## Sat, June 30: ANTIGUA

Arrivals to Guatemala City, overnight Quinta de las Flores Hotel. http://www.guintadelasflores.com/

## Sun, July 1: ANTIGUA

Breakfast and Orientation. Visit eco project.....close to Antigua. Lunch at Cerro de San Cristobal, viewpoint restaurant. Visit to the Market and walking tour of Antigua. Freetime Overnight at Quinta de las Flores.

## Mon, July 2: PANAJACHEL:

Breakfast in Antigua. Drive from Antigua to Lake Atitlan and Panajachel. Stop in Solola for a visit with Tzotzil, a mayan dance and music group performance. Eduardo Elias, our translator joins us in Panajachel. Freetime to explore Panajachel. Overnight in Panajachel.

**Tues, July 3 PANAJACHEL:** Breakfast at Hotel and visit the Mayan Families Project and the Senior's lunch and day care centre. Do some volunteering with mayan families, deliver a new bed to a senior, share food with the seniors, visit the preschool. Optional Walk to Santa Catarina with spectacular lake views and boat ride back to Panajachel. Dinner together. Overnight in Panajachel.

**Wed, July 4 SANTIAGO- SAN JUAN-PANAJACHEL:** Breakfast at the Hotel and morning boat over the lake to Santiago Atitlan, visit to the church and hear the story of Father Stanley Rother. Beautiful art markets. After lunch boat over to San Juan la Laguna. Mayan Ceremony with Nan Maria, a mayan spiritual leader at her centre in San Juan, tour of natural dye weaving project and coffee project. Hike up to the small mountain behind San Juan, for a view of the lake. Boat back to Panajachel. Dinner together and overnight in Panjachel.

**Thurs, July 5: PANAJACHEL – SANTA LUCIA – XELA:** Breakfast at Hotel. Departure to visit Julio's village of Santa Lucia Utatlan, visit the school, and the Women of the Maya Skills Project, hike to the view of the lake, and lunch with Julio's family. Visit the school and Nan Maria and elder, visit her home and see her life. Drive to Xela in the late afternoon. Dinner and Overnight in Xela. <a href="http://www.hotelposadacatedral.com/">http://www.hotelposadacatedral.com/</a>

**Fri, July 6 XELA:** Breakfast at the Hotel, visit the school in Chwitiziribal, to spend a day of joy with the children. Afternoon trip to Fuentes Georginas (Hot Springs). Dinner and Overnight at Hotel Posada Catedral.

**Sat, July 7 XELA:** Breakfast at the Hotel, visit Weaving Centre learning about weaving. Two options: 1. Drive to visit Zacualpa, and hear the history of the civil war in that community and how people were affected. Mayan Ceremony held in a room of remembrance for the civil war. 2. Freetime to explore Chichicastenango and visit an eco-project closeby. Overnight in Chichicastenango at Hotel Los Arcos. (no website)

**Sun, July 8 XELA/CHICHICASTENANGO:** Breakfast and morning at the Market. Lunch in chichi and afternoon departure to Antigua. Freetime in Antigua. Overnight in Antigua at Quinta de las Flores Hotel.

**Mon, July 9 ANTIGUA**: Morning at Transitions Foundation (wheelchair and prosthetics clinic) and hear the stories of hope. Freetime in Antigua and closing party in the evening! Overnight at Quinta de las Flores Hotel.

Tues, July 10: ANTIGUA: departures