



Explore, Experience, Enrich™

## GToo1 Mayans & Mountains 15 Days



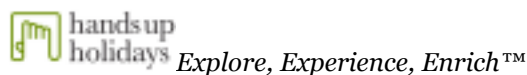
Your “Taste of Volunteering” Project:



### Environmental, House building/Other Construction

Your Community Development project is with either Project Mosaic or Common Hope. Project Mosaic is a charity that creates mutually beneficial links between international volunteers and organisations that aim to improve Guatemalan society. We will spend 5 mornings with Project Mosaic planting seedlings to help restore forests that have been logged out ([www.promosaico.org](http://www.promosaico.org))

Common Hope is a charity that partners with children, families, and communities to develop and improve their lives through education, health care, and housing. On certain trip dates in March and June, we will build a house for a family with Common Hope ([www.commonhope.org](http://www.commonhope.org))



UK: 0800 783 3554; NZ: 0800 426 3787; US 201 984 5372 ; RoW: +44 207 193 1062  
[Bookings@handsupholidays.com](mailto:Bookings@handsupholidays.com)



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**Trip Highlights:**

- Colonial Antigua
- Lake Atitlan’s villages
- The Sunday markets of Chichicastenango
- Overnight volcano hike (optional)
- Livingston – mix with the fascinating Afro-Caribbean Garifuna people
- Tikal ruins of the ancient Mayans

**Trip Description:**

We begin with a tour of Antigua, the colonial capital and then we explore the Sunday markets of Chichicastenango. Next: Lake Atitlan exploring villages such as San Pedro around the lake edge.

Then: Quetzaltenango (also known as “Xela”), for our Community Development project: helping plant seedlings to help restore forests that have been logged out. We take several excursions: hot springs high in the hills; overnight volcano hikes, and quirky neighbouring villages. Boat trip down the Rio Dulce to Livingston on Guatemala’s Caribbean coast. Here you will mix with the fascinating Afro-Caribbean Garifuna people for two days. Next: charming town of Flores, with its pastel coloured buildings, overlooking Lake Peten Itza. After a relaxing day here, we follow up with a magical day at the renowned Tikal ruins of the ancient Mayans.

Your adventure ends with a flight back to Antigua/Guatemala City.

**Day by Day Itinerary:**

Day 1	Arrive; Transfer to Antigua	(D)
Day 2	Chichicastenango markets; Lake Atitlan	(B)
Day 3	Lake Atitlan – tour	(B,L)
Day 4	Transfer to Xela, Community Development project in afternoon	(B)
Day 5	Community Development morning, hot springs afternoon	(B,L,D)
Day 6	Community Development morning, village visit afternoon	(B,L,D)
Day 7	Community Development morning, overnight volcano hike	(B)
Day 8	Descend from Volcano, transfer to Antigua	(B)
Day 9	Tour of Antigua, Tour to Volcano Pacaya	(B)



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Day 10	Transfer to Rio Dulce, Boat transfer to Livingston	(B)
Day 11	Livingston, rest day	(B)
Day 12	Rio Dulce tour, Transfer to Puerto Barrios and to Flores	(B)
Day 13	Tour of Tikal Mayan Ruins	(B,L)
Day 14	Morning in Tikal, Transfer to Flores, fly to Guatemala City	(B,D)
Day 15	Tour ends	(B)

**Comfort Level:** 5/5

Accommodation is in excellent, superior hotels (5\*), with a home stay option available during Community Development portion.

**Activity Level:** 3/5

**Min. Travellers per Group:** 2

**Max. Travellers per Group:** 12 (8 during housebuilding)

**Police Check Required?** No



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