

# 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**

Just outside of Antigua, Carmona Trails Bike Park offers a flexible and fun day on the bike with something for everyone. The park is nestled in the foothills of the surrounding volcanos and we will spend the day doing shuttle laps on the parks downhill trails that drop about 500 meters through the lush forest and rugged terrain. We will have a relaxed lunch at the top and finish the day with a short, scenic trail ride back to Antigua.

Distance: 15-20 km, between 500-1000 m descent

### **Day 3**

Today's ride combines high mountain terrain with a rich, cultural experience as we journey from the slopes above Antigua in the shadows of Volcan Acatenango and down into the heart of Guatemala's countryside. We will shuttle into the highlands and then pedal along scenic ridgelines and flowy cross country trails that weave through the farmlands and the small Mayan community of San Andres.

San Andres is also home to San Simon, known locally as Maximon, a unique folk saint deeply revered by many in this region. Blending aspects of Mayan spirituality and Catholic tradition, his shrine is an important cultural site and a fascinating window into local religious practices. We'll enjoy sweeping views, ride historic paths and find ancient pottery and obsidian soil. The route offers a mix of adventure and



insight into the region's natural and cultural heritage, finishing with a delicious lunch and time to unwind or explore Antigua.

Distance: 21.5 km, Elevation: +356 m, -909 m

#### **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. We will shuttle to the highest point of the pass and the rest of the ride features cross country and enduro-style trails through the rolling highlands surrounding Tecpan. After a morning of riding, we will make our way up to a stunning viewpoint above Lake Atitlan for a relaxing lunch with panoramic views. From there, we will enjoy the iconic paved descent from the Mirador into the lakeside town of Panajachel, an exhilarating way to finish a diverse and memorable day.

Distance: 36 km Elevation: +1042 m, - 2098 m

#### **Day 5**

Today's ride features the famous Slickrock trail above Lake Atitlan, a morning ride along a progressive mix of jeep track and singletrack trails. We will enjoy a lunch break before shuttling to the highland town of Godinez. From there we will dive into an incredible XC section along ancient Mayan footpaths that trace the rim of a vast river canyon. The trail flows through dramatic landscapes with sweeping views of nearby villages and coffee farms. A short climb brings us to the Godinez-San Lucas Road, followed by a fast and fun descent on steep jeep track and concrete road into the vibrant village of San Antonio Palopo on the shores of Lake Atitlan.

Distance: 28.7 km Elevation: +473 m, -1485 m

#### **Day 6**

We will enjoy breakfast and a relaxing morning at the lake with plenty of time for a swim or hammock time. We will then take our private shuttle back to the Antigua area where we'll gear up for a short ride through the coffee farms and 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!

Distance: 4 km

## **Day 7**

Enjoy breakfast at the hotel and then your departure shuttle to the airport will depend on 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.

## **Gratuities**

Gratuities 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 bike 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 :)