



100%
CARBON
NEUTRAL
TOURS

Explore fiery volcanic peaks, dive into the vibrant marine life of the world's second-largest barrier reef, and uncover the ancient secrets of Mayan civilizations. This 18 day journey through Mexico, Belize, and Guatemala will be an experience you'll remember forever! Dive into mesmerising underwater realms, gaze in awe before ancient pyramids that rise from lush jungles, and conquer the heights of a volcano, with some authentic, off-the-beaten-track experiences along the way. You won't be alone – an awesome group leader and a band of adventurous new friends will be right by your side. The trip of a lifetime is calling your name, and the jungle is bursting with adventure.

PLAYA DEL CARMEN ➔ ANTIGUA

Transport: Minibus, Ferry

Meals: 17B, 4L, 2D

Group size: 5 - 20

Age Range: 18 - 39

HIGHLIGHTS

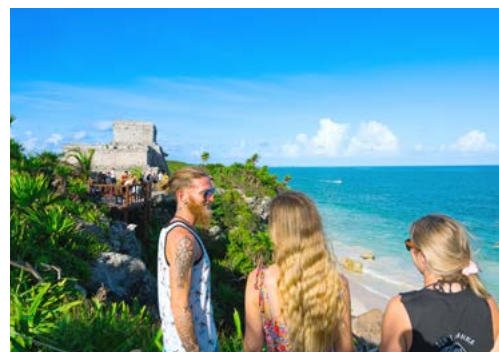
- Discover ancient Mayan ruins at the famous archaeological site of Chichén Itzá
- Unwind on blissful white beaches and swim in the secret subterranean worlds of the Yucatán Peninsula
- Snorkel the pristine waters of Belize's Great Barrier Reef – the second largest in the world
- Turn back the clock thousands of years as you explore the mysterious ruins of Tikal
- Challenge yourself on an overnight volcano hike to witness lava erupting against the night sky
- Stay overnight in an authentic homestay with a Mayan family
- Drift away in the sparkling blue waters of Semuc Champey
- Hike the awe-inspiring Mayan Face (Indian Nose) at sunrise for incredible views of Lake Atitlán

INCLUSIONS

- ✓ Airport Pickup to Our Accom 24/7
- ✓ 17 Nights Accommodation
- ✓ 23 Meals
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Chichén Itzá with Guide
- ✓ Cenote Swimming Entrance
- ✓ Tulum National Park
- ✓ Sunset Boat Trip on Bacalar Lagoon
- ✓ Snorkelling Trip
- ✓ Mayan Cooking Class
- ✓ Tikal Ruins Entrance & Guide
- ✓ Semuc Champey & River Tubing
- ✓ Local Mayan Lunch
- ✓ Boat Transfer on Lake Atitlán
- ✓ Local Mayan Homestay Experience
- ✓ Mayan Face (Indian Nose) Hike with Guide
- ✓ 2 Full Day Acatenango Volcano Trek with Guide
- ✓ Antigua Walking Tour
- ✓ Help with Onward Travel

NOT INCLUDED:

International flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - ARRIVE IN MEXICO!

• **PLAYA DEL CARMEN** Landing in Cancun, we'll meet you at the airport and take you to your hotel in Playa del Carmen. Meet up with your travel crew for dinner and get excited for the adventures to come.

DAY 2 - CHICHÉN ITZÁ & CENOTES

• **PLAYA DEL CARMEN** Getting into explorer mode, today we head to one of the New Seven Wonders of the World - Chichén Itzá. A local guide will introduce us to the myths and majesty of these iconic ruins, including the Temple of Kukulcan ('El Castillo'), the creepy Platform of the Skulls, and the Plaza of a Thousand Columns. Later, we'll have a once-in-a-lifetime experience in the crystal waters of a stunning cenote, a natural limestone swimming hole in a secret subterranean world.
*You'll likely join forces with our Viva Mexico group for the next few days in Mexico

DAY 3 - TULUM & BEACHES

• **PLAYA DEL CARMEN** Fiesta, siesta, today we do it all! Hitting the road this morning, we're off to Tulum. We'll have the option to marvel in the archeological Tulum ruins, or chill in the bluer-than-blue waters of Tulum beach. Back in Playa there's time to get ready before dinner. Let's smash some avocado, down a tequila shot (or more), get a little loco!

DAY 4 - SUNSET BOAT TRIP

• **BACALAR** We leave the busyness of Playa behind this morning, so jump on our bus as we travel south and kick off our adventure in the Yucatán Peninsula. Bacalar – also known as the Lagoon of Seven Colours – is our first destination, and to make the most of it we are off on a sunset boat trip. Gliding across the water, shades of turquoise ripple below us, and what better way to cool off than by jumping straight in? As the sun goes down, the sky's warm hues reflect on the lagoon's surface – so grab a local beer and cheers to a day in paradise.

DAY 5 - WELCOME TO BELIZE!

• **CAYE CAULKER** Our journey continues south today as we cross the border to our next country of the trip – Belize! Belize has the second-largest barrier reef in the world, so we are heading straight to the sea on a short ferry to Caye Caulker. A small, walkable island, our hotel is less than a minute from the beach. We will meet for sunset on the other side of the island, where the friendly local stingrays come up and literally swim between you.

DAY 6 - SNORKELLING TRIP

• **CAYE CAULKER** Get your snorkels at the ready as we jump on a boat out to the incredible Hol Chan Marine Reserve, home to a vast array of marine life. At each stop, plunge into the warm water to reveal a kaleidoscope of colours: fish dart around you, coral reefs teem with life, and rays glide calmly below. At our last stop, keep your fingers crossed as there is a chance to see some manatees (seasonal). For dinner, find a local eatery serving up fresh seafood with taste-bud-tingling Caribbean curry sauce.

DAY 7 - BEACH DAY

• **CAYE CAULKER** Today is yours to explore at your own pace, so you'll probably want to head to a beautiful beach or the famous 'Split', a natural divide created by a hurricane and the perfect spot to swim as reggae tunes play in the distance. Caye Caulker embodies the essence of Caribbean relaxation, so you can lounge in a hammock, go paddleboarding or explore the rich underwater world.

DAY 8 - ARRIVE IN GUATEMALA!

• **FLORES** As the terrain shifts, we pass small towns and charming roadside stands where locals sell fresh fruits and handmade crafts, offering a glimpse into daily life. For lunch, we'll stop in a Mayan village, a place that embodies an ancient culture that is truly a world away from our island experience. Greeted with warm smiles, together we learn how to cook a Mayan feast the traditional way, gaining insight into the Mayan heritage that still thrives here. Bellies full, we will cross the border to Guatemala and check into our hotel on the tiny island of Flores.

DAY 9 - DISCOVER ANCIENT TIKAL

• **FLORES** Get your Indiana Jones impression ready as we turn the clocks back thousands of years. Hidden deep in the northern jungles of Guatemala, the sprawling archaeological site of Tikal stands as a testament to the grandeur of the pre-Columbian Maya civilization. The air – thick with humidity – adds to the mystery of the giant ceremonial Lost World (Mundo Perdido) Pyramid and the Temple of the Grand Jaguar as we explore the complex with local guides.

DAY 10 - CANDELARIA CAVES

• **COBÁN** Guatemala takes up a big chunk of Central America, so today we cover some distance as we travel south to the highlands. The good news is we will break up the journey with a tour of the epic Candelaria Caves – an 80km long cave system with significance to the Mayan Culture. It's believed to be the entrance to the underworld, but you can make up your own mind! Back under the sun, we continue to Cobán, a colourful city set amongst the mountains of central Guatemala.

DAY 11 - SEMUC CHAMPEY

• **COBÁN** Outside the hotel this morning is our fleet of 4X4s, ready to take us on an adventure into the highlands. Hold on tight as we travel up into the mountains. We'll take the final section by foot, hiking deeper into the jungle to find bright blue pools bordered with vibrant, light green algae. We'll have a couple hours to bath in the refreshing pools. Then, we'll drift down the river in rubber rings and arrive at an authentic Mayan home for a traditional, mouthwatering lunch. What a day!

DAY 12 - CHICHICASTENANGO

• **PANAJACHEL (LAKE ATITLÁN)** Today our journey continues south through the highlands, stopping at the bright town of Chichicastenango. This town is a hub of Indigenous Maya traditions, and if we're lucky we can experience its famous local markets, one of the largest in Central America. Later we'll arrive in Panajachel, our overnight stay right on the shores of Lake Atitlán.

DAY 13 - SAN JUAN HOMESTAY

• **SAN JUAN (LAKE ATITLÁN)** This morning we're hopping on a boat to absorb the panoramic views of the lake and head to San Marco's. Known for being a little hippy – the water entices us in for a swim. Our next stop is San Juan, home for the night, but not just at any hotel. Tonight, we're staying at an authentic homestay with a Mayan family, where we split into smaller groups to really get to know how the locals live. Despite the language barrier, our hosts will welcome us into their simple homes, eager to share their customs. Over dinner we can trade phrases, learning some Mayan along with the more widely spoken Spanish.

DAY 14 - SUNRISE HIKE

• **ANTIGUA** Starting in pre-dawn darkness, we're hiking under the moonlight to reach the summit of Mayan Face Mountain, known for its unique profile resembling a Mayan Face. Our local guides will provide hot cocoa as we bask in the view at sunrise. Back down, we'll share breakfast with the local families before we say goodbye and head towards Antigua.

DAY 15 - ANTIGUA

• **ANTIGUA** Today enjoy some well-deserved free time to enjoy the colonial town of Antigua, a favourite for tourists and locals alike. Start your day with a leisurely breakfast at a cozy café, savouring freshly brewed Guatemalan coffee and huevos rancheros, before strolling through the parks, churches and markets.

DAY 16 - VOLCANO ACATENANGO OR CHOCOLATE MAKING EXPERIENCE*

• **ANTIGUA** Those volcanoes we've been viewing from afar? Today we're climbing one, and while it won't be easy, the exhilarating experience will be incredibly rewarding for those willing to push their limits. Over several hours we ascend through lush forests into rocky terrain, and when the hike gets steep our local guide will keep us entertained by sharing insights about the region. As the sun sets low and the air gets thin, we reach our campsite near the summit above the clouds, setting up for an epic evening. Night falls, the sky fills with stars, and the active Volcan Fuego – AKA Fire Volcano – mesmerises us as lava bursts from the crater.

DAY 17 - ANTIGUA FAREWELL

• **ANTIGUA** An early start and steep final climb to the summit rewards us with breathtaking 360 views. We'll then start our descent to Antigua. Whatever goes up, must come down, after all. Back in town, there's time to freshen up and explore the streets of Antigua, plus any sights you may have missed before. Then, it's time to dress up as we will have one final dinner together to toast to our incredible adventure.

DAY 18 - CHECK OUT

• **ANTIGUA** Time to say adios to our Central America dream as our trip comes to an end. You can either check out and journey home, stay on longer in Antigua or continue your travels in Central America with our help.

FLIGHTS AND ARRIVAL INFORMATION

It's best to arrive on the actual start date, as that's when most people get in. While there are no activities on the first day, the group usually meets up for dinner around 7pm. If you do arrive early, we'll still pick you up from the airport if you're staying at our accommodation. You can book and pay for extra nights accommodation in the [Manage My Booking](#) area.

AFTER CENTRAL AMERICA INTRO

Central America Intro finishes in Antigua in Guatemala. You can choose to stay on longer in Antigua or if you need to get back to the airport then your group leader can help you organise a taxi, which will cost approximately £20/\$40. You are free to leave at any time on day 18 as there are no activities planned. Your group leader will ensure any other local transport is sorted and you are comfortable with all parts of your trip and your onward travel.

VISAS

It's important to check your visa requirements before arriving in Central America.

Please refer to our [FAQ](#) page for all up to date visa information for Mexico, Belize & Guatemala. There is also a \$20 land border exit fee for Belize.

You will need at least 6 months remaining validity and 2 blank pages in your passport. It's also recommended to have onward travel booked out of Guatemala before travelling there, as you may get asked for proof of this before boarding your flight. We recommend checking with your local consulates for up-to-date visa requirements and costs. If you need any further help with visas just contact us.

TRAVEL INSURANCE

Travel insurance for Central America is compulsory to join our trip. Your group leader will ask to see proof of your cover before your trip begins. If you are participating in the overnight volcano hike you will need to ensure you are covered for hikes up to 4000m, which is usually an add-on to standard policies. You can organise travel insurance [here](#).

*The Acatenango overnight volcano hike is quite challenging, taking up to 7 hours to ascend, and requires a reasonably good level of fitness. The trek involves steep sections and rugged terrain, which can be demanding at high elevations. You will need some warm layers, decent trainers or hiking boots and travel insurance that covers hikes up to 4000m. The volcano hike is EPIC, however you can choose not to do it, if so we will provide you alternative accommodation and a just-as-epic traditional chocolate making experience in Antigua. For more info on the hike and alternatives see our FAQ's or contact us.

ACCOMMODATION GUIDE

MEXICO

PLAYA DEL CARMEN - HOTEL RIVIERA

CARIBE MAYA

3 NIGHTS

The perfect start to your trip.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool & Bar

BACALAR - HOTEL VILLA BALU

1 NIGHT

Boutique hotel by the water.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Rooftop Terrace

BELIZE

CAYE CAULKER - THE CAYE HOTEL

3 NIGHTS

Only a few steps from the beach!

Twin/Double Rooms

Ensuite

WiFi & Air Con

Terrace & BBQ

IMPORTANT NOTE



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.



PLAYA DEL CARMEN



BACALAR



CAYE CAULKER

GUATEMALA

FLORES - HOTEL PETEN

2 NIGHTS

Offering stunning lake views.

Twin/Double/Triple Rooms

Ensuite

WiFi, Air Con & Laundry

Pool with Swim-up Bar



FLORES

COBÁN - HOTEL CASA GAIA

2 NIGHTS

A family run hotel.

Twin/Double/Triple Rooms

Ensuite & WiFi

Beautiful Gardens



COBÁN

PANAJACHEL - HOTEL DOS MUNDOS

We also often use: Hotel Rancho Grande Inn

1 NIGHT

A tropical oasis.

Twin/Double/Triple Rooms

Ensuite

WiFi & Air Con

Swimming Pool & Restaurant



PANAJACHEL (LAKE ATITLÁN)

SAN JUAN - HOMESTAY

1 NIGHT

A unique experience staying with a local family.

Twin/Double/Triple Rooms

Shared Bathrooms

WiFi & Air Con

ACATENANGO - BASECAMP

1 NIGHT

Sleep high above the clouds on an inactive volcano.

Twin/Double Cabins

Shared Bathrooms

Sleeping Bags & Foam Mats Provided

ANTIGUA - MESON DE MARIA HOTEL

We also often use: Villa Colonial Hotel

3 NIGHTS

A charming, colonial-style hotel.

Twin/Double/Triple Rooms

Ensuite

WiFi & Laundry & Restaurant



ANTIGUA

#SMALLCHANGE

SUSTAINABLE TRAVEL



PROTECTING THE ENVIRONMENT



SUPPORTING LOCAL COMMUNITIES



CULTURAL EXCHANGE & EDUCATION



ANIMAL WELFARE

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

FAQS



DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends! Most of our accom is twin or triple share, so we will put you in a room with someone of the same gender.



CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [Mexico & Central America](#).



CAN I CHANGE MY START DATE?

Enjoy ultimate peace of mind and flexibility with INTRO. Should your travel plans change or be disrupted you can change your start date or tour for free up to 30 days before your start date.

Or simply transfer your booking to 100% travel credit that will never expire and can be used on any tour with us in the future.



WHEN TO VISIT CENTRAL AMERICA?

The best time to visit Central America is from December to April (the dry season). This peak season boasts plenty of sunshine making it an ideal time for exploring jungles and lounging on beaches. If you don't mind getting a little morning shower, May through to November are quieter months to visit. In June to July, rain showers pause briefly and forests burst with green foliage.



IS CENTRAL AMERICA SAFE TO TRAVEL?

While there are certain areas within Central America known for crime, these are limited and nowhere near where INTRO goes. Central America is a very popular tourist destination and safe to travel to, with only the need for the usual commonsense precautions we recommend for all our destinations.

At INTRO we have not only chosen the most beautiful and fascinating areas of Central America but also places we know to be safe. Another benefit of travelling Central America as part of a guided group tour.



TERMS & CONDITIONS

For the full set of terms & conditions for our tours including your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.



WHAT IS THE ACATENANGO VOLCANO HIKE & WHAT DO I NEED TO DO?

The Acatenango overnight volcano hike is EPIC but quite challenging, taking up to 7 hours to ascend, and requires a reasonably good level of fitness. The hike involves steep sections and rugged terrain, which can be demanding at high elevations. You will need some warm layers, a waterproof jacket, a good pair of trainers or hiking boots and travel insurance that covers hikes up to 4000m. This is usually an add-on to standard travel insurance. There is a chance that you may be affected by the high altitude, and may experience some mild symptoms related to acute mountain sickness (AMS), such as a headache or feelings of nausea. This is completely normal, however we recommend checking with your GP before travel if you have any concerns prior to your trip regarding travel to altitude, or how high altitude may affect any pre-existing conditions you may have.

The volcano hike is included in the price of the tour, however you can choose not to do it if you don't feel comfortable with it's difficulty. If so please let us know prior to your tour departure and we will provide you alternative accommodation and a traditional chocolate making experience in Antigua for that night and following day as a substitute, at no extra cost.

If you choose to do the hike but do not make it all the way, we will ensure you get safely to alternative accommodation for the night, however this accommodation will be at an extra cost to you as it is on top of the hike costs already incurred by us. If you have any more questions about the hike or alternatives just contact us.



HOW WILL I ACCESS MY MONEY ON THE TRIP?

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout Central America and some places only accept cash.



IS TIPPING EXPECTED ON THIS TRIP?

There is no requirement to tip on any INTRO trip. However there is a big tipping culture in Central America, and it is customary and expected that you tip a small amount in most places including bars and restaurants. While we cover all of our local suppliers wages and expenses it is customary for group members to offer a tip to drivers and local guides, if you feel you've had good service. Your group leader can provide more detail on how you can contribute and suggested tip amounts on tour if you feel comfortable. You can find more info on spending money in the INTRO Travel App.



IS THERE WI-FI ON THE TRIP?

All accommodations we stay at have free Wi-Fi available. Central America's network quality is often lower than you're used to but you can generally connect and do basic stuff.

That's about it for now!

Once you've booked you'll get access to Manage My Booking and the INTRO Travel App, which will give you all the information you'll need on Central America Intro, so you can just relax and enjoy the experience.

Of course if you have any more questions just contact us. We're happy to help!

hello@introtravel.com
introtravel.com