



# Villa Sumaya

Lake Atitlan

## Tours and Activities Kit

A journey to Guatemala is an adventure.

Witness the Mayan way of life, enjoy stunning lake and volcano views or take a hike. Remember to leave time to rest, read and meditate in our lush gardens!



Villa Sumaya is a natural sanctuary where one can explore wisdom practices, unwind and relax away from the demands of modern life.

Most tours and activities require a minimum of 6 people and have a 48-hour cancellation policy. If there are fewer people, the prices will be higher. Groups should book in advance, while individual guests can set up activities upon arrival. We are happy to provide packed breakfasts or lunches upon request.

Harmony Spa, our on-site wellness center, offers an array of services provided by our experienced and gifted therapists. (See complete list on the last page of this document.) Availability of specific modalities varies by season.

We offer a variety of ceremonies, guided practices and wellness consultations. Please see our "Practice / Ceremony / Apothecary" booklet for all the details.



## Santa Cruz La Laguna

Tour our local village with Amigos de Santa Cruz. Learn about the work that Amigos has been doing since 2000 to support education, health and economic development. See the historic church, encounter village life and visit a home for a demonstration of back-strap weaving. Finally, visit CECAP's vocational education center and enjoy lunch in their popular café, run by graduates of the culinary arts program. Another option is to schedule a two-hour cooking class at CECAP and learn traditional Guatemalan recipes. Proceeds benefit CECAP, an Amigos de Santa Cruz 501(c)3 project.

Cooking class & lunch: \$35  
Tour & Lunch: \$20  
Tour only: \$15

- Minimum 6 people
- Best time: 10:30-2:00
- Not available on Sundays
- Price does not include optional transportation

## San Juan La Laguna

Take in the fine art of naturally-dyed and exquisitely handcrafted goods created by the talented Maya who inhabit this quaint village. You'll have the opportunity to explore the weaving and art cooperatives that this pueblo is known for. Visit a medicinal herb garden and a trendy leather shop. This excursion is an excellent shopping opportunity, as well as a chance to learn about the unique artisan crafts of San Juan.

Price: \$42 per person

- Minimum 6 people
- Length of excursion: 4-5 hours
- Best time: 9:30-2:00
- Price includes private boat transport

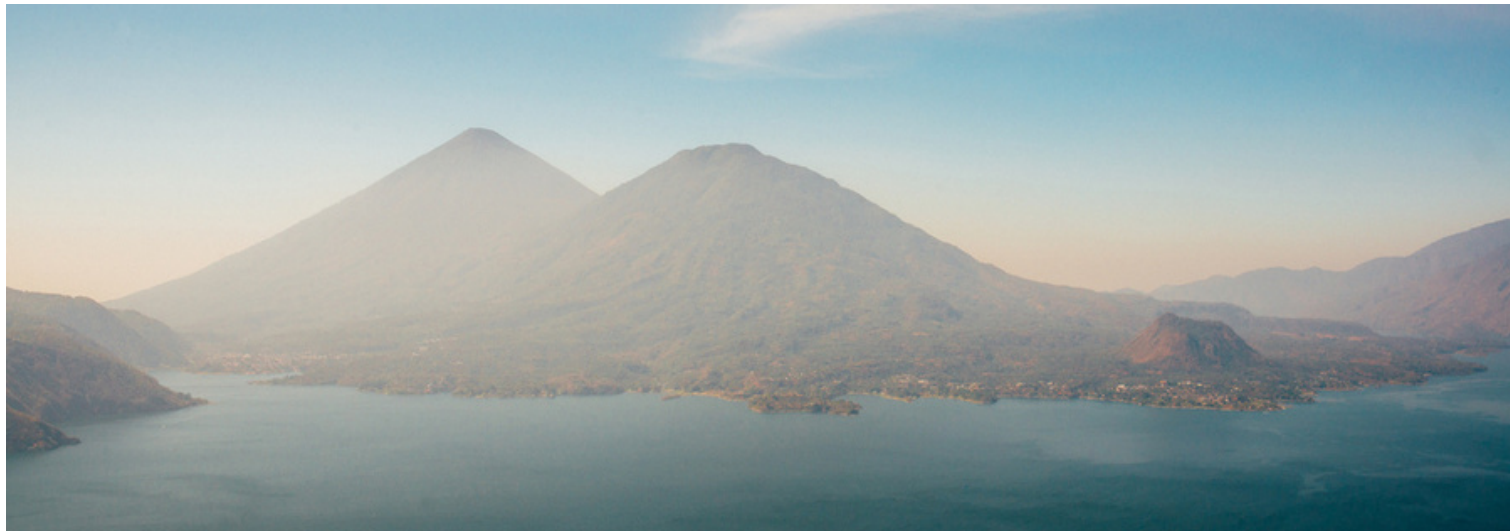
## Spanish Classes

Learn and practice the beautiful Spanish language on-site at Villa Sumaya! Work with one of our friendly and experienced Spanish teachers. You'll just need a notebook and pen, and they will provide the rest of the resources.

\$20 per hour (10 and 20 hour packages available).

- Private, one-on-one classes
- Instructor will come to Villa Sumaya





## Indian Nose (Rostro Maya) Hike

If you love adventure, the climb to the top of the Indian Nose is remarkable. The trip begins early in the morning with an early or packed breakfast and a boat ride across the lake with your guide. The hike up to the majestic peak takes about 2.5 hours. After a well-deserved break, you will descend in a vehicle down to the lake to be transported back to Villa Sumaya. This activity is only for those who are in excellent shape. Though a good pair of sneakers is adequate, it is much more than a casual walk.

1 person: \$120

2 people: \$90 each

3-4 people: \$70 each

5+ people: \$45 each

- Length of excursion: 7 hours
- Best time: 6:30-1:30
- Includes boat transport (private with 5+ people), permits and guide

## El Pico de Cielo Hike

El Pico de Cielo is 8,200 feet above sea level. This hike offers two options to suit different levels of fitness. The more rigorous hike starts from Santa Cruz La Laguna. Alternatively, you may take a boat to Panajachel and then a pick-up truck to the trailhead for a 45-minute walk to the vista point. (Most guests opt for the latter.) At the vista point, enjoy a packed-lunch picnic while gazing at a spectacular view of the Atitlan basin below.

1 person: \$100

2 people: \$60 each

3-4 people: \$50 each

5+ people: \$45 each

- Minimum 6 people
- Length of excursion: 6-7 hours
- Best time: 9:30-4:00
- Includes boat transport (private with 5+ people) and pick-up to trailhead



## Bird Watching

Enjoy a fascinating bird watching tour on the trails of Santa Cruz la Laguna which feature a variety of migrant and native species. November to April is the best bird watching season of the year. On good days, you can see up to 30 different bird species on a 3-hour tour. There are many opportunities for photographing birds, beautiful landscapes and wild plants. Bring binoculars and camera. A packed breakfast is available.

1 person: \$70

2 people: \$60 each

3+ people: \$45 each

- Length of excursion: 3 hours
- Best time: 6:00-10:00am

## Hikes near Villa Sumaya

Take a 20-minute lakefront walk to our village, Santa Cruz. Stop for lunch at the culinary arts program's café, part of the Amigos de Santa Cruz (CECAP) non-profit project. (Full description on page 2)

We offer an illustrated map in our courtyard for three local walks: 30 minute, 45 minute and 1 hour options are illustrated in color to guide you along the way.

Our neighbors at Laguna Lodge have cut trails on the headland near Villa Sumaya. Stop by their office and pay Q40 (\$5) for a trail map and access. You can walk for hours. Please note: this hike is up a steep hillside.

Jaibalito is the next pueblo over. Walk along the lakefront for 20 minutes, cut up to the high path and walk another 30 minutes along the ridge into the center of Jaibalito. Check out Hans's coffee shop (Posada Jaibalito) for some local color. You can return by foot or take a boat from the Jaibalito dock.



## Kayak Paddle & Cliff Jump

You'll begin from the Villa Sumaya dock and paddle for about 30 minutes to a special cliff-jumping spot (with jumps from 3-30 feet above the lake) and swimming area. If your group prefers to paddle only, you can skip the cliff jumping. Either kayak back to Villa Sumaya or kayak to the Adventure Center and take a 30-minute lakefront walk back to Villa Sumaya.

1 person: \$88

2-3 people: \$59 each

4 people: \$55 each

5 people: \$51 each

6+ people: \$45 each

- Length of excursion: 4 hours
- Best time: 8:30-10:00am

## Kayak Paddle & Hike

For kayak enthusiasts and hikers, this trip can be the perfect way to spend a day. You'll begin from our dock and rigorously paddle to San Marcos (1 to 1.5 hours). Walk around the village and eat your packed lunch or dine at a cafe. Either take a public boat back to our center or embark on a moderately challenging, 3-hour guided hike back to Villa Sumaya.

4-hour tour with boat back

1 person: \$105

2 people: \$80 each

3 people: \$70 each

4 people: \$65 each

5 people: \$60 each

6+ people: \$55 each

5-hour tour with hike back

1 person: \$98

2-3 people: \$71 each

4-5 people: \$57 each

6+ people: \$50 each

- Length of excursion: 4 hours
- Best time: 9:00-2:00

## Kayak rentals for free time paddling

Per day:

\$18 - single kayak

\$29 - double kayak

- Best time: 7:00-11:00am

# Around the Center

## Harmony Spa

Treat yourself to a revitalizing, therapeutic healing treatment. Healing sessions allow for profound relaxation and rejuvenation.

Spa offerings vary by season.

Massage	Energy
Swedish	Intuitive Healing
Deep Tissue	Breath Work
Reflexology	Chakra Breathing
Ayurvedic	Other
Shiatsu	Acupuncture
	Feldenkrais
Consultations	
Nutritional	
Wellness	Private Yoga and
MayanAstrology	Meditation Sessions
Readings	(\$45/hour)

### Treatment Pricing

- One hour - \$75
- One hour and a half - \$100
- Two hours - \$130

## Spirit Dog Boutique

Our shop offers an eclectic selection of locally-made, artisanal handicrafts as well as EcoSumaya designs and Guatemalan treasures to take home as souvenirs.



## Hanging Out

Take time to rest, read or hang out and integrate your experiences. Make yourself at home in our cozy nooks and lush gardens with hammocks and lounge chairs.

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

## Relaxation

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

