



# FALL IN GUATEMALA

NOVEMBER 14-19, 2018

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*With its three active volcanoes, wild orchids, ancient Mayan communities, and Lago Atitlan- a collapsed volcanic cone filled with water 1,000 feet deep, Guatemala is a mystical place unlike any other. We'll have an unforgettable experience - staying at a lake-side hideaway, visiting the colonial town of Antigua, climbing an active volcano, biking through spectacular vistas on local trade routes, and kayaking on Lake Atitlan. Don't miss it!*

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**November 14-** Afternoon arrivals into Guatemala City, where we meet with our guide en route to the town of Antigua where we first witness the authenticity of El Convento. We settle in, take a deep breath and set our intentions for the journey ahead. An afternoon walk around town before cocktails and dinner will give us the lay of the land as we later sample wine in the library with a local painter/storyteller/photographer, who will join us for dinner in town at the local hotspot.

**November 15-** Early morning wake-up in the waxing moon with a quick breakfast before we depart for a full day hike to Pacaya, one of Guatemala's most active volcanoes and a natural wonder of the world. It's a 4-5 mile hike with spectacular views. From our picnic lunch spot atop, we can actually feel the incredible rush of seismic energy, which is perfect preparation for our opening circle ceremony tonight. A special invited guest, an adventurer who has lived in Guatemala for 30 years, will join us to spice things up a bit.





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**November 16-** Morning yoga stretch before breakfast will determine how well your legs will perform for our mountain ride through coffee farms, flower gardens, nut plantations and villages with great views of volcanoes in the distance. It's just a warm up before we head out on a dreamy 90-mile drive outside of the city situated on a natural wonder of the world...**Lake Atitlan**. Surrounded by mountains and volcanoes, immersed within a 100-acre nature reserve, our luxuriously natural Eco-Resort is perched on the shores of the beautiful and mystical Lake itself just in time for a sunset cocktail and delicious dinner.



**November 17-** Morning yoga overlooking the lake and breakfast on the veranda before we're off to hike around Atitlan Lake and its surrounding thirteen villages, each with its own version of Mayan culture. After our picnic lunch, we grab kayaks and experience the lake's splendor from another view - the water! We arrive back at our villa in time for an afternoon massage. Dinner will be the fresh catch of the day.

**November 18-** Yoga and chanting is a perfect wake-up call. After breakfast, we head out by lancha (boat) for San Marcos La Laguna. Known for its tranquil atmosphere, we experience the peacefulness of the pyramid center- a powerful vortex of energy. From there, we can hike to Santa Cruz, another small village or Santiago Atitlan, the capital of the proud and independent Tz'utujil people, one of the largest indigenous communities in Guatemala. It's a full day of exploration, but we are back at our villas by nightfall for our last dinner by candlelight.



**November 19-** An optional early morning yoga stretch, followed by breakfast. Packed and ready to go home, we make a stop to visit San Andres Ixtapa, the Shrine of Maximon, for a Shaman visit and blessing. With gratitude for an amazing journey and bonding with friends, we arrive at the airport in time for afternoon flights home.

*Investment: \$5,000*