

# Call of the Wild

The World's Longest Running Adventure Travel Company for Women  
Since 1978



## Guatemala Multisport Adventure December 4 - 11<sup>th</sup>, 2010

**Rating:** Moderate with Optional Challenging Activities

**Group Size Limit:** 12

**Accommodations:** Lodge/Inn

**Cost:** \$1975; Reservation Deposit \$500. Balance due 3 months before start date of trip.

Please note: Price subject to change until your deposit is received

Experience the rich, diverse culture of Guatemala while traveling through the country on foot, bike, horse, and sea kayak! This multisport adventure allows participants to hike volcanoes, bike through working coffee plantations, horseback through rolling mountains, and sea kayak along scenic lakes. We stay at very comfortable Inns along the way, providing a restful place to sleep after each day's adventure. Our meals are taken in local restaurants cooking traditional Guatemalan cuisine or other local specialties. This adventure is designed for women who enjoy lots of activity during the day and a comfortable bed at night. You'll come home with great memories and fantastic photos of the Guatemalan culture and local markets. Join us!

### Day 1 ~ Arrival into Guatemala City

Today you fly into Guatemala City and are transported to our hotel in neighboring Antigua by a company representative. Today is at your leisure to recover from your air travels. We will meet as a group for a full trip briefing and our welcome dinner at 6 pm.

*(Dinner)*

### Day 2 ~ Antigua

After we enjoy breakfast, we depart for a brisk walking tour of the historic city of Antigua. Antigua is one of the oldest and most beautiful cities in the Americas. With its cobblestone streets and distinctive architecture, Antigua is home to many beautiful plazas, cathedrals, and museums. We spend the morning exploring the city before enjoying lunch in a local café. After lunch, we transfer to a working coffee plantation where we bike through the plantation while tasting coffee and learning more about coffee harvesting, from picking to finishing to packaging and shipping. We will also keep our eyes out for native birds and other animals that live in the coffee plantations among the trees. Tonight we enjoy a delicious meal together in Antigua.

*(Breakfast, Lunch, Dinner)*

### Day 3 ~ Cloud Forest Hike

Today we depart early into the foothills around Antigua for a hike to a local Cloud Forest. Dense with vegetation and animal life including many species of birds and butterflies, we will spend the day hiking through the forest identifying plants and colorful birds. We will also have

the opportunity to meet local Guatemalans and visit with them in their colorful mountain villages. After a full day of hiking, we will return to Antigua for dinner.

*(Breakfast, Lunch, Dinner)*

#### **Day 4 ~ Lake Atitlan**

This morning we depart Antigua and take a private transfer to the town of Panajachel on the shores of Lake Atitlan. We have lunch in Panajachel at a delicious vegetarian restaurant and have a little time to explore the town's shops before transferring to our lakeside resort by way of boat. We spend the afternoon settling into the resort, enjoying the amazing views of Volcano San Pedro (3020m), Toliman (3158m), and Atitlan (3537m). This evening we enjoy a delicious family style meal at the resort and fall asleep to the sounds of waves on the lake.

*(Breakfast, Lunch, Dinner)*

#### **Day 5 ~ Lake Atitlan Activities**

This morning is designed to allow for participants to choose whatever activity they would like to do. Morning activity offerings include sea kayaking around Lake Atitlan or horseback riding on the mountains surrounding the lake. In the afternoon you can either transfer by boat or hike with a guide to the neighboring town of San Marco. Known for its holistic and wellness centers, here you can get a massage, take a yoga class, meditate, or visit with local community members. This evening we enjoy dinner in a neighboring village restaurant.

*(Breakfast, Dinner)*

#### **Day 6 ~ San Pedro Volcano Hike**

This morning we depart early by boat and transfer to the town of San Pedro La Laguna by boat where we meet our local guide for the hike up the San Pedro Volcano. After entering the National Park, we hike through corn and coffee fields, before entering a cloud forest. We continue to climb steeply up the volcano before our arrival at 3020m (approx. 9900 ft). There is an early turnaround option for anyone who may wish to spend more time visiting the parks visitor center. After a steep descent, we arrive back into the town of San Pedro La Laguna where we have a celebratory treat at a local café before departing by boat back to our resort. Tonight we enjoy a delicious meal at the resort and then soak in the wood fired hot tub overlooking the lake to soothe our bodies after a hard day of hiking.

*(Breakfast, Lunch, Dinner)*

#### **Day 7 ~ Return to Antigua**

After breakfast, we depart from our resort by boat back to its launch in Panajachel. We allow for time to explore the local markets to shop for colorful textiles and beadwork before transferring back to Antigua for our farewell meal.

*(Breakfast, Dinner)*

#### **Day 8 ~ Depart Guatemala City**

Today you depart from Guatemala City Airport to your hometown. We arrange your transport from our hotel to the airport.

*(Breakfast)*

**Note:** Itinerary subject to change at leaders' discretion due to weather and other contingencies outside of our control.

## **WHAT YOUR TRIP INCLUDES:**

- Experienced leadership
- Excellent food (provided meals are noted on itinerary)
- Inn Lodging
- Permits
- Airport transfer

## **NOT INCLUDED:**

- Air transportation from your home country
- Trail snacks, sodas, alcohol
- Massages, yoga, or other activities in the town of San Marco
- Personal gear (see equipment list mailed in your registration packet)
- Optional tips for your guides

**About tipping:** People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$5-\$10 per day for each company guide depending on the level of service and the number of guides assigned to the trip. Guides arrange your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you. Tips are not required, but appreciated.

## **QUALIFICATIONS**

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good physical condition and aerobically fit. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

## **HOW TO REGISTER**

*First*, call (650-265-1662) or use the Online Quick Reservation Tool to make a reservation and complete your deposit payment with a Visa or MasterCard.

*Next*, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at [www.callwild.com](http://www.callwild.com). After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

## **TRIP CANCELLATION INSURANCE**

*We strongly suggest that you take out trip cancellation insurance.* Call of the Wild does not issue cash refunds, no matter what the circumstances of your cancellation may be. Depending on the time of your cancellation, you may or may not be eligible for a credit for another trip, please read our refund and cancellation policy at [www.callwild.com](http://www.callwild.com). To sign up for Travel Guard insurance call us for a brochure or visit [www.callwild.com](http://www.callwild.com).

## **AIR TRAVEL AGENT**

For air travel, you need to fly into Guatemala City. Contact Wendy Fazio at Skyline Travel 510-530-1100 or e-mail [wendyatskyline@aol.com](mailto:wendyatskyline@aol.com) and she will take care of your reservations if you wish. Let her know that you are traveling with Call of the Wild.

## **ARRIVAL AND DEPARTURE PLANNING**

Our trip starting point is Guatemala City. You will be met at the airport by a company representative and taken to our hotel who will have a Call of the Wild sign. We will gather as a

group at approximately 6 pm on the first evening for a full trip briefing and welcome meal. You are free to depart anytime on Day 8. We will arrange transport for you from our hotel to the airport.

## **WEATHER**

We will most likely experience clear skies with daytime temperatures between 55 - 65 degrees while in Guatemala. December is the dry season, so clear views should be expected, with cool evenings and mornings in the upper 40s or low 50s. Hikes to higher elevations can have some wind and clouds, so it is important to dress in layers. The sun is strong year round in Guatemala so good sunscreen and a hat are essential. Please read the 'What to Bring' section in your trip packet about proper clothing and the importance of layering.

## **CONDITIONING**

The two main aspects to your physical conditioning are aerobic and strength conditioning and altitude acclimation. See below for altitude acclimation information. The best aerobic and strength conditioning for hiking is hiking! If possible, hike with your daypack on stairs or uneven trails. Of course, most of us can't hike on wilderness trails every day. So, the next best alternative is to spend time running and hiking on inclined trails with a daypack. If you can't get to a trail, Stairmasters, Nordic trainers, and treadmills are good for your aerobic capacity and weights are good for your strength. You want especially to strengthen your quadriceps, also your back, and upper body. How many months ahead of your trip you start conditioning depends on your general level of fitness. Someone with a good level of fitness should begin conditioning at least 8 weeks before this trip.

## **ACCOMODATIONS**

While in Antigua, we stay in comfortable double occupancy inns with bathrooms attached to most rooms. Breakfast is provided at the hotel. Our lakeside resort has comfortable double occupancy accommodation with shared bathroom and wash facilities. If you are not traveling with a roommate, one will be assigned to you. Single accommodation may be available in both Antigua and Lake Atitlan. If interested, please inquire with the office for pricing.

## **ABOUT OUR GUIDES**

Call of the Wild guides have extensive experience and bring proven leadership to your trip. We pride ourselves on giving women safe opportunities to venture out and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra mile to make you feel comfortable. For our Guatemala Multisport Adventure, your guides will include a guide from the company headquarters in Mountain View, CA and a female guide from Guatemala. You may read more about our guides on our website: <http://www.callwild.com>.

## **ABOUT THE FOOD**

Traditional Guatemalan food incorporates corn, bean, squashes, avocados, and limited meat. Chilies are often used to add taste and spice to the meals, though it is not necessarily hot in spice. While in Antigua, thanks to it frequent western visitors and European influences, you can partake in delicious French or Spanish dishes or find anything from pizza, Pad Thai, or freshly made tortillas. While at the lakeside resort, our meals will be served family style with vegetarian options each day. Dinners will include homemade soups, chicken or beef entrees, and freshly made desserts. Most meals are influenced by Guatemalan tastes with rich spices and ingredients. Please let us know in advance if you have any food allergies.