



100%
CARBON
NEUTRAL
TOURS

Get ready for an exhilarating journey through the heart of Central America, where volcanic peaks roar with fire, the world's second-largest barrier reef teems with vibrant marine life, and ancient Mayan cultures await. Our 30 day adventure through Mexico, Belize, Guatemala and Costa Rica will leave you spellbound. 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 ➔ SAN JOSÉ

Transport:	Minibus, Ferry, Boat, Plane
Meals:	29B, 6L, 3D
Group size:	5 - 20
Age Range:	18 - 39

HIGHLIGHTS

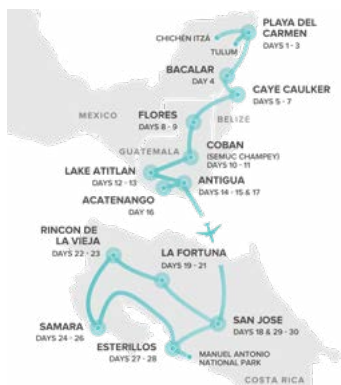
- Discover ancient Mayan ruins at the famous archaeological site of Chichén Itzá
- Unwind on blissful white beaches and swim in the secret subterranean worlds of the Yucatán Peninsula
- Snorkel the pristine waters of Belize's Great Barrier Reef – the second largest in the world
- Turn back the clock 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
- Learn how to create an authentic Mayan feast during a traditional cooking class
- Rejuvenate in natural volcanic hot springs and chase waterfalls hidden in the rainforest
- Discover your own inner David Attenborough as you come face to face with snakes, toucans, monkeys and sloths
- Unwind by the beach after getting your dose of sun, salt and sea on Costa Rica's tropical coastline

INCLUSIONS

- ✓ Airport Pickup to Our Accom 24/7
- ✓ 29 Nights Accommodation
- ✓ 38 Meals
- ✓ All Transport Including an Internal Flight
- ✓ Awesome Group Leader
- ✓ Chichén Itzá with Guide
- ✓ Cenote Swimming Entrance
- ✓ Tulum Day Trip
- ✓ 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 Guides
- ✓ Antigua & San José Walking Tour
- ✓ Ox Cart Museum
- ✓ Local Farm Visit & Lunch
- ✓ Hanging Bridges
- ✓ Natural Hot Springs
- ✓ Night Jungle Walk
- ✓ Maleku Cultural Visit
- ✓ Río Celeste National Park
- ✓ Rincon de la Vieja National Park
- ✓ Secluded Beaches
- ✓ Crocodile Bridge
- ✓ Chocolate Making Experience
- ✓ Manuel Antonio National Park
- ✓ 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.

DAY 2 - CHICHÉN ITZÁ & CENOTES

• **PLAYA DEL CARMEN** Today we head to one of the New Seven Wonders of the World - Chichén Itzá. A local guide will show us the Temple of Kukulkan ('El Castillo'), the creepy Platform of the Skulls, and the Plaza of a Thousand Columns. Later, we'll experience the crystal waters of a 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 RUINS & BEACHES

• **PLAYA DEL CARMEN** Today, we head to Tulum, where you can explore the ruins or relax on the beautiful beach. Back in Playa, get ready for dinner and drinks.

DAY 4 - SUNSET BOAT TRIP

• **BACALAR** We leave Playa behind and head south to the Yucatán Peninsula. Our first stop is Bacalar, the Lagoon of Seven Colours. We'll enjoy a sunset boat trip, glide over turquoise waters, and cool off with a swim. As the sun sets, grab a local beer and cheers to paradise!

DAY 5 - WELCOME TO BELIZE!

• **CAYE CAULKER** Today, we cross into Belize and head straight to Caye Caulker, home to the world's second-largest barrier reef. At sunset, we'll meet on the other side of the island, where stingrays swim between our legs.

DAY 6 - SNORKELLING TRIP

• **CAYE CAULKER** Grab your snorkels as we head to Hol Chan Marine Reserve, teeming with vibrant marine life. Dive into warm waters to explore colourful fish, coral reefs, rays and keep an eye out for manatees (seasonal). For dinner, enjoy some fresh Caribbean cuisine.

DAY 7 - BEACH DAY

• **CAYE CAULKER** Today is yours to explore at your own pace! Check out the famous 'Split', a natural divide created by a hurricane and the perfect spot to swim. You can lounge, go paddleboarding or snorkel some more.

DAY 8 - ARRIVE IN GUATEMALA!

• **FLORES** We leave Belize's Caribbean shores behind and for lunch, we'll stop in a Mayan village to cook a traditional feast and learn about their rich heritage. Afterwards, we'll cross into Guatemala and check into our hotel on the island of Flores.

DAY 9 - ANCIENT TIKAL

• **FLORES** Hidden deep in the jungle, the archaeological site of Tikal showcases the mighty Maya civilization's glory. We'll visit the Lost World (Mundo Perdido) Pyramid and the Temple of the Grand Jaguar with local guides.

DAY 10 - CANDELARIA CAVES

• **COBÁN** Today we'll 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 80km Candelaria Caves. Back under the sun, we continue to Cobán, a colourful city set amongst the mountains.

DAY 11 - JUNGLES & TUBING

• **COBÁN** This morning we hop into 4X4s and head into the highlands. The final stretch is on foot, hiking through the jungle to a stunning blue pools lined with vibrant green algae. We'll tube down the river and arrive at an authentic Mayan home for a traditional lunch!

DAY 12 - CHICHICASTENANGO

• **PANAJACHEL (LAKE ATITLÁN)** Today, we head south, stopping in Chichicastenango, a hub of Indigenous Maya traditions and home to one of Central America's largest markets. Later, we arrive in Panajachel, staying right on the shores of stunning Lake Atitlán.

DAY 13 - SAN JUAN HOMESTAY

• **SAN JUAN (LAKE ATITLÁN)** We'll hop on a boat across Lake Atitlán to San Marcos for a swim. Then, we head to San Juan for an authentic homestay with a Mayan family. We'll share a meal together and learn about their life.

DAYS 14 - 15 - HIKES & EXPLORING

• **ANTIGUA** It's an early start, but worth it! We hike under moonlight to the summit of Mayan Face Mountain. As the sun rises, we'll enjoy stunning views of Lake Atitlán with hot cocoa. Afterward, we'll share breakfast with the local families before heading to Antigua. Enjoy exploring its stunning Spanish architecture, cozy cafes, and dramatic volcano backdrop.

DAY 16 - VOLCANO ACATENANGO OR CHOCOLATE MAKING EXPERIENCE*

• **ANTIGUA** Today, we're climbing one of those volcanoes we've admired from afar with a local guide. It won't be easy, but the experience will be incredibly rewarding. We'll ascend and as the sun sets and the air thins, we reach our campsite above the clouds. When night falls, Volcan Fuego will mesmerise us with lava bursts.

DAY 17 - ANTIGUA FAREWELL

• **ANTIGUA** Once down from the volcano we will freshen up and have some more time to explore before dinner and drinks together.

DAY 18 - FLY TO COSTA RICA!

• **SAN JOSÉ** After a short flight we'll land in Costa Rica. Depending on the flight time, you'll have the chance to explore San José before meeting for dinner.

DAY 19 - EXPLORE SAN JOSÉ

• **LA FORTUNA** Today we'll explore the history of San José on a walking tour. This afternoon, we head to La Fortuna, stopping at an Ox Cart Museum.

DAY 20 - HANGING BRIDGES

• **LA FORTUNA** We'll head into the rainforest to witness Arenal Volcano, hanging bridges, thick trails and lava fields. After sunset, we'll take an evening walk, spotting interesting nocturnal animals with our local guide.

DAY 21 - LOCAL LIFE & HOT SPRINGS

• **LA FORTUNA** This morning, we visit a family in La Fortuna to see their farm and learn how they harvest local produce. We'll enjoy a traditional Casado lunch with fresh ingredients, and enjoy some home-grown coffee. Then, we'll relax in natural hot pools, rich in healing volcanic minerals.

DAY 22 - DISCOVER RÍO CELESTE

• **RINCON DE LA VIEJA** We leave La Fortuna and briefly stop at a Maleku house for a rare glimpse into their traditional way of life. Then, we head to Río Celeste National Park, a place with a magical waterfall and beautiful jungle. We'll later arrive at the peaceful Rincon de la Vieja National Park.

DAY 23 - RINCON DE LA VIEJA

• **RINCON DE LA VIEJA** Get your hiking shoes ready! Today, we trek jungle trails showcasing Costa Rica's incredible biodiversity, with volcanic vents, mud pits, and over 300 species of birds, monkeys and reptiles. In the afternoon, thrill-seekers can zipline through the canopy, while others can relax by the hotel pool.

DAY 24 - SAMARA

• **SAMARA** Today we're off to Samara, and once we arrive it's straight into beach life. Perched on the edge of the Pacific, this coastal town retains a hip, laid-back charm.

DAYS 25 - 26 - BEACHES & EXPLORING

• **SAMARA** Pack your towel and sunscreen! Today, we explore a secluded beach of Guanacaste, offering something unique. Relax, swim, or play beach games—whatever your vibe, we've got you covered. The next day is free to enjoy Samara's activities, whether it's surfing, a boat trip or simply relaxing by the sea.

DAY 27 - ESTERILLOS & CROCODILES

• **ESTERILLOS** After a final morning soaking up the sun in Samara, we'll grab lunch before hitting the road. Heading south, we make our way to Esterillos, a laid-back beachside gem. We'll also make a stop at the Crocodile Bridge, where you have the perfect vantage point to see these prehistoric creatures. We'll stop for dinner along the way, hoping to catch the sunset, then continue to Esterillos, arriving in the evening ready to unwind.

DAY 28 - MANUEL ANTONIO PARK

• **ESTERILLOS** The spectacular Manuel Antonio National Park is in our sights, so keep your camera at the ready. This is the most visited National Park in Costa Rica – and it'll be no surprise why as we explore its lush jungles and gorgeous beaches together. Keep your eyes peeled as we search for wildlife, including everyone's favourite, the world-famous sloth! After a morning in the jungle, we're off to see more tranquil beaches.

DAY 29 - SAN JOSÉ & CROCODILES

• **SAN JOSÉ** We'll head back to San José today. We'll stop off for cacao making - a delicious chocolate experience! Tonight, we'll have a farewell meal and drinks, toasting our unforgettable adventure.

DAY 30 - CHECK OUT

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 ADVENTURE

Central America Adventure finishes in San José in Costa Rica. 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 30 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 & Costa Rica. There is also a \$20USD 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 Costa Rica 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



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

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

COSTA RICA

SAN JOSÉ - FLEUR DE LYS HOTEL

We also often use: Villa Tournon Hotel & Hotel Aranjuez

2 NIGHTS (night 1 & night 12)

Located in the centre of San José.

Twin/Double Rooms

Ensuite

WiFi & Laundry

Restaurant & Bar



SAN JOSÉ

LA FORTUNA - HOTEL FARO ARENAL

3 NIGHTS

Surrounded by nature, enjoy the tranquility.

Twin/Double/Triple Rooms

Ensuite

WiFi & Air Con

Restaurant & Pool



LA FORTUNA

RINCON DE LA VIEJA - RINCONCITO LODGE

We also often use: Rincón de la Vieja Lodge & Cañon de la Vieja Lodge

2 NIGHTS

Close to the national park.

Twin/Double Rooms

Ensuite

WiFi & Laundry

Restaurant & Bar



SAMARA BEACH

SAMARA BEACH - HOTEL GIADA

We also often use: Sol Samara & Hotel Belvedere

3 NIGHTS

Only 250m from the beach!

Twin/Double Rooms

Ensuite

WiFi & Air Con

2 Swimming Pools

ESTERILLOS - HOTEL COSTA PACIFICA

2 NIGHTS

A comfortable hotel by the beach.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Swimming Pool & Gym



ESTERILLOS

IMPORTANT NOTE



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

#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 IS THE BEST TIME 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 whilst on tour. 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 Adventure, 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!

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introtravel.com