



# Villa Sumaya

Lake Atitlan

## Tours and Activities 2022-23

A journey to Guatemala is an adventure. Witness the Mayan way of life, enjoy stunning views and incredible hikes. Be sure to include time to rest, read and meditate in our lush gardens!

Villa Sumaya is a natural sanctuary on Lake Atitlán. Here 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 Harmony Spa on-site wellness center offers an array of services provided by experienced and gifted therapists. (See complete list on the last page of this kit.) The availability of specific offerings and modalities may vary by season.



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



## Santa Catarina & San Antonio Palopó

The cheerful Mayan villages of Santa Catarina and San Antonio feature classic churches and a friendly indigenous population who still wear traditional garb. Witness the vivid Kaqchikel culture, creating personal relationships with families and shops along the way. In Santa Catarina, you'll see charming Mayan embroidery motifs translated into murals and visit a local family to learn about their lifestyle and customs, including back-strap weaving. San Antonio is also known for its pottery. Paint a mug during a brief workshop; your artwork will be fired in the kiln and returned to you at our center 2-3 days later.

6+ people: \$55 per person

- Length of excursion: 4 hours
- Best time: 9:30-1:30
- Includes boat transport (private with 5+ people) 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 (medium difficulty) 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: 9:30-2:00
- Includes private boat and guide

## Santiago Atitlán

The tour begins with a scenic boat ride across the lake to Santiago. Visit Maximon, the patron saint and mysterious Mayan spiritual figurehead of Santiago. See a variety of primitive 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





## 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.

6+ people: \$45 per person

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

## Chichicastenango Market

Visit one of Guatemala's most famous marketplaces, known for its colorfully and brightly dressed Quiche Maya. Starting with a short boat ride to Panajachel, you will be picked up by a private van and drive for an hour through the Mayan highlands, passing through fertile countryside. In Chichi, browse through the marketplace for handicrafts, candles, flowers and incense. This is the place to find that special keepsake or simply enjoy the action of this highland town on market day. Consider taking an optional additional excursion to the authentic Cumarcaj Mayan ruins 30 minutes past Chichicastenango for an additional \$15 per person.

6+ people:

- Tour with guide: \$50 per person
- Without guide: \$35 per person
- With Mayan ruins: \$65 per person

- Length of excursion: 5-6 hours
- Best time: 9:30-2:00
- Market days: Sundays & Thursdays
- Includes private boat and shuttle transport





## Shangri-La Coffee Tour

This educational tour takes place in San Marcos where you will walk into the fields to see how local coffee is grown. Depending on the season, you may have the chance to pick and taste ripe coffee berries. The walk is followed by a coffee roasting demonstration and tasting.

6+ people: \$35 per person

- Length of excursion: 3 hours
- Best time: 9:30-12:30
- Includes boat transport (private with 5+ people)

## 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 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

Enjoy a fascinating bird watching tour on the trails of Santa Cruz la Laguna to see a variety of migrant and native species. November to April is the best bird watching season of the year. On good days, you may see up to 30 bird species on a 3-hour tour. Take advantage of the opportunity to photograph birds, beautiful landscapes and wild plants. 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: 6:00-10:00am





## 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

## 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

## Hikes Near Villa Sumaya

Take a 20-minute lakefront walk to our village, Santa Cruz La Laguna. Follow the road up into the village and stop for lunch with stunning views at Café Sabor, part of the culinary arts program division 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 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. Either 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 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.

### 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

Swedish

Deep Tissue

Reflexology

Ayurvedic

Shiatsu

Energy

Intuitive Healing

Breath Work

Other

Acupuncture

Egoscue

Consultations

Mayan & Western

Astrology Readings

Nutritional

Wellness

Private Yoga and  
Meditation Classes  
(\$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.



## Rest & Rejuvenate

Take time to rest, 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)

Sunset Lakeside Fire (\$35, 5:30-6:30pm)

Electric Sauna (\$30, maximum 6 people)

Pool (complimentary)

