



GUATEMALA

LAND OF ANCIENT WORLDS AND LIVING CULTURE

Guatemala is a country where ancient civilizations, dramatic landscapes, and vibrant traditions come together in a deeply authentic and captivating way. From towering volcanoes and lush jungles to colorful highland villages and colonial cities, Guatemala offers a rich tapestry of experiences shaped by both nature and history. Its climate varies by region, with cool mountain air in the highlands and warm tropical conditions in the lowlands, creating year-round opportunities for exploration and discovery.

At the heart of Guatemala lies one of the most enduring Indigenous cultures in the Americas. Mayan heritage is not confined to the past but is alive in language, textiles, markets, and daily life. Visitors are welcomed into a world where traditions have been preserved for centuries, offering meaningful connections and a true sense of place that defines every journey.



CAPITAL
Guatemala City



AREA
42,042 SQ MI



CURRENCY
Quetzal



LANGUAGE
Spanish

ICONIC GUATEMALA LANDMARKS



TIKAL NATIONAL PARK

Hidden deep within the northern jungles of the Petén region, Tikal is one of the greatest archaeological sites of the ancient Maya world. Towering stone temples rise above the rainforest canopy, where howler monkeys and tropical birds echo through the trees. Once a powerful city-state, Tikal reveals its grandeur through plazas, pyramids, and ceremonial structures that date back over a thousand years. Climbing Temple IV at sunrise offers a breathtaking view as mist lifts from the jungle and the tops of temples emerge like ancient sentinels.

ANTIGUA GUATEMALA

Surrounded by volcanoes and rich in colonial charm, Antigua is one of the most beautiful cities in Latin America. Its cobblestone streets, pastel-colored buildings, and baroque churches create a timeless atmosphere that reflects its Spanish colonial past. As a UNESCO World Heritage Site, Antigua is filled with historic landmarks, lively plazas, and artisan shops. The iconic Santa Catalina Arch frames views of Volcán Agua, creating one of the most photographed scenes in the country. Antigua is also a cultural and culinary hub, where traditional markets, local cuisine, and vibrant festivals bring the city to life.



LAKE ATITLÁN

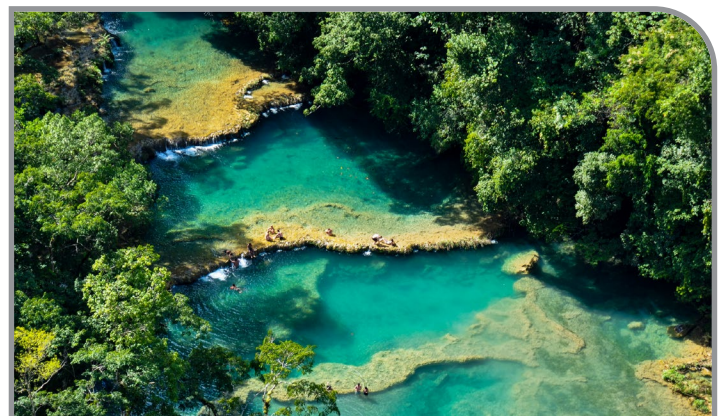
Often described as one of the most beautiful lakes in the world, Lake Atitlán is a breathtaking natural wonder set within a volcanic crater and surrounded by dramatic peaks. The deep blue waters reflect the sky and mountains, creating a serene and ever-changing landscape. Around the lake, traditional Mayan villages each offer their own unique character, from artisan crafts to spiritual retreats and local markets.

Traveling between villages by boat reveals the diversity and beauty of the region. Visitors can hike scenic trails, kayak across the lake, or immerse themselves in local culture through community experiences. The peaceful atmosphere and stunning scenery make Lake Atitlán a place of reflection, inspiration, and connection.

SEMUC CHAMPEY

Tucked away in the lush jungle of eastern Guatemala, Semuc Champey is a natural paradise known for its turquoise pools cascading over limestone formations. Crystal-clear water flows gently from one pool to the next, creating a series of natural terraces perfect for swimming and relaxing. Surrounded by dense rainforest, the area feels remote and untouched, offering a true escape into nature.

A hike to the nearby viewpoint rewards visitors with a panoramic view of the pools winding through the jungle, a scene that feels almost unreal in its beauty. Exploring caves, tubing along the river, and discovering hidden corners of the landscape add to the adventure. Semuc Champey is a destination that blends tranquility with exploration in one unforgettable setting.



MORE TO KNOW ABOUT GUATEMALA

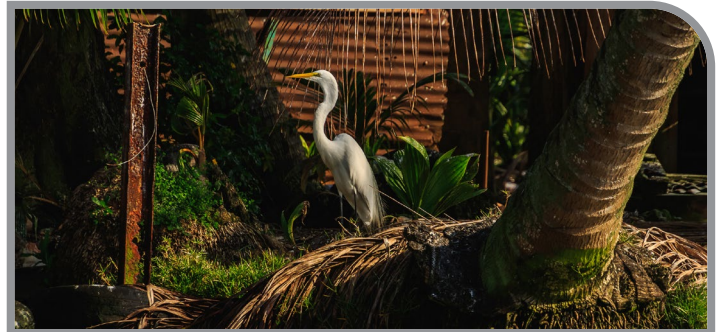


CULTURE & TRADITION

Guatemala is a cultural mosaic shaped by its strong Mayan roots and Spanish colonial history. Indigenous traditions are deeply woven into daily life, from language and dress to ceremonies and community customs. Markets are vibrant and colorful, filled with handwoven textiles and handmade goods that reflect regional identity. Festivals throughout the year celebrate history, faith, and community with music, dance, and elaborate processions. This living culture offers visitors a rare opportunity to engage with traditions that have endured for generations.

NATURE & BIODIVERSITY

Guatemala's diverse landscapes range from tropical rainforests and volcanic highlands to coastal plains and cloud forests. This variety supports an incredible range of wildlife, including exotic birds, monkeys, and rare plant species. National parks and reserves protect these ecosystems, offering opportunities for hiking, birdwatching, and eco-adventures in pristine environments. The country's volcanoes add a dramatic element to the landscape, with several still active and accessible for guided hikes.



GUATEMALAN CUISINE

Guatemalan cuisine is a flavorful blend of Mayan and Spanish influences, centered around fresh, local ingredients. Staples like corn, beans, and chilies form the foundation of many dishes, complemented by meats, herbs, and vegetables. Traditional meals such as pepián, tamales, and fresh tortillas offer a taste of the country's culinary heritage. Street food and local markets provide an authentic dining experience, where visitors can sample regional specialties and enjoy the warmth of Guatemalan hospitality.

VOLCANOES & ADVENTURE

Guatemala is known for its dramatic volcanic landscapes, offering some of the most unique adventure experiences in Central America. Hiking active volcanoes like Pacaya allows visitors to witness flowing lava and cook food over hot volcanic rock. Overnight treks to Acatenango provide stunning views of neighboring Volcán Fuego erupting in the distance. These experiences combine natural beauty with a sense of exhilaration, making Guatemala a top destination for adventure seekers.



AUTHENTIC CONNECTION

Guatemala offers a travel experience that feels genuine, immersive, and deeply personal. Its welcoming people, rich traditions, and breathtaking landscapes create meaningful connections that go beyond sightseeing. Whether exploring ancient ruins, sharing a meal in a local village, or watching the sunrise over a volcanic lake, every moment carries a sense of authenticity. For travelers seeking culture, history, and natural beauty in one destination, Guatemala delivers an experience that is both enriching and unforgettable.

OUR TRAVEL IDEAS

Discover the world with Central Holidays, where travel becomes art

Choose from meticulously curated escorted tours with set departures or indulge in bespoke travel experiences crafted around your individual interests. Whether your passion lies in ancient history, serene beaches, gourmet cuisine, or vibrant cultures, our journeys are designed to inspire and delight. From celebrated landmarks to secret corners of the globe, explore with elegance, depth, and purpose.



4
DAYS

GUATEMALA WEEKEND

CHICHICASTENANGO | GUATEMALA CITY

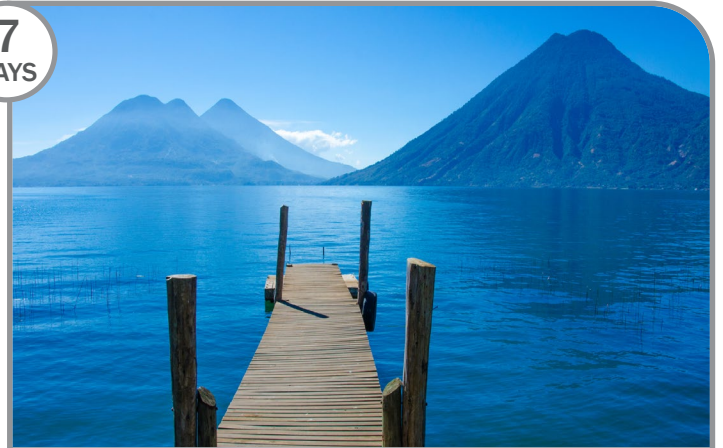
This short yet enriching journey through Guatemala offers a vibrant introduction to the country's colonial charm, cultural traditions, and breathtaking landscapes. Beginning in Guatemala City, travelers are welcomed into the "Land of Eternal Spring" before exploring the historic beauty of Antigua, where cobblestone streets, colonial architecture, and centuries-old landmarks bring the past to life. The experience continues to Chichicastenango, home to one of the most colorful and authentic Indigenous markets in Central America, where local traditions and spiritual rituals are on full display. A visit to the stunning Lake Atitlán, surrounded by volcanoes and traditional villages, provides a peaceful and scenic highlight before returning to the capital.

WONDERS OF GUATEMALA

ANTIGUA | CHICHICASTENANGO | GUATEMALA CITY | LAKE ATITLAN

This immersive journey through Guatemala offers a deeper exploration of the country's rich culture, vibrant traditions, and awe-inspiring landscapes. Beginning in Guatemala City, travelers venture into the highlands to experience the colorful markets of Chichicastenango and Sololá, where Indigenous heritage is expressed through textiles, trade, and centuries-old customs. The journey continues to the breathtaking Lake Atitlán, surrounded by volcanoes and traditional villages, including Santiago Atitlán, where local life and artisan craftsmanship thrive. In Antigua, colonial beauty comes to life through historic architecture, charming streets, and cultural landmarks.

7
DAYS



7
DAYS

GUATEMALAN EXPERIENCE

ANTIGUA | CHICHICASTENANGO | GUATEMALA CITY | LAKE ATITLAN | QUETZALTENANGO

This enriching journey through Guatemala offers a vibrant blend of history, culture, and breathtaking landscapes, taking travelers deep into the heart of the country's highlands and traditions. Beginning in Guatemala City, the experience unfolds with a city tour and a visit to the ancient Mayan site of Iximché before continuing to the colorful markets of Chichicastenango, where Indigenous culture and spiritual traditions come alive. The adventure continues to Quetzaltenango and surrounding villages, where local markets, colonial architecture, and traditional lifestyles provide an authentic glimpse into highland life. At Lake Atitlán, travelers are surrounded by stunning volcanic scenery and visit lakeside communities rich in heritage and artisan craftsmanship.