



Villa Sumaya

Lake Atitlan

Tours and Activities 2023-24

A journey to Lake Atitlan is the adventure of a lifetime! Witness the Mayan way of life, enjoy stunning views and incredible hikes. And be sure to take time to relax in our lush gardens and lounges.

Villa Sumaya is a natural sanctuary on Lake Atitlán where you can explore wisdom practices, unwind and relax away from the demands of typical daily life.

Most tours and activities require at least 6 participants and have a 48-hour cancellation policy. (If there are fewer people, the rates 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.

Our on-site Harmony Spa wellness center offers an array of services by our gifted therapists. (See list on the last page of this kit.) The availability of offerings and modalities varies by season.



We also offer ceremonies, guided practices and wellness consultations. See our Practice / Ceremony / Apothecary booklet for details.



San Juan La Laguna Tour

Take in the fine art of naturally-dyed and exquisitely handcrafted goods created by the talented Maya who inhabit this picturesque village. You'll have the opportunity to explore the weaving and art cooperatives 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.

6+ people: \$45 per person
Packed lunch

- Length of excursion: 4-5 hours
- Best time: 9:30-2:00
- Price includes private boat and guide

Tzununá Farm Tour & Waterfall Hike

Take an inspiring tour of two working permaculture farms in the Mayan village of Tzununá—Atitlán Organics and Duck Willow Farm—followed by a 30-minute hike (moderately challenging) along a sparkling stream to a refreshing waterfall. Take a brisk shower under the waterfall if you like. Be sure to bring your camera for all the photo ops!

6+ people: \$50 per person

- Length of excursion: 3-4 hours
- Best time: 9:30-12:30
- Includes private boat and guide
- Back to Villa Sumaya for lunch

Santiago Atitlán

The tour begins with a scenic boat ride across the lake to Santiago. Visit Maximón, the patron saint and mysterious Mayan spiritual figurehead of Santiago. See a variety of traditional paintings, beadwork and handcrafted woodwork as you visit the fascinating historic sites of Santiago. This tour offers a rare and fascinating insight into this proudly independent village and the life of the modern Maya.

6+ people: \$45 per person

- Length of excursion: 4-5 hours
- Best time: 9:30-2:00
- Price includes private boat and guide
- Option to bring a packed lunch



Chichicastenango Market

Visit a famous marketplace in the land of the Quiche Maya. After a quick boat ride to Panajachel, you'll hop in a private van and drive for an hour through the fertile countryside. In Chichi, browse for handicrafts, candles, flowers and incense to find a special keepsake. Consider adding on an optional two-hour excursion to the Cumarcaj Mayan ruins 30 minutes past Chichi for an extra \$15 per person. (You won't be back to the center until 4 or 5 p.m. if you visit the ruins)

6+ people:

- Tour with guide: \$50 per person
- Without guide: \$35 per person

8+ people:

- With Mayan ruins: \$65 per person

- Length of excursion: 5-6 hours / 8-9 hours including ruins
- Best time: 8:30-3:00
- Market days: Sundays & Thursdays
- Includes private boat and shuttle transport
- Option to bring a packed lunch

Shangri-La Coffee Tour

This educational tour takes place in San Marcos La Laguna. Check out a real coffee plantation to see how local coffee is grown and enjoy a roasting demonstration and tasting.

6+ people: \$35 per person

- Length of excursion: 3 hours
- Best time: 9:30-12:30
- Includes boat transport
- Back to Villa Sumaya for lunch

Spanish Lessons

Learn and practice Spanish with a friendly and experienced teacher. Just bring a notebook and pen, and your teacher will provide the rest of the resources.

\$20 per hour

(10- and 20-hour packages available)

- Private, one-on-one classes
- Instructor comes to Villa Sumaya

Bird Watching

Take a fascinating bird-watching tour on the trails of Santa Cruz la Laguna. November to April is the best bird-watching season. On good days, you might catch a glimpse of as many as 30 migrant and native bird species! Bring binoculars and a camera. A packed breakfast is available.

1 person: \$70

2 people: \$60 each

3+ people: \$45 each

- Length of excursion: 3 hours
- Best time: 6:00-10:00 a.m.



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. Although a good pair of sneakers is adequate, this adventure is much more than a casual walk.

1 person: \$120
2 people: \$90 each
3-4 people: \$70 each
5+ people: \$58 each

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

El Pico de Cielo Hike

El Pico de Cielo is 8,200 feet above sea level. Participants take a boat to Panajachel and then a pick-up truck to the trailhead for a 45-minute walk to the vista point. At the vista point, enjoy a packed-lunch picnic while gazing at a spectacular view of the Atitlán basin below. For a more rigorous hike, please inquire about starting from Santa Cruz La Laguna.

1 person: \$100
2 people: \$60 each
3-4 people: \$50 each
5+ people: \$45 each

- Length of excursion: 5-6 hours
- Best time: 9:30-2:00
- Includes boat transport (private with 5+ people) and pick-up to trailhead
- Packed lunch

Hikes Near Villa Sumaya

Take a 20-minute lakefront walk to the nearest village, Santa Cruz La Laguna. Follow the road another 20 minutes up the steep incline or take a tuktuk (Q10) into town and enjoy lunch with stunning views at Café Sabor, part of the culinary arts program of the Amigos de Santa Cruz (CECAP) non-profit project.

We have an illustrated map in the courtyard for local 30-minute, 45-minute and 1-hour walks. Jaibalito is the next pueblo over. Walk along the lakefront for 20 minutes past the Santa Cruz dock, 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. Return on 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
- Light breakfast 7:30am

Kayak or SUP Paddle & Hike

For kayak or stand-up paddle board enthusiasts and hikers, this trip is a 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 local café. Either take a public boat back to our center or embark on a moderately challenging, 3-hour guided hike back to Villa Sumaya. (15 paddle boards maximum)

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 & SUP rentals for free time paddling

Per day:

\$27 - single kayak or paddle board

\$20 - singles per day 2 or more

\$32 - double kayak

- Best time: 7:00-11:00 a.m.

Around the Center

Harmony Spa

Treat yourself to a revitalizing, therapeutic healing treatment. Healing sessions allow for profound relaxation and rejuvenation. *Please note: spa offerings vary by season.*

Swedish massage	Mayan Readings
Deep Tissue	Astrology Reading
Reflexology	Breath Work
Ayurvedic	Acupuncture
Reiki	Egoscue

Spa Session Rates

1 hour - \$85

1.5 hours - \$110

2 hours - \$140

Private Classes for 1-2 people
Yoga and Meditation - \$45/hour
Aerial Yoga - \$70/hour

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.



Relaxation & Rejuvenation

- Solar Hot Tub (daytime: complimentary, dependent on sun)
- Lakefront Hot Tub (daytime: solar/complimentary/dependent on sun; evening: \$40, one hour soak)
- Sunset Fire (\$35, 5:30-6:30pm)
- Electric Sauna (\$30, maximum 6 people, one hour sweat)
- Pool (complimentary)
- Live music after dinner: smooth jazz and golden oldies with Marc and Traci (\$250, two 50-minute sets, must be arranged at least 2 weeks in advance)

