



Villa Sumaya

Lake Atitlan

Guest Welcome Kit



Join us for a magical retreat experience!

Getting Here

Fly into the Guatemala City airport (GUA).
We are located on the shores of Lake Atitlán near Santa Cruz La Laguna, Solola.

We encourage our guests to arrange private transfers from Guatemala City or Antigua.
We work closely with Kan Tours, a transport company that arranges safe, direct shuttles and boats to our private dock. To coordinate, email booking@kan-tours.com.

Check-in time: 3:00pm
Check-out time: 11:00am

Questions?

If you are coming on a personal retreat, contact us at info@villasumaya.com. If you are part of a group, check with your group leader.



Getting Oriented

Life at Lake Atitlan is conducted at a slow, relaxed pace. This heart-centered perspective is ideal if you are looking to unwind. While Spanish is the official language of Guatemala, Mayan dialects are spoken by the majority of local indigenous people. Our front desk staff speak English and Spanish.

Meals

Package meals begin with dinner on arrival day and end with breakfast on departure day. No other dining options are available nearby.

If your stay coincides with a group retreat, buffet meals will be served, typically 8:30am, 1:00pm and 6:30pm. If not, you can order from our menu. Snacks and drinks can be ordered between meals.

Gratuities

We recommend leaving a tip of \$7-10 per day. This goes to the entire staff. Please tip massage therapists and tour guides separately.

Payment

We accept US dollars, Guatemalan Quetzals, US personal checks, PayPal and Visa/Mastercard. There is a 5% fee on credit cards. There are ATMs and banks at the lake. Bills must be \$50 or \$100 notes and in near-perfect condition to exchange.

If you have a chance to exchange money at the airport, we recommend getting \$100 in Quetzals. We cannot change large amounts of money at Villa Sumaya.

Refer to the [Terms & Conditions](#) page on our website for cancellation and hotel policies.





General Information

- The weather here is cool (sweater weather) in the early mornings and evenings; we are at an altitude of 5,000 feet
- During the day, it's usually 70-80° F
- A/C and heat are not necessary
- Green season is in May, June, September and October with rain in the afternoons and/or at night
- Electricity is 110V (same as the US)
- Our laundry service is \$3/pound
- We provide unlimited drinking water
- If you on a group or personal retreat, tea and coffee are available 24/7
- Wifi is available for \$3/day or \$20/week
- Children can be accommodated; please inquire for rates
- Yoga mats and props are available in the studios
- We provide shampoo, conditioner and body soap in guest bathrooms
- There are no hair dryers in the rooms

Tours and Activities

We offer a wide selection of excursions. (See our Tours & Activities Kit for a complete list.) If you are in a group, your leader may have pre-arranged group excursions.

You can go out exploring on your own. Public boats are easily waved down and boarded from our dock to destinations around the lake. The public boats run throughout the day until 5pm.



Around the Center

Harmony Spa

Treat yourself to a revitalizing, therapeutic treatment. Healing sessions enable deep relaxation and rejuvenation.

Spa offerings vary by season.

| | |
|-------------------|--------------------|
| Massage | Other |
| Swedish | Acupuncture |
| Thai | Feldenkrais |
| Deep Tissue | Consultations |
| Reflexology | Nutritional |
| Ayurvedic | Wellness |
| Shiatsu | Western & Mayan |
| | Astrology Readings |
| Energy | Private Sessions |
| Intuitive Healing | Yoga & Meditation |
| Reiki | Pranayama |
| Breath Work | Writing |
| Sound Healing | (\$45/hour) |

Spa Treatment Pricing

- 1 hour - \$75
- 1.5 hours - \$100
- 2 hours - \$130



Spirit Dog Boutique

Our shop offers locally made, artisanal handicrafts, EcoSumaya designs and Guatemalan treasures.

Hanging Out

Take time to rest and integrate your experiences. Make yourself at home in our cozy lounges and lush gardens.

We offer kayak and SUP board rentals, two swimming docks and lovely trails right outside your door.

Relaxation

- Solar Hot Tub (complimentary)
- Lakefront Hot Tub (\$40)
- Electric Sauna (\$30, maximum 6 people)
- Pool (complimentary)



Packing List

Clothing

- hat
- sunglasses
- bathing suit
- cover-up/sarong
- windbreaker
- raincoat/umbrella (May to October)
- shawl/sweatshirt
- warm-weather clothing

Health

- homeopathic/natural remedies
- vitamins
- throat lozenges
- prescriptions
- dramamine (car sickness medicine) for shuttle ride
- tampons/feminine hygiene products

Getting Around

- passport (and a copy)
- another form of ID
- personal checks, cash or credit card
- sunscreen
- lip balm
- flashlight
- insect repellent
- walking shoes

Other Comforts

- yoga mat (if you want yours from home)
- hair dryer
- snacks for airplane and shuttle ride
- books and magazines
- notebook/journal

Sumaya Wish List: we are grateful for donations of yoga mats & props in good condition!

