



Custom Itinerary for: Kirsten Koza  
Prepared by: Matt Hartell & Luisa Zea

Custom Itinerary for  
January 25 – February 03, 2008

- **DAY 1: ARRIVAL**

Friday 25

*Main Activity:* Airport pick up

*Description:* shuttle to your hotel in Antigua Guatemala

*Accommodations:* Hotel Los Pasos

*Meals:* n/a

- **DAY 2: RIO DULCE "PADDLING IN PARADISE"**

Saturday 26

*Main Activity:* Drive to Finca Paraíso, Castillo de San Felipe

*Description:* Hotel pick up at 5:00am to begin our 6-hour drive. We arrive to the longest bridge in Guatemala over the Rio Dulce and continue a few minutes longer on to Finca Paraíso. We arrive around 12pm where we have a picnic lunch. Finca Paraíso is an idyllic & unusual tropical place, where a thermal hot waterfall cascades into a cool deep natural swimming pool. Following the river upstream, we disappear into a cave swimming & exploring this river cave by headlamp. If time permits, we will make a visit to San Felipe Castle, a fortress to protect Lake Izabal from pirates during XVI century. Completely water-logged we continue on to the Rio Dulce and check-in to at our waterfront cabanas.

*Accommodations:* Hacienda Tijax

*Meals:* Breakfast "en route", picnic lunch

- **DAY 3: RIO DULCE "PADDLING IN PARADISE"**

Sunday 27

*Main Activity:* Paddle creek, Manatee Reserve, hot springs

*Description:* Breakfast and coffee are served at 7:00am. We will catch a 45-minute boat ride to pick up our kayaks. We'll paddle out to one of the creeks in the Rio Dulce for some birdwatching and then head to the Biotopo Chocon Machacas Manatee Reserve. While there, we will explore the island trail and nature museum set in the tropical setting of the biotopo, home to jaguars, tapirs & the elusive manatee. Then it's a paddle to a tasty local river restaurant for lunch & to enjoy the catch of the day. We will continue back down the Rio to some natural hot springs for a swim and relaxing mineral soak. From here we head further downstream to a small tributary where we return to our riverside hotel safely listening to all the sounds of the jungle.

*Accommodations:* Finca Tatin

*Meals:* Breakfast, lunch

- **DAY 4: RIO DULCE “PADDLING IN PARADISE”**

Monday 28

Main Activity: Visit Ak' Tenamit, paddle to Livingston

Description: Breakfast and coffee at the hotel at 8am, after which we get our gear and kayaks ready. First we will visit the indigenous association Ak' Tenamit where artisans use natural resources like banana and coconut trees to make handicrafts. After this, we set off through the canyons of the lower section of the river to Livingston taking in all the sights along the way. We should arrive after a long day's paddle around 2:00pm. We will have the rest of the day to walk around the very relaxed & funky town of Livingston. This is Guatemala's only Caribbean town boasting a vibrant Garifuna culture. We'll be sure to search out a delicious restaurant for lunch; one that will satiate the hunger we have earned throughout the day! Only when we are ready to rest we will take a cab to our seashore cabins with Belize's mountains on the horizon.

Accommodations: Hotel Salvador Gaviota

Meals: Breakfast, lunch

- **DAY 5: RIO DULCE “PADDLING IN PARADISE”**

Tuesday 29

Main Activity: Visit Siete Altares, boat back up the Rio Dulce, Quirigua and return to Antigua

Description: Depending on river flow and group desire, we may do an early walk (6am) to Siete Altares, a place of 7 natural limestone pools cascading one another. Entrance fee is Q10 (not included). We will return around 8am to hotel for breakfast and coffees and be ready by 9am to take our boat back up the Rio Dulce to the bridge. We will load up the van and head back to Antigua, stopping on the way at the Mayan ruins of Quirigua, protector of the largest carved stelas that tell stories like when it defeated Copán (Honduras). We'll arrive back in Antigua late that afternoon or evening depending on traffic.

Accommodations: Hotel Los Pasos

Meals: Breakfast

- **DAY 6: PACAYA VOLCANO**

Wednesday 30

Main Activity: Hike Pacaya volcano

Description: We'll meet at 8am at the shop and fill up our water bottles before we head off to climb this 8,160ft active volcano. This hike takes about 2 hours up to a point where we expect to see some rivers of lava. We'll enjoy a picnic lunch and then wind our way back down to the car. We'll return to Antigua around 4pm.

Accommodations: Hotel Los Pasos

Meals: Lunch

Avg. Ascent Time: 2 hours

Start Elevation: 6,400 ft

Peak Elevation: 8,160 ft

Total Ascent: 1,000 ft approx.

Pacaya, at a height of 8,160 feet, is one of the smaller volcanoes of the country but certainly the one with the most spectacular display of lava. Set in its own National Park, Pacaya is a storybook volcano with a continuous plume of smoke drifting from its summit and a massive lava flow reforming the valley at the base of the cone.

It is just over a one hour drive to the park office and trail head, where we purchase your entrance to the park (included). From here the trailhead begins steeply but quickly levels to a more casual ascent through mountain humid forest. The park trails are well maintained and frequent informational signs regarding the surrounding environment will be interpreted by your guide. After about an hour's easy walk, we exit the mountain humid forest into open grassland area recently reformed by massive lava flows that began in early 2006. Here you can explore, find the most recent rivers of lava, and find a good viewpoint to enjoy the picnic lunch (included). Only when we have seen enough, we find our way down to return to Antigua around 4pm.

We recommend that you bring:

- Hiking boots (the sand is sharp and abrasive so... No sandals!)
- Fleece (it can be cold and windy at the top)
- Raincoat for rainy season, or wind stopping jacket.
- Water bottles of at least 2 Liters per person - you may fill these at the shop for free before we depart.
- Sunscreen, hat, sunglasses
- Camera
- Daypack to put all the above items in
- It can be quite warm near the bottom of the climb so a T-shirt and light hiking pants are fine. However, warm layers are necessary for the higher elevations!
- Flashlight

## • **DAY 7: LAKE ATITLAN PEDAL AND PADDLE**

Thursday 31

Main Activity: Bike ride to Panajachel

Description: Meet at Old Town Outfitters at 8:00am to load gear and Bikes into the van for departure to Lake Atitlan. After a couple hours drive we arrive at the trailhead. A fast country road downhill section brings us to our first bit of trail. Depending on rider skill or desire, we either continue on the backcountry road or opt to ride the technical singletrack trail. Both routes arrive at El Mirador high above Lake Atitlan where we get spectacular views of the lake and have a picnic lunch. After lunch we either continue down the road OR hit the next section of trail. The technical cliff-side trail traverses some 2000 vertical feet above the lake. Those who do not chose the trail will take the scenic road down to Panajachel. Both trails arrive in Panajachel with enough time to check out the town & local fare. We will catch a boat to the Casa del Mundo, our beautiful lakeside hotel. Check in and RELAX the rest of the day in a hammock or go for a cool dip in the lake! A yummy family style dinner is served at the hotel.

Accommodations: Hotel Casa del Mundo

Meals: Lunch

• **DAY 8: LAKE ATITLAN PEDAL AND PADDLE**

Friday 1

Main Activity: Kayak and trek around the Lake

Description Breakfast and coffees are served at 8:00am. After breaky we push off in Sea Kayaks for a 1½-2 hour paddle to the indigenous village of San Marcos. In San Marcos we trade our boats for boots and Hike back to our hotel, passing through the lakeside villages of Tzununa and Jaibalito along the way. The hike, full of spectacular views almost the entire way, takes about 3 hours. We catch the boat shuttle back to Panajachel, and a 2-3 hour drive back puts us in Antigua, around 6:00pm.

Accommodations: Hotel Los Pasos

Meals: Breakfast

We recommend that you bring:

- Hiking boots or light hiking shoes
- Fleece or sweatshirt
- Wind stopping jacket
- Water bottles of at least 2 Liters per person - you may fill these at the shop for free before we depart
- Sunscreen, hat, sunglasses
- Camera
- Daypack to put all the above items in
- Watershoes or sandals
- Swimsuit
- T-shirts and shorts
- Towel
- Toiletries & meds
- Insect repellent
- Flashlight

• **DAY 9: LAKE ATITLAN PEDAL AND PADDLE**

Saturday 2

Main Activity: Mountain bike cross-county

Description: Meet at Old Town at 9am for a half-day ride around Antigua. Las Tierras Altas is a fertile shelf just north of Antigua home to rich soil, killer broccoli, and endless single track, dirt roads, and old jeep tracks. All this can be combined to create just the right trip for you. Perfect for groups with varied skill levels whether shuttled or ridden from the shop. This ride is considered "Novice – Advanced. Choose from two options:

Description	Option A	Option B
Distance:	32 miles	22 miles
Ascent:	990 feet	355 feet
Max Gradient:	19%	10%
Decent:	990 feet	990 feet
Start Elevation:	5115 feet	5750 feet
End Elevation:	5115 feet	5115 feet
Max Elev:	6105 feet	6105 feet

Accommodations: Hotel Los Pasos in Antigua

Meals: Breakfast

- **DAY 10: DEPARTURE**

Sunday 3

Main Activity: Airport delivery

Description: shuttle from Hotel Los Pasos to Guatemala City airport

Accommodations: you own comfy bed

Meals: breakfast

**Prices in US Dollars:** (Not including flight to Guatemala)

Includes Equipment such as Kayaks and Mountain Bikes

To be Paid to: The Guatemalan Adventure Company at Old Town Outfitters in Guatemala

\$898.00 US (Double Occupancy Basis)

\$1,027.00 US (Single Occupancy Basis)