is provided.

Accommodation

We will spend 6 nights in comfortable hotels in Antigua and Quetzaltenango, and 4 nights at a comfortable hotel on the shores of Lake Atitlan. All rooms are en-suite. There will also be a total of 4 nights camping.

Accommodation is based on twin share. 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 are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. In addition, whilst trekking, the group will be supported by a full crew of camp staff and porters.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should 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 $250 - 300 should be sufficient to cover your personal spending including tips for drivers and trek staff, miscellaneous expenditure on drinks, souvenirs etc. It is possible to use credit and debit cards to withdraw money from ATMs in Antigua and Quetzaltenango. This is usually at the best available exchange rate but you may be charged by your bank or card company. If you are bringing your travel money from the UK you should bring US$ rather than sterling and we recommend that you use cash rather than travellers cheques, since you will exchange the majority of this on the day after your arrival in Guatemala. The local currency is the Quetzal (named after the national bird). It is not necessary to obtain local currency ahead of your visit and you will have an opportunity to change money on the day following your arrival. US dollars are 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. They 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 $75 - $100, should provide a sufficient 'pool' for tips.

Baggage Allowance

There is no restriction on the weight of your trek bag other than that imposed by your airline. However, you will have a more comfortable travel experience if you pack as light as possible. During the camping nights the essential equipment you need will be carried by porters or pack animals. We recommend that you bring a small foldable waterproof bag to put this in while your main baggage remains in the hotel or support vehicle.

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

It makes a lot of sense to spend some time before coming on a walking holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find your holiday. Although the overall grade of this trip is moderate, some of the ascents will challenge even regular hill walkers and it is a good idea to get in shape before heading out on your holiday. We suggest that you adopt a weekly exercise regime. Regular hiking in hill country is the best preparation but if this is not possible, then running, cycling and swimming are also good for developing better stamina and general cardio-vascular fitness. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

From the middle of October through to the start of March the average daytime temperature in the high sierra will range from 17 to 25°C. Whilst in Antigua and at Lake Atitlan, temperatures are unlikely to fall below 15°C, even at night. At our highest camps, temperatures will fall to around 5°C at night. The time of year that we have chosen for our visits to Guatemala coincides with a mainly dry period, at least on the Pacific side of Guatemala. However, there is the possibility of showers in the afternoons when climbing the volcanoes.

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.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

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 must bring the following items:

- **Sleeping bag (comfort rated 0ºC)
- **Thermarest or similar sleeping mat
- Walking boots
- Trainers for travelling in and for camp use
- Walking socks (3 pairs)
- Trekking trousers
- Lightweight waterproof over trousers
- Underwear
- Base layer shirt(s)
- Shirts or T-shirts

- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves
- Daypack 30 litres
- Large waterproof bag such as a rucksack liner (for repacking gear on the camping nights - see below)
- Headtorch with spare batteries
- 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
- Swimwear (for the hot springs)
- Small towel
- Small padlock (to lock your KE trek bag)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

⛗The following items are optional:

- Travel clothes
- Shorts
- Spare laces
- Gaiters (recommended)
- Trekking poles (recommended)
- Down jacket (for use in evenings when camping)
- Insect repellant
- 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)

Notes:

This is not a sustained trekking trip and there are only 4 nights when we are camping. On each of the camping nights, you will be asked to restrict your personal equipment to a few essential items, including your sleeping bag and camping mattress. This equipment will be separated from your trek bag and repacked into communal kitbags for the porters or pack-horses to carry. To help to keep these items clean and dry, you should take with you on the trip a suitable, large and waterproof bag, such as a plastic bivi bag, rucksack liner or equivalent. Your trek bag, with the bulk of your spare clothing etc, will remain in safe storage at the group's hotel during the time when we are camping.

****Equipment Hire / Rental:** Sleeping bags in standard and long (taller than 6 foot) sizes and an inflatable camping mattress can be hired from KE. You can reserve your bag when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability.

Land Only Information

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

Why Choose KE

Why KE

This is a completely unique-to-KE adventure run by our experienced and passionate guides, who'll make sure you'll see the best of this spectacular region and help you conquer the Magnificent Seven. Tackling seven of the highest volcanoes in the Western Highlands will be challenging, but camping under the stars and waking to far-reaching views across to the Pacific and into Mexico will be more than ample reward.

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