



Signature Sabbatical Itinerary: Intrepid Guatemala

Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

www.LiNGER.co.uk | travel@LiNGER.co.uk

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



Introducing Guatemala

A rich land where Mayan history is intertwined with raw natural beauty, Guatemala welcomes visitors with shimmering lakes, wild jungle and dramatic volcanic peaks. The colonial city of Antigua offers charm in abundance and is the perfect place to begin any adventure in Guatemala, before heading off through rolling volcanic landscapes, laden with coffee, cacao and avocado plantations. Delve into its indigenous culture and Mayan history in lakeside villages, shop to your heart's content at vibrant markets and explore ancient ruins buried deep within the jungle. Whether you're looking for a cultural escape, an adrenaline-fuelled adventure or something in between, Guatemala has you covered.

How to Get to Guatemala

You can travel overland from Mexico, Belize, Honduras or El Salvador as part of a longer Central American itinerary. By plane, you'll fly into Guatemala City. There are no direct flights from the UK – you need to go via the US or Europe and the flight time is approx. 14-17 hours. If you're coming from the US, you can travel from various major cities – flight times range from 2-6 hours. From Guatemala City, the only onward domestic flight is to Flores, gateway to Tikal.

When & Weather – Guatemala

The weather is sunny and spring-like all year round, with temperatures changing through altitude rather than climate. It can get hot on the coast and is cooler up in the mountains. November to April is the Dry Season; May to October is Rainy Season, with most rain falling in September and October. Rainfall is mainly limited to late-afternoon downpours so don't let this put you off. Temperatures range between 13°C (56°F) and 28°C (82°F).

Who will Guatemala Appeal To?

The country's rich indigenous culture and stunning natural landscapes are best suited to: Culture lovers - Photographers - Honeymooners - Active travellers - Solo travellers - Families will be greeted warmly.

Accommodation

Ranging from characterful guesthouses in the *pueblos*, to magnificent colonial hotels in Antigua, jungle lodges, luxury villas and boutique hotels.

Off The Beaten Path

Swim in turquoise natural pools at Semuc Champey, a breath-taking river valley. Paraglide over the impossibly blue Lake Atitlan. Take a chocolate-making workshop: cacao plantations surround Antigua and the Mayans invented the sweet stuff. Camp overnight amongst the ancient ruins of untouched Uaxactun. Climb Guatemala's highest peak – Volcán Tajumulco – for an incredible sunrise.

Wildlife

Stay overnight at Tikal and you'll hear the jungle come alive with howler monkeys. Kayak through the Rio Dulce gorge at sunrise and you may spot manatees. The iridescent quetzal nests in the Biotopo del Quetzal between March and June. As you wander through jungle, keep your eyes out for rare scarlet macaws.

Guatemala Experiences you shouldn't miss

Wandering through Unesco-listed Antigua: gorgeous colonial architecture, cobbled streets and flower-filled plazas. Hiking up active Pacaya volcano; it regularly throws out smoke and red-hot lava. Paddle boarding across serene Lake Atitlan. Climbing the splendid 800 BC pyramids of Tikal, half-enveloped by jungle.

Giving back

Visit and volunteer at [Pintando El Cambio](#), an NGO which uses art as a way to regenerate social change and economic development in Santa Catarina Palopó.

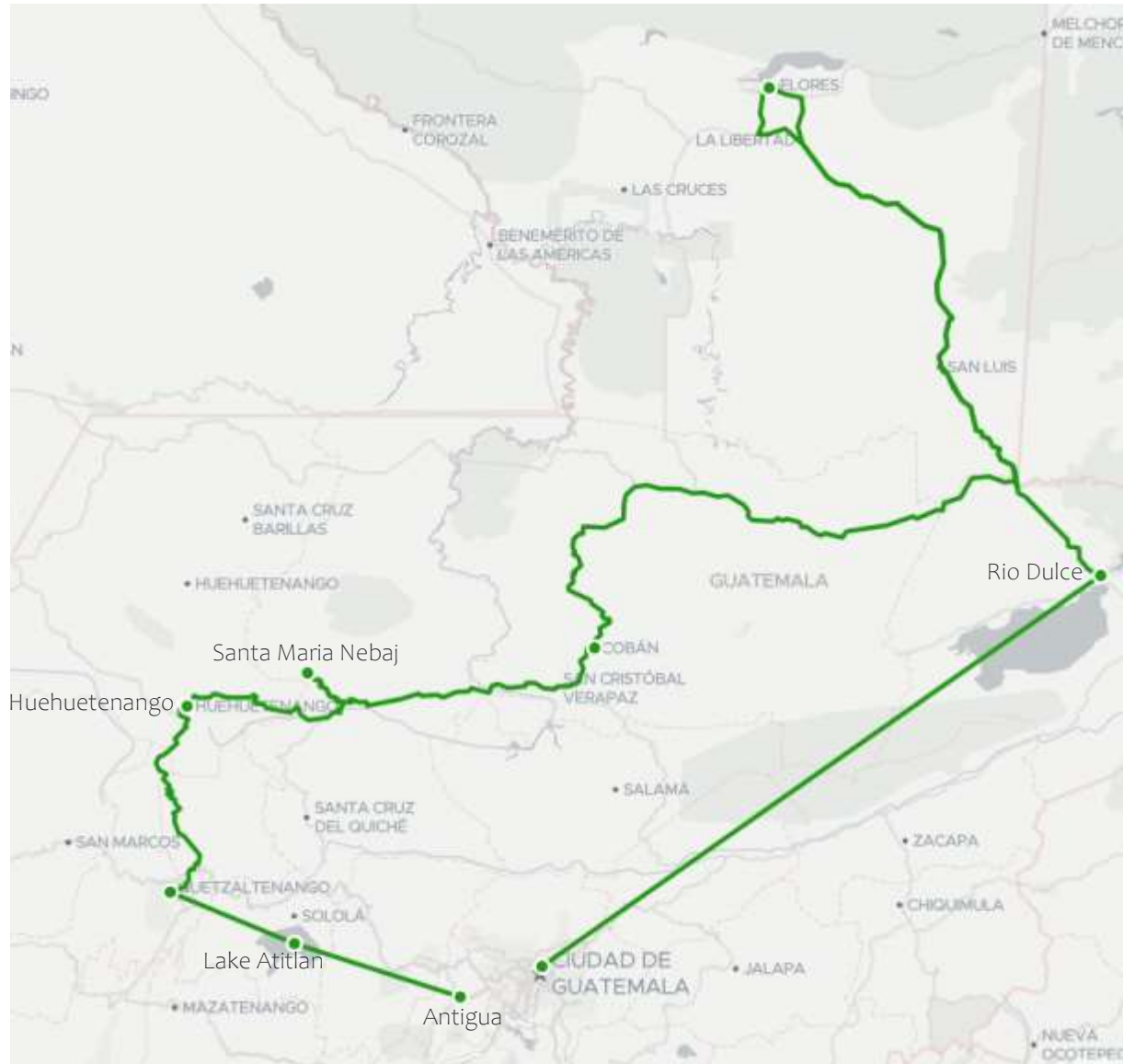
Santa Catarina Palopó is a tiny village on the Northeastern side of Lake Atitlan and is home to roughly 6,000 inhabitants. Due to the demographic growth of the area, the profitability of traditional economic activities such as agriculture and fishing has been reduced to the point of not being a sustainable option for families. The goal of the project is to paint around 600 homes in a style and colour which is sympathetic to the cultural origins of the village and community. Here volunteers can get involved by helping to paint a home or donate materials.



Life Experiences & Encounters in Guatemala



Guatemala - Journey Map



Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1				GUATEMALA CITY		TBC		
25		RIO DULCE		GUATEMALA CITY		HELICOPTER		
25		GUATEMALA CITY				TBC		

Your trip in a nutshell

Day 1

Arrive in Guatemala City & transfer by road to the colonial city of Antigua. Check in for a 4-night stay. *Hotel San Rafael*

Day 2

Antigua Insider Walking Excursion - Explore the colonial centre of Antigua. *Hotel San Rafael*

Day 3

Visit local indigenous villages & a not-for-profit organisation which promotes fair trade coffee production. *Hotel San Rafael*

Day 4

Hike the Pacaya Volcano & enjoy a picnic lunch on the slopes. *Hotel San Rafael*

Day 5

Travel to Lake Atitlán via Comalapa Market & a shaman encounter at Iximche. *Casa Prana Hotel*

Day 6

Lake shore biking & visit to the charming town of San Juan La Laguna. *Casa Prana Hotel*

Day 7

Day at leisure in Lake Atitlán to enjoy activities on the lake or relax at your hotel. *Casa Prana Hotel*

Day 8

Visit some of the lake's most charming villages by boat & meet a local NGO which supports community education. *Casa Prana Hotel*

Day 9

Drive from Lake Atitlán to Quetzaltenango in the highlands, breaking the journey at Sololá Market. *Hotel Bonifaz*

Day 10

Visit Almolonga, 'the garden of Central America' & the village of Zunil, where you'll visit a weaving cooperative. *Hotel Bonifaz*

Day 11

Drive through the countryside to Huehuetenango in the Cuchumatanes mountains, home to Central America's highest peaks. *Unicornio Azul Lodge*

Day 12

Explore the Cuchumatanes mountains, stopping at local villages & the emerald waters of Laguna Magdalena. *Unicornio Azul Lodge*

Day 13

Continue through the mountains from Huehuetenango to Nebaj, a region known for its beautiful textiles. *Hacienda Mil Amores*

Day 14

Explore the authentic local villages of Ixil Triangle & swim in the pools at Santa Avelina waterfalls. *Hacienda Mil Amores*

Day 15

Drive from Nebaj to the charming city of Coban with mountain sightseeing tailored to your interests along the way. *Hotel Casa Q'eqchi*

Day 16

Discover the brightly coloured natural pools of Semuc Champey & explore the depths of the Lanquín Caves. *Hotel Casa Q'eqchi*

Day 17

Enjoy river tubing in the Candelaria Caves & continue by road to the jungles of Flores, the gateway to Tikal Mayan ruins. *Hotel Las Lagunas*

Day 18

Treetop adventure & ziplining in the jungles of Ixpanpajul National Park. *Hotel Las Lagunas*

Day 19

Explore Uaxactún & Tikal Mayan ruins, deep within the jungles of Flores. *Hotel Las Lagunas*

Day 20

Visit Yaxhá Mayan ruins & climb to the top of its temples to soak up the sunsetting over the lagoon. *Hotel Las Lagunas*

Your trip in a nutshell

Day 21

Transfer from Flores to Rio Dulce. Enjoy a river cruise & visit the Ak' Tenamit NGO Project which teaches important life skills to indigenous children. *Cassa Zenda*

Day 22 - 24

Days at leisure in the Rio Dulce area, enjoying an array of water-sports.

Cassa Zenda

Day 25

Helicopter transfer from Rio Dulce to Guatemala City & international flight home.

Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



The Nitty Gritty

Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private excursions
- Helicopter flight from Rio Dulce to Guatemala City

Excluded

- International flights
- Domestic flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance

Quotation

- From GBP £24,570.00 per person, based on two travelling together

Booking Terms & Conditions:

www.linger.co.uk/terms-and-conditions/

Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Guatemala. Consider visiting Guatemala in combination with Belize, Mexico, Nicaragua and Panama on a longer exploration of Central America.

No matter how long you have to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget. Contact us to start planning a holiday or sabbatical to Guatemala.

Contact

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Financial Protection

ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLcertificate



Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This insurance has been arranged by The Travel Vault in conjunction with Towergate Travel through Zurich Insurance PLC.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>



Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

Julia Bysshe



Contact

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ENRICHING LIFE THROUGH TRAVEL