

# Guatemala Multi Activity Trip

Trip Code: MAG

Version:



MULTI ACTIVITY



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Kayak, hike, and boat your way around stunning Lake Atitlán
- Trek to the summit of Volcán San Pedro (3,040m) for spectacular views
- Wander the colourful streets of the vibrant Chichicastenango Market
- Explore the towering pyramids of the ancient Mayan city of Tikal
- Hike jungle trails and swim in the clear turquoise pools of Semuc Champey

- Go in search of the magnificent National Bird , the Quetzal in the Biotopo del Quetzal Reserve

## AT A GLANCE

- 10 days Multi-activities
- Volcano hike
- Boat trip
- Kayaking & Swimming
- Culture & Sightseeing
- Cookery Class
- Jungle Walks & Wildlife
- Join at Guatemala City

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

This multi-activity holiday offers a comprehensive journey through Guatemala's most iconic landscapes and cultural highlights. Over 11 days, you'll explore the highland lakes, volcanic peaks, colonial cities, dense jungles, and ancient ruins that define this diverse Central American country. Activities include kayaking and hiking at Lake Atitlán, visiting the colourful Chichicastenango Market, climbing Volcán San Pedro, exploring the UNESCO-listed city of Antigua, and cooking a traditional Guatemalan meal. Our journey then takes us on to discover the impressive Mayan ruins of Tikal, spend a full day at the natural pools of Semuc Champey and immerse ourselves on a guided walk spotting wildlife in the cloud forest of the Biotopo del Quetzal. You may be lucky enough to spot the rare Quetzal Bird - the National Bird of Guatemala. With comfortable accommodations, expert local guides, and all major activities included, this trip is ideal for travellers seeking a balance of culture, nature, and adventure.

## Is this holiday for you?

If you are looking for a trip that blends cultural immersion with varied outdoor adventures, this holiday is an excellent choice. You'll experience Guatemala's rich diversity—from ancient Mayan ruins and colourful highland markets to volcanic hikes, jungle pools, and scenic lake kayaking—all in one well-paced itinerary.

This trip is ideal for those who enjoy being outdoors, exploring on foot or by kayak, and are curious about local traditions, food, and history. While the activities are moderately challenging, no technical experience is required—just a reasonable level of fitness and a spirit of adventure. With expert local guides, comfortable accommodations, and plenty of opportunities to engage with Guatemala's vibrant culture, this holiday offers a rewarding and well-rounded experience.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional and qualified tour leader
- Group transfers on arrival and departure
- All accommodation as described on twin / double occupancy
- Meals as per the daily itinerary and meal plan
- All transport involved in the itinerary from Day 1 to Day 11
- Internal flight from Guatemala City to Flores
- All tours, activities and entrance fees as described in the itinerary

### What's not Included

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

## Joining Arrangements & Transfers

The group will meet at the hotel in Guatemala City.

A single-timed group transfer from Guatemala City Airport to the group hotel is provided on Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary, there will be a single timed group transfer to Guatemala City Airport. These will be timed to coincide with the preferred group flights.

Anyone arriving at the same or a similar time may also join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency contact number are provided with your booking confirmation.

## Meal Plan

All breakfasts, 7 lunches and 1 dinner (prepared in the cookery class) are included in the trip.

## 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.

## 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.

## Accommodation

We will stay at 4 star hotels for the 2 nights in Guatemala, 3 nights at Lake Atitlan and 2 nights in Antigua, ensuring a high level of comfort and service. We use 3 - 3.5 star accommodation for the 1 hotel night in Flores and 2 nights Tented Camp in Lanquin, offering a balance of comfort and authenticity, which reflect the unique character of these regions.

All rooms are en-suite and allocated on a twin sharing basis. 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 pre and post tour are available on request.

## Group Leader & Support Staff

A certified and experienced guide will accompany the group for the entire duration of the tour. To enhance the experience and provide specialised knowledge, local support guides will join the group at each location (e.g., Tikal, Lanquín, etc.). All guides are certified, have long-term experience and are trained in first aid.

## Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you 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 Guatemala City and Antigua. 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 and 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 \$80 - \$95, should provide a sufficient 'pool' for tips.

## Baggage Allowance

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## 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

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011\* you will have to apply for a visa rather than the Visa Waiver Programme (\* a full and up to date list of countries can be found on the US government website [here](#).)

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA 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>

## Visa Guatemala

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

### Malaria

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

### 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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

### Currency

The unit of currency in Guatemala is the Quetzal (named after the national bird).

### Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long walks in hilly country to ensure you are in good shape.

### Climate

Waiting for agent to confirm

## 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](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

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 Acateñango 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.

# Equipment Information

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## 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 SHOULD BRING THE FOLLOWING ITEMS:

- Hiking Boots or trail shoes
- Sandals (like tevas suitable to get wet)
- Socks & underwear
- Trekking trousers
- Shorts
- Shirts / T-shirts / Tops
- Fleece jacket or warm jumper
- Lightweight waterproof jacket & trousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack 35-45 litres (with rain cover)
- Dry bags
- Headtorch
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (2 pint) x 2 (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent
- Small travel towel
- Small padlock (to lock your bag)

Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles
- Travel clothes
- Flipflops for casual wear and evenings
- Swimwear (some of the hotels have pools as well as other swimming opportunities)
- Binoculars
- 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)

## Land Only Information

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

# Why Choose KE

## Why KE?

Our Guatemala Multi-Activity Trip is perfect for adventurous travellers who want more than just sightseeing—it's an immersive journey through one of Central America's most culturally rich and geographically diverse countries. Our well-balanced itinerary offers a rich mix of activities, all while enjoying the comfort of expert-guided experiences and hand-picked accommodations. Whether you're drawn to history, nature, or active exploration, this trip offers an unforgettable blend of culture, adventure, and natural beauty—ideal for those who want to truly connect with Guatemala.

**Please Note** This document was downloaded on 04/09/2025 and the trip is subject to change