

GUATEMALA ITINERARY



Hosted by Marielena Bravo & Cecilia Garcia
Curated & Operated by **La Herencia Mia**

Dates: October 29 – November 6, 2026

9 Days • 8 Nights

EARLY BIRD PRICE:

**\$3,499 per person —
All-Inclusive**

Prices are based on double
occupancy. Single/Private Room
Upgrade: +\$800 per person

An Invitation to Experience Guatemala Deeply & Intentionally



Heritage Festival



Ancestral Flavors



Artisan Traditions



Scenic Mornings





Trip Highlights

Guests on this La Herencia Mia journey will experience some of Guatemala's most meaningful cultural traditions and landscapes while enjoying carefully curated meals, workshops, and guided experiences.

Highlights of the trip include witnessing the **Sumpango Giant Kite Festival**, one of Guatemala's most spectacular cultural celebrations honoring ancestors on All Saints' Day. Travelers will also explore the colonial beauty of **Antigua Guatemala**, walking its cobblestone streets, visiting historic landmarks, and tasting innovative Guatemalan cuisine.

The journey continues to the shores of **Lake Atitlán**, widely considered one of the most beautiful lakes in the world. Here, guests will learn traditional crafts such as weaving, natural dyeing, and cooking while hearing the stories of local artisans.

Additional highlights include:

- A five-course tasting menu at one of Antigua's most celebrated restaurants
- A street food exploration through Antigua's local culinary scene
- A guided ethical coffee farm experience on the slopes of Volcán de Agua
- A sunrise hike to the breathtaking **Rostro Maya (Maya Nose)** viewpoint
- Cultural encounters with artisans, cacao producers, and beekeepers in San Juan La Laguna
- A Mayan cooking class and market visit in San Pedro La Laguna
- A guided visit to the Maya archaeological site of **Iximché** and a traditional ceremony led by a local Ajq'ij (Mayan spiritual guide)

Together, these experiences create a journey that celebrates Guatemala's living culture, culinary traditions, and breathtaking landscapes.



Day 1 – Thursday, October 29

Arrival in Guatemala & Welcome to Antigua: Guests arrive in Guatemala City and transfer to the colonial city of Antigua, where the journey begins with a welcome dinner and introduction to the group.



- Arrival to Guatemala (Recommended arrival anytime before 2 PM)
- Private airport transfer to Antigua Hotel / Check-In
- Orientation meeting
- Five-course welcome dinner in Antigua (refined Guatemalan cuisine experience)

Your journey begins upon arrival at **La Aurora International Airport in Guatemala City**, where private transportation will be waiting to take the group to the historic colonial city of **Antigua Guatemala**, approximately one-two hours away. Guests are encouraged to arrive **before 2:00 PM** so they can comfortably join the first group gathering of the trip. Upon arrival in Antigua, you will check in to the hotel and have time to unpack, rest, and settle into the beautiful surroundings of this UNESCO World Heritage city.

Before dinner, the group will gather briefly for a **welcome orientation**, offering an introduction to the journey ahead and an opportunity to meet fellow travelers.

In the evening, we walk together to one of Antigua's most celebrated restaurants for a **five-course tasting menu** that highlights native Guatemalan ingredients through innovative and modern culinary design. The meal offers a perfect introduction to the country's evolving gastronomic scene.



Day 2 – Friday, October 30

Discovering the Historic Heart of Antigua: Today is dedicated to exploring the architectural beauty, history, and culinary traditions of Antigua through a walking tour and evening street food experience.



Highlights:

- Rooftop views at Iglesia de la Merced
- Santa Catalina Arch
- Antigua landmarks
- Street food tasting tour



After breakfast, the morning begins at the stunning **Iglesia de la Merced**, where we climb to the church's rooftop domes for panoramic views of Antigua with the surrounding volcanoes rising in the distance. From here we begin a leisurely walking exploration through the historic center, passing through some of Antigua's most iconic landmarks. The walk includes a stop at the famous **Santa Catalina Arch**, visits to local artisan markets that support regional cooperatives, and time in **Central Park**, the vibrant heart of the city. Lunch is enjoyed at a traditional Antigua restaurant. We also visit a beautiful art museum that highlights the region's cultural and artistic heritage. In the late afternoon, the group embarks on a **three-hour foodie street tour**, traveling between tasting stops by tuk-tuk. This lively experience introduces Antigua's street food culture with approximately **ten different tastings** of beloved local snacks and beverages. The evening concludes at one of Antigua's most iconic bars, where guests can try Guatemala's renowned rum.



Day 3 – Saturday, October 31

Coffee Traditions & Hands-On Cultural Experiences: A day exploring Guatemala's world-famous coffee culture followed by a traditional cooking experience and time to relax in Antigua



Highlights:

- Coffee cupping and ethical coffee farm visit
- Shared picnic lunch together
- Free afternoon to enjoy Antigua
- Bonfire gathering

After breakfast, the group sets out for a unique coffee experience on the slopes of **Volcán de Agua**. The morning begins with a **coffee cupping session**, where guests learn how professionals evaluate aroma, flavor, and quality. From there, a 4x4 vehicle takes us to a private coffee farm located high in the volcanic hills. Here we learn about the journey of coffee from cherry to cup while walking through the farm and witnessing the harvesting process firsthand. The farm operates under an ethical model that emphasizes fair wages and empowerment for local farmers, offering a more conscious approach to coffee production. We will have a delicious lunch with our guides, and after we return to Antigua, the remainder of the afternoon is free to explore Antigua at your own pace. In the evening, the group gathers for **dinner at the hotel** followed by a **bonfire gathering**, where we reflect on the journey so far and learn about the significance of the next day's **Sumpango Kite Festival**.



Day 4 – Sunday, November 1

The Sumpango Giant Kite Festival: One of the most extraordinary cultural events in Guatemala! A vibrant festival honoring ancestors through enormous handmade kites.



Highlights:

- Sumpango Giant Kite Festival
- Kite-making workshop
- Cemetery traditions
- Fiambre Meal

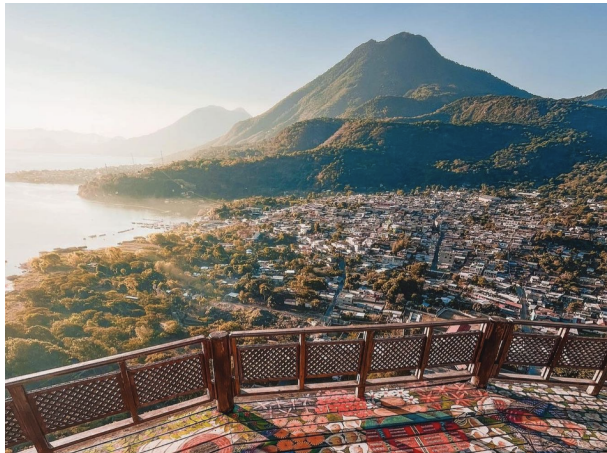


Today is the cultural highlight of the journey. We depart early in the morning for the town of **Sumpango**, where thousands gather every year to celebrate **All Saints' Day** and honor loved ones who have passed. Upon arrival, the group will enjoy breakfast at a private campsite located just steps from the festival grounds. After breakfast, we participate in a **private kite-making workshop**, learning about the craftsmanship behind the traditional kites and creating our own smaller versions. Next we visit the colorful **Sumpango cemetery**, where families gather to decorate graves, share food, and fly kites as part of a centuries-old tradition honoring ancestors. Later, we enter the main festival field where the giant kites—some reaching more than **20 meters (65 feet)** in diameter—are displayed and sometimes lifted into the sky. Lunch features **fiambre**, a legendary Guatemalan dish prepared only once a year on this special day. In the late afternoon we return to Antigua for a relaxing evening and a comforting homemade dinner delivered to the hotel.



Day 5 – Monday, November 2

Journey to Lake Atitlán & Artisan Traditions: Travel to Lake Atitlán and experience traditional weaving and natural dyeing with local artisans.



Highlights:

- Scenic transfer to Lake Atitlán
- Artisan weaving cooperative
- Natural dye workshop
- Backstrap weaving

After breakfast, the group departs Antigua for the breathtaking region of **Lake Atitlán**, traveling to the artistic village of **San Juan La Laguna**. Upon arrival, we are welcomed into the home of a local artisan who prepares a **traditional home-cooked meal** for the group. Following lunch, guests participate in a **natural dye demonstration**, learning how plants and minerals are used to create vibrant colors for traditional textiles. The experience continues with a **backstrap weaving workshop**, one of the oldest weaving techniques in the Maya world. Each guest will create a small handmade scarf to take home as a meaningful souvenir. After exploring the colorful murals and streets of San Juan, the group checks into our lakeside hotel and enjoys a traditional Guatemalan dinner together.



Day 6 – Tuesday, November 3

Sunrise Over Lake Atitlán & Cultural Exploration: A sunrise hike, a scenic boat ride to Santiago Atitlán, and deeper exploration of San Juan's cultural traditions.



Highlights:

- Sunrise hike at Rostro Maya
- Boat ride across Lake Atitlán
- Visit to Maximon shrine
- Cacao and honey demonstrations

Before dawn, we begin a short but rewarding hike to the **Rostro Maya viewpoint**. The climb takes approximately 30–45 minutes and leads to one of the most breathtaking sunrise views in Guatemala. At the summit, we enjoy coffee, tea, and fresh bread while watching the sun rise over Lake Atitlán and its surrounding volcanoes. After returning to the hotel for breakfast, the group boards a private boat to the village of **Santiago Atitlán**, passing dramatic volcanic scenery along the way. In Santiago we visit local artisans, the market, and the revered shrine of **Maximon**, a unique Maya spiritual figure. After lunch in Santiago, we return to **San Juan La Laguna** for a guided cultural tour exploring honey production, cacao traditions, and artisan workshops. The evening concludes with a **Tz'utujil tasting dinner** highlighting traditional dishes from the region.



Day 7 – Wednesday, November 4

Mayan Cooking & Spiritual Art: A hands-on cooking class and a creative workshop exploring Maya cosmology and personal Nahual energy



Highlights:

- Market visit
- Mayan cooking class
- Spiritual painting workshop

The morning begins with a tuk-tuk ride to neighboring **San Pedro La Laguna** where we visit the municipal market to purchase fresh ingredients with local chef Anita. We return to Anita's personal home to experience a deeply immersive **private cooking class** at her home. Together we prepare several traditional dishes while learning about Maya food traditions. In the afternoon, the group visits a local Maya spiritual guide for a **Nahual painting workshop**, where creativity and ancestral knowledge come together in a reflective and meaningful experience. The evening concludes with a final lakeside dinner at our hotel.





Day 8 – Thursday, November 5

Maya History & Farewell Dinner in Guatemala City- Travel from Lake Atitlán to Guatemala City with a stop at the important Maya archaeological site of Iximché.



Highlights:

- Iximché archaeological site
- Mayan spiritual ceremony
- Farewell Special chef's tasting dinner

Departing Lake Atitlán, we travel toward Guatemala City with a stop in **Tecpán** to visit **Iximché**, the former capital of the Kaqchikel Maya kingdom. A guided tour introduces the temples and history of the site, followed by a **traditional Maya ceremony** led by a local Ajq'ij. After lunch in Tecpán, we continue to Guatemala City where guests check into the hotel and rest before the evening's farewell experience. Our final dinner together is a **private chef's tasting menu**, where a celebrated female chef presents a creative culinary interpretation of Guatemala's heritage through a multi-course meal that commemorates our trip and time spent together



Day 9 – Friday, November 6

Departure Day- **Guests depart Guatemala today.**



Private transportation will be arranged to **La Aurora International Airport**, typically scheduled about three hours before flight departure. Your hotel is right next to the airport for easy access, but a transfer is included in your stay. Breakfast is also included this day, but if check-out is before 7:00 AM, a boxed breakfast will be provided instead.

Travelers with later flights may choose to explore nearby attractions such as the **National Museum of Archaeology and Ethnology**, the artisan market, or the city zoo before heading to the airport.

That concludes the immersive Sumpango LHM Group Trip.



WHAT'S INCLUDED

Accommodations Included:

The travel package includes **eight (8) nights of lodging** across three destinations in Guatemala.

- Destinations included:
 - **Antigua, Guatemala** – Colonial city (UNESCO World Heritage Site) - **4 Nights**
 - **San Juan La Laguna, Lake Atitlán** – Indigenous Maya community- **3 Nights**
 - **Guatemala City** – Capital city (departure location)- **1 Night**
- Accommodation characteristics:
 - **Locally-owned** hospitality properties, **centrally located** in each town
 - **Double occupancy** rooms : Our trip prices are based on two people sharing a room. Double occupancy can be two guests traveling together who request to room together, or two solo travelers of the same gender paired to share. If you're traveling solo and would like your own room, a private room upgrade can be arranged for a charge of \$100 per night (\$800 total)
 - **Private bathrooms** in all accommodations
 - **Daily housekeeping** service
 - On-site **breakfast service** included at all properties



Hotel names are disclosed only to confirmed guests after booking in order to protect group privacy and operational security.

Travel Itinerary



Meals Included:

- **Day 1:** Welcome Dinner (Tasting Menu, 1 N/A beverage, gratuity)
- **Day 2:** Breakfast, Lunch (1 entree, 1 N/A beverage), Three-hour foodie street tour with 10 tastings
- **Day 3:** Breakfast, Lunch (1 entree, 1 N/A beverage), Dinner (1 entree, 1 desert, 1 N/A beverage)
- **Day 4:** Breakfast, Lunch (Traditional fiambre-regular/veggie, chilacoyote, jocotes, salad & chips), Dinner (1 entree, 1 desert, 1 N/A beverage)
- **Day 5:** Breakfast, Lunch (1 entree, 1 N/A beverage), Dinner (1 entree, 1 desert, 1 N/A beverage)
- **Day 6:** Breakfast, Lunch (1 entree, 1 N/A beverage), Dinner (1 entree, 1 desert, 1 N/A beverage)
- **Day 7:** Breakfast, Lunch (1 entree, 1 N/A beverage), Dinner (1 entree, 1 desert, 1 N/A beverage)
- **Day 8:** Breakfast, Lunch (1 entree, 1 N/A beverage), Farewell Dinner (Tasting Menu, 1 N/A beverage, gratuity)
- **Day 9:** Breakfast

Tours/Experiences/Transportation Included:

- **Day 1:** Private airport transfer (Guatemala City → Antigua)
- **Day 2:** Entrance to Iglesia de la Merced rooftop, Guided Antigua walking tour, Guided foodie street tour (Local Guide + Tuk-tuk transportation during tour)
- **Day 3:** Coffee cupping experience, 4x4 finca coffee tour, 1 Bag of locally produced coffee, Bonfire gathering with s'mores
- **Day 4:** Round-trip transportation to Sumpango, Kite-making workshop and supplies, Festival commemorative T-shirt, Guided cemetery and festival tour, Beverages throughout the day (Water, gallo beer, chicha, and soda)
- **Day 5:** Private transportation to Lake Atitlán, Natural dye workshop, Backstrap weaving workshop- includes handmade scarf you get to take home!
- **Day 6:** Roundtrip Transportation to summit, Guided Sunrise hike to Rostro Maya viewpoint, Roundtrip Private boat ride across Lake Atitlán, Guided Cultural exploration of Santiago, Atitlán including visit to the shrine of Maximón, Guided San Juan La Laguna artisan and cultural tour
- **Day 7:** Roundtrip tuk-tuk transportation to San Pedro la Laguna, Private Mayan cooking class with local chef Anita in San Pedro La Laguna, Private Nahuatl spiritual painting workshop with Maya Tz'utujil guidance
- **Day 8:** Private Transportation to Guatemala City with stop in Tecpan, Guided tour of Iximché Archaeological Site, Traditional Mayan fire ceremony led by a local Ajq'ij
- **Day 9:** Transfer from hotel to Guatemala City airport



Also Included:

- Group Host Leader Marielena Bravo (Guatemalan Born & Raised in the U.S.)
- Group Co-Host Cecilia Garcia (Guatemalan Born & Raised)
- First Aid Kit/Supplies, Over the Counter Medications for common ailments available throughout the trip
- **La Herencia Mía Signature Trip Gifts**
 - **Special La Herencia Mía Group Trip T-Shirt**
 - **Custom La Herencia Mía Tote Bag** for daily excursions and market visits
 - **Personalized La Herencia Mía Reusable Water Bottle**
 - **Set of Guatemalan Scenic Postcards** featuring landscapes and cultural imagery from the regions visited

NOT INCLUDED

- International airfare to/from Guatemala
- Meals or snacks not listed
- Alcoholic beverages (Can be ordered every meal at your own tab)
- Tips for local guides, drivers, and group trip hosts
- Travel insurance (Recommended)

NEXT STEPS:

To reserve your spot: a non-refundable deposit of \$500 USD if required at the time of booking. This deposit will be applied toward the total cost of the trip. Based on your needs, we can arrange a scheduled payment plan.

The remaining balance must be paid in full 60 days before the trip departure date.

[**Book Your Spot Now**](#) ← Click to Book