

# 7 Day Mountain Bike Adventure in Guatemala

## Itinerary

### Day 1

- Arrive in Guatemala City and take on one of our shuttles (two offered on this day) to the colorful city of Antigua, about an hour away. Relax at our hotel or take in the sites and sounds of the city. Today is a good day to visit the artisan markets or visit the Santa Catalina Arch. The local mechanics can also help you get your bike built up and ready to ride.

### Day 2

- After breakfast, we will get picked up to drive to El Zur, one of Guatemala's only purpose built trail systems, which we have exclusive access to. Take in the sites along the way and see if you can spot Fuego volcano erupting in the distance. Once we arrive at El Zur, we will load up in our 4x4 shuttles to take us to the top of the trails. We will then enjoy miles of flowing singletrack through tropical forests, sure to make you grin the entire way down.

### Day 3

- Today will showcase local trails in the Panchoy valley with big descents and even bigger volcano views! After a quick shuttle ride out of Antigua to a nearby ridge, we'll begin our first descent from Hobbitenango. This ride has big views back over the valley as the trail winds its way through a couple cool ravines and old growth forests and traverses above town. A fun rowdy descent flows its way all the way back down to the valley floor. The next ride starts with a few kms of climbing on horse trail which then turns to ridgeline trail with big views back to Antigua and the valley's 3 volcanoes. The trail will drop us back in Antigua with an evening to enjoy the town.

### Day 4

- On our third day of riding, we drive from Antigua to the Mayan ruins of Iximche near Tecpan to start the day's ride. This is a backcountry epic ride with a little bit of everything. A nice gradual dirt road climb out of Tecpan

quickly turns to trail and winds its way through the pine clad mountains. There are various technical trail drops as well as a couple tough steep climbs. The ride takes us through a backcountry Mayan settlement before dropping the famous "sendero de las vacas" or the trail of the cows (a steep chute-like descent). There is a 4 km climb up to the viewpoint above Lake Atitlan where we have lunch and take in the views. After lunch we hit the famous Santa Cat trail that and drops on amazing contouring trail to the Santa Catarina village staircase run. We'll finish off the day in Panajachel and you'll have the night free to enjoy town.

## Day 5

- Today we have two options for the group. For those that want to keep pedaling we have plenty more trails ready to go! If you prefer to stay back to relax on Lake Atitlan and visit a local women's weaving co-op, that works too. We will all enjoy breakfast at the hotel and then the riding group will meet the shuttle to ride back up the mountain to Las Trampas. For those that decide to take a break from the bikes, the hotel has pool access which you can enjoy and then in the afternoon go for a visit to the weaving co-op and then finish up at Hotel Casa del Mundo.
- Riding: We will arrive to the trailhead of Slickrock, a wicked point-to-point ride that will take us to a picnic lunch rest stop. This is one of our favorite rides out at Lake Atitlan! It is a technical beast but well worth the effort. We'll start with a few kms of climbing on a mix of singletrack, jeep track and dirt road to the highspot at about 3000 mts. From there the trail starts to drop fast and steep to the upper madre vieja river valley. Working our way along the lush river valley bottom we get to our next long climb. This one is a rough jeep track climb up and out of the river valley to our awaiting support vehicle and lunch. After a delicious, healthy and fresh lunch we'll hop back on the bikes and finish up the descent down into town on a stretch of tight steep trail that switch backs its way to the road just above Panajachel. This is a unique ride with lots of variation to keep you happy! Then we hop in a boat and transfer to our lakeside hotel which is accessed by boat only, Hotel Casa Del Mundo. Enjoy sunset while relaxing in the wood fired hot tub right next to the lake.

## **Day 6**

- We will enjoy breakfast and a relaxing morning at Casa del Mundo with plenty of time for a swim or hammock time. Around 11AM, we'll catch the boat back to Panjachel. From here will jump in the the private shuttle back to Antigua. Once arriving to Antigua, we'll meet up with a local farm from De La Gente coffee for an insider look into local production and a full tasting.
- We'll finish up in Antigua for a farewell dinner and drinks to cap off a great week!

## **Day 7**

- Enjoy breakfast at the hotel and then your departure shuttle to the airport will depend your flight time. We will leave Antigua approximately 3 hours prior to your departure to allow for travel and check-in.

\*Itinerary is subject to change.

# **Important details**

## **Accommodations**

While in Guatemala, we will be staying in hotels in Antigua and Lake Atitlan. Our hotel at Lake Atitlan is the Casa del Mundo, a spectacular place right on the water that has a wood fired hot tub- one of our favorites that we will enjoy after a few days of riding!

## **Guatemala Recommendations**

There are many sights to see in Guatemala! Depending on when you arrive and depart for your trip, here are some suggestions.



- Walking to see Antiguas sites-Visit the Santa Catalina Arch and Antigua Cathedral. Both are within a short walk of the hotel and you will enjoy exploring the vibrant city of Antigua. Make sure to stop into some local shops and cafes.
- Acatenango Volcano Hike- This is an overnight hike that can be added on to the trip if you are staying a few extra days. This hike will take you to the top of Guatemala's 3rd highest volcano, right next to Volcan de Fuego- a still active volcano. Stay up late or wake up early to see Fuego erupting from a safe distance away.
- Pacaya Volcano Hike- this is a great half day hike to see Pacaya Volcano. The hike itself is a couple of hours and moderately strenuous. This hike includes roasting marshmallows over steam vents coming out of the volcano, as well as a picnic lunch overlooking Acatenango and Fuego volcanoes.
- If you are interested in a volcano hike, [check out our blog](#) to see more about each!

## **Flights/Arriving in Guatemala**

Some of the airlines that fly to Guatemala currently have baggage policies that allow a bike as one of your checked bags. These include American, Delta and United. Make sure to check the baggage policy before you book your flight if you want to take your own bike with you!

Also, the trip includes two different shuttle times on the arrival and departure days. Please [get in touch](#) with us and we can help organize a good time for your arrival and departure with the rest of the group. If you wish to arrive early or stay a few extra days, please let us know and we will arrange for a shuttle for you. The cost is around \$30 each way and will be in a vehicle large enough to accommodate a few bike bags.

## **Flying with a bike vs. renting one in Guatemala**

There are some rental bikes available in Guatemala, but we recommend to travel with your own bike. If you have never flown with your bike before, [we have created a guide to help you with the process](#). Reach out if you have any questions about this!

## **Upon arrival in Guatemala City**



A driver will be at the airport waiting for you when you land in Guatemala City. They will be at the exit of baggage claim/customs and will have a sign with your name on it. If you are traveling with a bike bag, they will be able to easily spot you. If not, make sure to look out for them.

## **Visa**

There is no need for a visa if traveling to Guatemala for less than 90 days. When you arrive in the country, you will go through customs and immigration with your passport. Make sure your passport is current and does not expire within 6 months of your travel date.

## **Currency**

Some places accept credit cards in Guatemala, but it is mostly a cash based culture. It is recommended to get Guatemala Quetzales currency from an ATM once you arrive in Antigua. You can also exchange US dollars at a foreign currency exchange.

## **Luggage**

There is secure luggage storage at our hotel in Antigua for our bike bags and any extra luggage.

## **Weather**

The weather in Guatemala is generally dry when we run our trips, sunny with highs in the 70's F and lows around 55 degrees F. It is unlikely to rain but we do recommend being prepared in case it does. The nights can be quite chilly, so make sure to bring a jacket and some warmer layers.

## **Gratuity**

Gratuity is included in your trip but leaving extra can make a big difference for your guide and driver. We recommend 150-200 quetzales per guest per day. These get split between your guide and driver. If you would like to tip more, your guide and driver will very much appreciate it!

## **Gear Donations**

World Ride trips help to support the growth of women's mountain biking in Guatemala. Gear is a limiter for the Guatemalan ladies who are getting into



mountain biking due to financial limitations. Any donations that you can bring to Peru to leave with the ladies is very much appreciated! Things that are needed include:

- Bikes (getting a new one? Travel down with your bike and then leave it there!)
- Helmets
- Pedals
- Shoes
- Tires
- Gloves
- Hydration Packs

## **Travel Insurance**

Travel insurance is recommended for your trip that includes medical. Typically bikes are not 100% covered by travel insurance policies. Many homeowners or renters policies do cover bikes while traveling abroad, so be sure to check into this before the trip. If you wish to get extra insurance for your bike, we recommend Velosurance.

## **Packing List**

Anything you need for your own bike if bringing

- Derailleur hanger
- Extra brake pads
- Any special bike tools -Multitool, mini pump, spare tube

Bike gear

- Helmet
- Sunglasses
- Buff/scarf
- Pack (we recommend the capacity to carry 3L of water)
- Bike shoes
- Gloves
- -3-4 pairs of bikes shorts or more depending on preference. (There are laundry services in Antigua that take a day or two to get your laundry back to you)

- -3-4 jerseys
- Socks
- Long sleeve base layer
- Waterproof rain jacket

#### Other gear

- Warm jacket (the nights can be chilly)
- Either a bike light or a headlamp
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen

#### Personal items

- Passport
- COVID-19 Vaccination card
- Proof of travel insurance if you purchased it
- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone (plenty of wifi along the way)
- USB Battery pack (optional- there are outlets in all of the hotels)
- Electronics cords and chargers
- Power adapter (Guatemala uses 220v)

#### Misc

- Any extra mountain bike gear you might be able to collect for the ladies there :)