



Guatemala Adventure Surf - Hike - Bike

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- I. **Trip Overview:** Discover Guatemala, one of the hidden wonders of the travel world. Encounter a country rich in a diversity of culture, natural beauty, and adventure. Experience an intriguing blend of Mayan culture and Spanish colonial influence. Highlights of this adventure include strolling through the amazingly well-preserved colonial town of Antigua, with its cobblestone streets, ruins, elaborate churches, and a bustling market, hiking on an active volcano, and surfing on the Pacific Coast black sand beaches! Return from this action-packed escape inspired by both the rugged beauty of the land as well as the warmth and loveliness of the people.

This trip is open to twelve (12) high school students ages 15 - 18. Participants do not need to be experienced surfers, hikers, or bikers, but they must be strong swimmers and in moderate physical condition.

Mr. Morrissey, [founder of Mountain Goat Movement](#), will serve as the trip leader and he will be supported by his stellar team of bilingual guides from Old Town Outfitters.

II. Itinerary

At a Glance:

Day 1- Arrive to Guatemala City, transfer to Antigua
-Meals: Welcome dinner

Day 2 -Day trip to Pacaya Volcano for hiking tour

Day 3 -Morning mountain bike tour in the Antigua valley, then transfer to Lake Atitlan
-Hotel: Casa del Mundo

Day 4 -Transfer to El Paredon for Afternoon Surf Session

Day 5 -Surf Sessions at El Paredon

Day 6 -Surf sessions at El Paredon

Day 7 -Transfer to Guatemala City for Departure Flight to US – Potential for early AM surf session





In-Depth Itinerary:

Day 1- Arrival and Transfer to Antigua

Arrive at the Guatemala City international airport. A driver and private shuttle will meet you at the airport with your name on a sign. Please use the doors to your left when exiting the airport to find our shuttle.

You'll be driven to Antigua, approximately 1 hour, depending on traffic, and then check-in to your accommodations.



Day 2- Pacaya Volcano Hiking Tour

Volcano Pacaya (8370 ft /2552m)

Set in its own National Park, Pacaya is a storybook volcano with a continuous plume of smoke drifting from its summit and a massive dried lava field forming the valley at the base of its caldera. Meet at 8AM at our local Antigua shop and fill up your water bottles before heading off to climb the volcano. Our drive to the trailhead is approximately 1.5 hours in private transport from Antigua to the park office.

As our group moves up the myriad of trails on the mountain, Guatemala's impressive vistas open up before us. As we reach the base of the caldera, our guide will direct the group through the rugged dried lava fields, recently reformed by a massive eruption in 2010. No matter what conditions we encounter on the mountain, our group will have the opportunity to traverse unique volcanic-rock landscapes as we ascend towards the peak. Here the group will stop for a freshly prepared picnic to enjoy along with views of nearby volcanoes Agua, Fuego and Acatenango.



There will be plenty of opportunity to explore geothermal hot-spots on the cooled lava formations – which are always available to help roast marshmallows! Our hike down brings across the remaining dried lava fields before we begin our descent through Pacaya lush and lesser known forests and farmland. After our hike down to the trailhead, we will return to Antigua by private transport to arrive in town around 4-5PM.





Day 3- Morning Mountain Bike Tour, then transfer to Lake Atitlan

We'll bike from Antigua on cobblestone and dirt roads towards Volcán Agua and San Juan del Obispo. We'll then bike ~45min up on trails and continue cross-country through the agricultural fields of corn, peas, the citrus nísperos, coffee and avocado trees. Traversing our way across the lower sections of Volcán de Agua will give you great views back to Antigua and the rest of the valley.

We then make our way to the downhill section that brings us back to civilization, popping back out in San Pedro las Huertas. From San Pedro, we'll cruise all the way back to Antigua. We'll break for lunch in Antigua and then jump on our shuttle to transfer to Lake Atitlan.



Day 4- Morning Transfer to El Paredon (potential PM surf session)

We will enjoy breakfast at our hotel and then catch the boat back to Panajachel and meet the shuttle to El Paredon on the Pacific Coast of Guatemala.

We'll arrive, have lunch at the beach, and then the afternoon is open for a surf session before the incredible Pacific Coast sunset.



Day 5- Morning Transfer to El Paredon (potential PM surf session)

We will enjoy breakfast at our hotel and then catch the boat back to Panajachel and meet the shuttle to El Paredon on the Pacific Coast of Guatemala.

We'll arrive, have lunch at the beach and then the afternoon is open for a surf session before the incredible Pacific Coast sunset!



Day 6- Surf sessions- El Paredon

Breakfast, lunch, and dinner are all included at the hotel. The rest of the day is yours to enjoy the surf, relax in a hammock, or enjoy the pool!





Day 7- Transfer to Guatemala City for departure flight

After one more breakfast at the hotel, we'll pack up and head to the Guatemala City airport in time for your departure flight.

III. Trip Costs

The trip cost is \$2800 per student based on a minimum of 8 students (max 12) and includes the following:

1. Accommodations at [Hotel Casa Antigua](#) and [El Paredon at Zoah Surf](#)
2. Meals including breakfast, lunch, dinner
3. Airport Transfers
4. Ground Transfers
5. Bilingual Local Guides
6. SurfBoard + Bike Rentals
7. Leadership from Mr. Morrissey
8. Professional Videos and Photos with a videographer

Excluded from the cost:

1. Flights to/from NJ/NY + Guatemala City
2. Insurance (required for international trips)
3. Snacks/Personal Expenses

Payment Schedule (all at once or installments):

- 1) A nonrefundable deposit of \$500
- 2) Installment 1 of \$1,150 is due by May 10
- 3) Installment 2 of \$1,150 is due by May 31

Checks can be made out to Mountain Goat Movement and sent to:

PO BOX 139
Millburn, NJ 07041

