



All ages Guatemala: The Land of the Mayan People

July 4-14, 2023

Tentative Schedule

Tuesday, July 4: ANTIGUA:

Arrival in Guatemala City, and shuttle to Antigua, settle in, dinner together and orientation for the group.
Overnight: Antigua

Wednesday, July 5: ANTIGUA: Breakfast at our Hotel. Orientation gathering followed by Scavenger Hunt in smaller groups in Antigua visiting colonial ruins, Hermano Pedro Church, café, jade, chocolate, markets, a chance to get familiar with the city. Lunch at Coaba Farm <https://www.caobafarms.com/>. Optional visit to the Market/rest/freetime. Dinner together. Overnight: in Antigua.

Thursday, July 6: ANTIGUA – IXIMCHE - PANAJACHEL: Breakfast at 8:30 am at the Hotel. 9:30 am departure for Lake Atitlan and Panajachel. Stop in Iximche for a tour of the remains of an ancient Mayan City. Lunch at Chichoy Restaurant, arrive in Panajachel. Freetime and optional walk around Panajachel and Overnight.

Friday, July 7: PANAJACHEL: Breakfast and morning visit the FundaMaya Project and the Elder's lunch and day care centre. Deliver a bed to a senior and serve lunch to the elders. <https://www.fundamaya.org/> Lunch at Jasmine Deli. Afternoon hike at Reserva Natura Atitlan www.atitlanreserva.com Dinner and Overnight: Panajachel.

Saturday, July 8: SAN JUAN LA LAGUNA: Breakfast at the Hotel and early morning boat over the lake to San Juan La Laguna one of the villages around the lake. Visit the coffee project, and the artisans of San Juan, visual artists and their incredible paintings, visit the Natural Dye Weaving Centre and Chocolate Café. Vegetarian Lunch at Alma de Colores, a labour and social inclusion project for people with disabilities. www.almadecolores.org. Take a hike up to the incredible lookout over the lake. Later afternoon we will visit with Nan Maria, Mayan Spiritual Leader, for a Mayan Ceremony, giving thanks for the journey we are on. Boat back and Dinner out and overnight in Panajachel.

Sunday, July 9: CHICHICASTENANGO: Breakfast, 8:00 am departure to visit to the Market in Chichicastenango for the day. (1 ¼ hour drive) Visit to the cemetery and Catholic Church on the main square. Lunch at Café San Juan and return to Panajachel. Afternoon freetime to rest and relax or venture into Panajachel. Overnight: Panajachel.

Monday, July 10: SANTA LUCIA - XELA: Breakfast. 9 am departure drive to Santa Lucia Utatlan (Julio's community), Lunch at Julio's. Buy some things in the market to bring to Nan Maria, our friend and Mayan Elder, have a window into her life. Have a small concert with the local youth Marimba group: Marimba Utatlan. Drive to Xela and Overnight and Dinner there. Overnight: Xela.

Tuesday, July 11: CHWTIZIRIBAL – PANAJACHEL: Breakfast at hotel, and morning visit to the elementary school in Chwitiziribal, sharing some joy with the Children, snacks, crafts, pinatas, treats. 11:30 am departure for Fuentes Georginas, hot springs and enjoy lunch and the afternoon there, then drive back to Panajachel in the afternoon. Dinner and freetime in Panajachel. Overnight in Panajachel. <http://www.fuentesgeorginas.com/>

Wednesday, July 12: PANAJACHEL: Day to chill in Panajachel. Optional walk along the lake to Santa Catarina and take a boat back, afternoon concert at home with Tzotzil, the mayan music group and workshop. Overnight in Panajachel.

Thursday, July 13: ANTIGUA: Breakfast and Panajachel departures. Lunch in Antigua and afternoon freetime to enjoy the city. Optional visit if you wish.....Hermano Pedro Hospital (babies) or Macademia Nut Farm....Final celebration dinner and get ready to leave. Overnight: Hotel in Antigua

Friday, July 14: Shuttle to airport and flight to Vancouver or other destinations.

3 nights in Antigua

1 night in Xela

6 nights in Panajachel