

Guatemala's Magnificent Seven

Trip Code: GVO

Version: GVO Trekking Guatemalas Magnificent Seven



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Conquer seven incredible volcano summits in the Guatemalan highlands
- Stand on top of Tajumulco (4220m), Central America's highest peak
- Wonder at the sensational sunrise views from Volcan Toliman and Tajumulco
- Watch Volcan Fuego illuminate the night sky with plumes of lava
- Enjoy soaking in volcanic hot springs and explore Antigua and Lake Atitlan

AT A GLANCE

- 14 days walking and sightseeing
- Max altitude - 4220 metres
- Join at Antigua

ACCOMMODATIONS & MEALS

- 14 Breakfasts
- 12 Lunches
- 13 Dinners
- 9 nights Hotel
- 5 nights Camping

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

Introduction

West of Guatemala City, the highland area of the altiplano is bounded to the south by a string of impressive volcanic peaks. Rich in Maya culture and blessed with a wonderful climate, this picturesque region is the focus of our great volcano trekking holiday extravaganza. Setting out from the charming Spanish colonial city of Antigua, we begin our trekking holiday in Guatemala with an ascent of Pacaya (2552m). From the top, we have tremendous dawn views of the surrounding volcanoes and of the distant Pacific Ocean. We travel West to the shores of the beautiful Lake Atitlan, from where we first climb San Pedro (3040m) and then make a 2-day ascent of Volcan Toliman (3210m). We have a day to relax and explore the shores of Lake Atitlan before continuing our journey west to Quetzaltenango, Guatemala's second city and the home of the Quiche Mayan people. From here we make an ascent of Volcan Chicibál (2858m) and explore its crater lagoon steeped in Mayan history. Over the next two days we tackle our highest objective, Tajumulco (4220m), the highest point in Central America, reaching the summit from a camp high on the peak. Returning to Antigua we then head south for our final two volcanoes. From a spectacular camp between Acatenango (3976m) and Fuego (3768m) we first climb the dormant Acatenango for views over all of our 'Magnificent Seven' volcanoes and on the following day we make a partial ascent of the aptly named Fuego, the world's most continuously active volcano. This is an unforgettable adventure in a great trekking destination which has a freshness that will appeal to any adventure traveller.

Is this holiday for you?

The length and difficulty of each of the objectives in this holiday varies considerably and it is therefore not easy to pin to a particular grade. The overall grade we have given this holiday takes into account a number of factors including the overall length of the trip, the facilities available, and the ease with which it is possible to opt out of various sections of the itinerary. The approaches to the volcanoes on the 'Magnificent Seven' are generally easy, following established trails through coffee plantation, forest or jungle. However, the ascents of the volcanoes themselves present quite challenging hikes even to regular hillwalkers. All of the volcanoes except Pacaya and Chicibál present a considerable amount of ascent and descent (between 1200 and 1700m of ascent), sometimes on steep and/or loose ground. We do have porter or pack-horse support during those days when we are camping which means you will

not be carrying heavy packs on any of these ascents.

Itinerary

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DAY 1

Meet at the group hotel in Antigua. A single timed transfer from Guatemala City Airport is provided.

Meet at the group hotel in Antigua. A single timed transfer from Guatemala City Airport is provided. The journey takes around 1hr.



Accommodation
Hotel

DAY 2

Exploring Antigua in the morning. Transfer to trailhead in the afternoon and ascend Volcan Pacaya.

Designated a 'World Heritage' site in 1979, Antigua is one of the most attractive cities in the Americas and has a rich and colourful history. Founded in 1543, the city became the Spanish colonial capital from which most of Central and South America was once ruled. A wealth of impressive 17th and 18th century buildings, picturesque streets and a friendly population together with excellent restaurants and a variety of cafes and bars, makes Antigua the logical choice as a starting point for travel in Guatemala. The city's setting is stupendous, surrounded as it is by the volcanoes Agua, Fuego and Acatenango. After a leisurely breakfast in our hotel, we have a 'familiarisation' walking tour of the city. In the afternoon we depart for Pacaya Volcano (2552 m). Set in its own national park, Pacaya is a storybook volcano with a continuous plume of smoke drifting from its summit. It is approx a 1½ hour drive to the trailhead. The trek starts out steep but quickly backs off and becomes less steep, traversing through agricultural fields and forest. The ascent culminates in a final, steeper section of trail climbing the cinder cone. The ascent is not too difficult nor long, only taking around 2 hours, but does provide an easy acclimatisation walk for our coming climbs. Pacaya's volcanic activity will dictate how close we can get to the edge of the lava streams or cone. We will most likely reach a high point of around 2100m, where we will have excellent views back over Guatemala city and across to Volcanes de Agua, Acatenango and Fuego. We camp tonight on the slopes of Pacaya.

Meals: **B L D**



Accommodation
Camping



Ascent
400M



Time
1 - 2 hrs trekking







Distance
5KM

DAY 3**Descend Volcan Pacaya and transfer to Lake Atitlan**

After breakfast, our group will break camp and have a relaxed descent of Pacaya's slopes as we move down to the trailhead. We transfer to the town of San Pedro de Laguna on the shores of Lake Atitlan. This small town has become a popular tourist destination due to its spectacular location set between lakes and volcanoes. We will stop along the way at a local restaurant to eat lunch and stretch our legs. The journey will take about four hours, after which we will check into our hotel and have some time to explore the town.

Meals: **B L D**

	Accommodation Hotel		Descent 400M		Time 1 hr trekking		Distance 5KM
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DAY 4**Ascend to summit of Volcan San Pedro (3040m)**

Today we will hike the shapely San Pedro, which can be seen very prominently from our hotel. After breakfast, we make the 20 minute drive to the start of the trail at 1800. The path is steep in places as it winds its way, firstly through a large plantation of coffee and then between cornfields, before entering thick cloud forest. The rock stack on the summit of San Pedro is the perfect picnic spot at approximately 3040 meters and provides a superb view of the truly beautiful lake and towns below. After lunch we descend back down the volcanic slopes to our San Pedro hotel where we can enjoy some well-earned relaxation time.

Meals: **B L D**

	Accommodation Hotel		Ascent 1200M		Descent 1200M		Time 6-7 hrs trekking		Distance 9KM
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DAY 5**Transfer by boat to trailhead and trek to camp on the shoulder of Volcan Toliman**

This morning we will travel by boat (approx. 30 minutes) across Lake Atitlan to Santiago Atitlan.

From the dock, we will go to the main plaza at, where we will meet the locals who will help us with the necessary equipment for tonight's camp. Today's hike winds through Santiago's colorful streets until you reach the edge of town and beginning of the trail surrounded by fruit trees, vegetable crops, and cornfields. We will walk for 2 hours on this woody and rocky trail before travelling deeper into the forest. The route through the dense forest takes us to the point where we will camp tonight (3000m). As we enter the humid forest, listen to the sounds of local animals such as deer, Pavo de Cacho hummingbirds,

and a variety of other local birds. After 3 hours, we will arrive at our campsite located aside a spectacular rock-shaped cave and setup for the evening. We will rest after a long day of walking with coffee and a rich dinner prepared by the team of guides and support crew.

Meals: **B L D**



Accommodation
Camping



Ascent
1450M



Time
5-6 hrs trekking



Distance
7KM

DAY 6

Sunrise climb to summit of Volcan Toliman (3200m)

Don't miss the opportunity this morning to witness the perfect setting for a majestic postcard. For those that will wake up, we will leave camp at 4:00AM to summit one of Toliman's 3 peaks with a rewarding sunrise view of Lake Atitlan and the surrounding volcanoes. We will return to the campsite for breakfast and then be ready for the descent back to the scenic town of Santiago. At the end of the today's hike, we will drive back to Panajachel on Lake Atitlan.

Meals: **B L D**



Accommodation
Hotel



Ascent
200M



Descent
1600M



Time
3 - 4 hrs trekking



Distance
9KM

DAY 7

A day to relax and explore the shores of Lake Atitlan

Today you will have time to relax by the lake, paddle a kayak or visit surrounding villages. San Juan is a tranquil little town with many little cooperatives and artisan shops and Santiago Atitlan is the home of sacred spirits. Both are great places to explore local markets, plazas and historical buildings.

Meals: **B D**



Accommodation
Hotel

DAY 8






Ascent of Volcan Chicibal (2858m). Explore Chicibal Lagoon. Overnight in Quetzaltenango.

After breakfast we leave Lake Atitlan and drive for 2 hours towards the capital of the Western Highlands, across the high sierra, Quetzaltenango (also known by its Mayan name of Xela). Travelling along the Pan American Highway, we pass its highest point at a place known locally as 'Alaska.' Xela sits at an altitude of 2335m, making it Guatemala's second largest city and the centre of the Quiche Mayan people.

From Xela we continue 1 hour to Laguna Seca, the start of today's walk and our next volcanic objective, Chicibal (2858m). Sacred in Mayan beliefs the Chicibal Volcano is seen as a symbol of the power of nature and religious ceremonies and offerings made to the gods to ask for protection against natural disasters. The lagoon at its crater is considered the centre of Mayan 'Cosmovision' and Mayan traditionalist still use altars along the lakeshore.

Red corrugated roofs dot the farms below as we make our way up, at first, an unpaved road before it forks into two trails. These trails form a loop taking in the summit mirador at descending into the crater to Chicibal Lagoon. After exploring these trails we return to our vehicle and drive on to Lake Atitlan and our hotel for the night.

Meals: **B L D**

	Accommodation Hotel		Ascent 400M		Descent 400M		Time 2 - 3 hours trekking		Distance 4KM
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DAY 9

Ascend to summit of Volcan Tajumulco (4219m) and camp on slopes (3900m).

Today we embark on a stunning climb to Central America's highest point, and our second volcano, Volcan Tajumulco. After breakfast we drive from Quetzaltenango to the small village of San Sebastian in San Marcos (approx. 4 hours), which lies close to the border of Mexico and is the starting point for our climb on Tajumulco, the highest of Guatemala's Volcanoes. Starting at 2800 a cobbled street climbs out of the village towards the forest. This initial section can be completed either on foot or by 4x4, you will decide with your guide the best option for your group, and leads up to 3560m and the entrance to the cloud forest. From here it will take around 2 hours to walk through the lush pine forest to our camp for the night, situated at 3900 on the volcano side. Depending on timings we may choose to walk on for another 1.5 hours to reach the highest possible point on this volcano, at 4142m, for a special sunset over the surrounding countryside and breathtaking views eastward along the volcanic chain. We then descend back to the campsite where we will enjoy a delicious dinner prepared by our local chef.

Meals: **B L D**

	Accommodation Camping		Ascent 1330M		Time 3 - 4 hrs trekking		Distance 9KM
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DAY 10**Sunrise on Volcan Tajumulco. Descend and transfer to Xela. Afternoon at Fuentes Georginas Hot Springs.**

This morning we rise early to climb to Tajumulco's summit for a spectacular sunrise from Central America's highest point. After this incredible experience, we will have breakfast back at the campsite before packing our things and walking back down to the trailhead and Sebastian. The descent will take about 2 hours. We drive for around 4 hours back towards Xela, before continuing to the hot springs at Fuentes Georginas. Fed from the nearby Zunil Volcano the waters are both warm and rich in minerals, with many locals attributing healing powers to this special place. Here we enjoy lunch and use of the hot pools before returning to our hotel in Xela.


Meals: **B L D**

	Accommodation Hotel		Ascent 300M		Descent 1500M		Time 3-4 hours		Distance 5KM
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DAY 11**Transfer to Antigua, via the Shrine of San Simon in San Andres Itzapa.**

In the morning we drive back to Antigua. The journey to Antigua takes about 3 hours. Along the way we will stop in the town of San Andres Itzapa to visit the shrine of San Simon or El Maximon, as the locals call him. There are many versions of the history of San Simon, but the one most believed is that during the time the Spanish conquest, San Simon was the human reincarnation of Judas, sent back down to Earth to forever beg forgiveness. It is tradition to bear offerings to San Simon, along with wishes; a new car, a hex on a neighbour or even a win on the lottery. The various plaques decorating the walls of the shrine pay tribute to the miracles received by the many who worship him. The temple is a place of great ceremony with ritual fires and sacrifices led by the shamans. San Simon is also said to be the protector of vices, meaning that his holy water is liquor and incense is cigarette or cigar smoke. We arrive into Antigua with a bit of time to get our gear ready for the last two volcanoes.

Meals: **B L D**

	Accommodation Hotel
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DAY 12**Ascend Volcan Acatenango (3976m) and descend to campsite on saddle between Acatenango and Fuego (3500m).**

Today we enjoy slightly more leisurely start to the morning. The ascent of Guatemala's third highest volcano, Acatenango (3976m), begins with a bumpy ride for 1 hour to La Soledad (2390m). We will camp

in the mountains tonight and will once again be supported by a team of porters. The climb is quite steep, but varied and interesting, as we pass through various zones of vegetation; beginning in the cornfields of La Soledad and traversing bamboo clad slopes, then cloud forest and finally pine forest, before finally reaching the summit cone. This is a 5 to 6 hour ascent, with lunch taken on the way. The view from the summit is very impressive, with all of our 'Magnificent Seven' volcanoes visible; from distant Tajumulco to the nearby and spectacularly active Fuego. Our camping place for the next 2 nights is slightly down from the summit, on the tree covered area between Acatenango and Fuego at approximately 3500 metres. This promises to be one of the more remarkable campsites you will ever have stayed at, with the sight of Fuego blowing rocks and dense black clouds into the stratosphere being particularly unforgettable.

Meals: **B L D**





	Accommodation Camping		Ascent 1600M		Time 5 - 6 hrs trekking		Distance 10KM
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DAY 13

Sunrise from the campsite, followed by partial ascent of Fuego. Return to campsite.

Most people will want to rise early to catch the sunrise and we then set off for Fuego after breakfast in camp. Fuego, also known as Chigag (which in the Cakchiquel language means 'where the fire is') has been active since records began in 1524 and is, in fact, the world's most continuously active volcano. We walk across the saddle, and up a curving ridge, rising in a series of crests toward the summit cone. We will ascend this ridge as far as possible towards the summit: our maximum altitude here will be governed by the level of volcanic activity. We then return to our campsite where we spend another night high in the mountains.

Meals: **B L D**

	Accommodation Camping		Ascent 500M		Time 5 hrs trekking		Distance 5KM
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DAY 14

Descend from campsite on the slopes of Fuego. Transfer to Antigua. Rest of day to relax.

We are treated to another sunrise in this truly spectacular location, before beginning the long descent of the western slopes of Fuego. The trail begins with an easy traverse through the forest, which in places is quite sparse, permitting us views of both Volcans Fuego and Agua. We plunge down into the denser sub-tropical vegetation of the lower slopes. This will be a tough morning's work and hard on the knees as we follow a twisting, dusty trail down through the forest for 3 to 4 hours to return to the village of La Soledad. Here we are met by our transport and make the short transfer back to our hotel in Antigua. We should be back in time for a late lunch and the rest of the day is free to relax and buy souvenirs from this

colonial centre of Antigua.

Meals: **B L D**

	Accommodation Hotel		Descent 1200M		Time 3 - 4 hrs trekking		Distance 7KM
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DAY 15

Departure day. A single timed transfer to Guatemala City Airport is provided.

Your holiday ends after breakfast. A single timed transfer to Guatemala City Airport is provided. Flight time allowing there may be additional time to explore this charming city. Should you wish to extend your stay additional hotel nights in Antigua are available, or you may want to extend your stay with a extension to see the Mayan ruins at Tikal. We can even arrange an incredible once-in-a-lifetime trip to the Galapagos Islands! Please contact the KE office for further information.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, on five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from
US\$5,105 per person



The Mayan City of Tikal

Situated in a remote jungle setting, Tikal is one of the world's premier archaeological sites and one of the Guatemala's most interesting attractions. This was one of the largest and most powerful cities during the Mayan period, dating between 600BC and 900AD. After its decline and eventual collapse, the city was reclaimed by the encroaching jungle and hidden for centuries, until European archaeologists began to excavate the pyramids, plazas and temples in the 1850s. Now a National Park and a UNESCO World Heritage site, it is now possible to explore the ongoing excavations and temples. It isn't only the ruins that impress: the area is part of a biosphere and boasts 285 species of exotic birds and animals and there are hundreds of orchid species.

2 days from
US\$970 per person

Holiday Information

What's not Included

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

Meal Plan

All meals are included in the holiday price except for lunch on the free day beside Lake Atitlan - Day 7. .

Food & 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.

Antigua has a bewildering array of restaurants serving international cuisine and your trip leader will take you to some of the best. In Quetzaltenango the choice is not as wide ranging but still there are several restaurants serving a variety of foods both local and international. During the camping nights you will have a cooked meal prepared from fresh local ingredients. The picnic lunches during the trek consist of salad, bread, pasta, cheese, cooked meats, and fresh fruit. Mineral water as well as tea or coffee is provided.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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 spend 7 nights in comfortable hotels in Antigua and Quetzaltenango, and 1 night at a comfortable hotel right on the shores of Lake Atitlan. All rooms are en suite. There will also be a total of 5 nights camping.

Accommodation is based on twin share. 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 are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. In addition, whilst trekking, the group will be supported by a full crew of camp staff and porters.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should 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 Antigua and Quetzaltenango. 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. They 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 \$75 - \$100, should provide a sufficient 'pool' for tips.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Guatemala

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

Health & Vaccinations

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.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. 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.

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.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

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

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find your holiday. Although the overall grade of this trip is moderate, some of the ascents will challenge even regular hill walkers and it is a good idea to get in shape before heading out on your holiday. We suggest that you adopt a weekly exercise regime. Regular hiking in hill country is the best preparation but if this is not possible, then running, cycling and swimming are also good for developing better stamina and general cardio-vascular fitness. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

From the middle of October through to the start of March the average daytime temperature in the high sierra will range from 17 to 25°C. Whilst in Antigua and at Lake Atitlan, temperatures are unlikely to fall below 15°C, even at night. At our highest camps, temperatures will fall to around 5°C at night. The time of year that we have chosen for our visits to Guatemala coincides with a mainly dry period, at least on the Pacific side of Guatemala. However, there is the possibility of showers in the afternoons when climbing the volcanoes.

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 prior to travel, all KE clients visit the official UK Government website at 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 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 direct 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 Acatenango 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.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

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 must bring the following items:

- **Sleeping bag (comfort rated 0°C)

- **Thermarest or similar sleeping mat
- Walking boots
- Trainers for travelling in and for camp use
- Walking socks (3 pairs)
- Trekking trousers
- Lightweight waterproof over trousers
- Underwear
- Base layer shirt(s)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves
- Daypack 30 litres
- Large waterproof bag such as a rucksack liner (for repacking gear on the camping nights - see below)
- Headtorch with spare batteries
- Sun protection (including total bloc for lips, nose etc.)

- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Swimwear (for the hot springs)
- Small towel
- Small padlock (to lock your KE trek bag)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

◆ **The following items are optional:**

- Travel clothes
- Shorts
- Spare laces
- Gaiters (recommended)
- Trekking poles (recommended)
- Down jacket (for use in evenings when camping)
- Insect repellent
- 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)

Notes:

This is not a sustained trekking trip and there are only 4 nights when we are camping. On each of the camping nights, you will be asked to restrict your personal equipment to a few essential items, including your sleeping bag and camping mattress. This equipment will be separated from your trek bag and repacked into communal kitbags for the porters or pack-horses to carry. To help to keep these items clean and dry, you should take with you on the trip a suitable, large and waterproof bag, such as a plastic bivvy bag, rucksack liner or equivalent. Your trek bag, with the bulk of your spare clothing etc, will remain in safe storage at the group's hotel during the time when we are camping.

****Equipment Hire / Rental:** Sleeping bags in standard and long (taller than 6 foot) sizes and an inflatable camping mattress can be hired from KE. You can reserve your bag when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [-> Find out more](#)

Land Only Information

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

Why Choose KE

Why KE

This is a completely unique-to-KE adventure run by our experienced and passionate guides, who'll make sure you'll see the best of this spectacular region and help you conquer the Magnificent Seven. Tackling seven of the highest volcanoes in the Western Highlands will be challenging, but camping under the stars and waking to far-reaching views across to the Pacific and into Mexico will be more than ample reward.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change