



**100%
CARBON
NEUTRAL
TOURS**

Volcanic eruptions, ancient Mayan heritage, the world's second-largest barrier reef, and an abundance of wildlife – Central America truly has it all! Immerse your senses on our 28 day adventure through this natural wonderland, where you'll hike, snorkel, and indulge in the local food, plus some epic unique local experiences that will take you off the beaten path. From the lively streets of Mexico City to the palm-lined shores of the Yucatán Peninsula, one day you'll be marvelling at towering volcanoes, and the next soaking up the sun and sea in beach towns. Oh, and did we mention you'll be doing all this with an awesome group leader and an instant crew of new mates? The trip of a lifetime just got even better. The jungle awaits...

MEXICO CITY ➔ **ANTIGUA**

Transport: Minibus, Ferry, Boat, Plane

Meals: 23B, 4L, 2D

Group size: 5 - 20

Age Range: 18 - 39

HIGHLIGHTS

- Explore the lively capital of Mexico City
- Tantalise your taste buds at an authentic mezcal distillery
- Visit the Indigenous communities of San Juan Chamula and Zinacantan
- Experience the tropical paradise of Isla Holbox on a boat tour, maybe even spotting pink flamingos (seasonal)
- Snorkel Belize's world-renowned barrier reef, the second-largest on the planet
- Step back in time at the ancient ruins of Tikal
- Embark on an overnight volcano hike and witness lava erupting
- Experience an authentic homestay with a local Mayan family
- Swim in the crystal-clear waters of Semuc Champey
- Take in breathtaking views of Lake Atitlán on the Mayan Face (Indian Nose) sunrise hike
- Learn to cook traditional dishes in a Mayan

INCLUSIONS

- ✓ Airport Pickup to Our Accom 24/7 *From Mexico City Airport (MEX) only*
- ✓ 27 Nights Accommodation
- ✓ 29 Meals
- ✓ All Transport Including an Internal Flight
- ✓ Awesome Group Leader
- ✓ Orientation Tours of Mexico City, Oaxaca & San Cristobal de las Casas
- ✓ Mezcal Distillery Experience
- ✓ Boat Tour of Sumidero Canyon
- ✓ Indigenous Community Visit
- ✓ Island Boat Tour of Isla Holbox
- ✓ Natural Pools & Pink Flamingos (seasonal)
- ✓ Sandbank Sunrise
- ✓ Chichén Itzá with Guide
- ✓ Cenote Swimming Entrance
- ✓ Tulum Day Trip
- ✓ 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 Walking Tour
- ✓ Help with Onward Travel

NOT INCLUDED:

International flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - ARRIVE IN MEXICO!

• **MEXICO CITY** Hola! Once you arrive in Mexico City we'll take you to our accom. You'll have plenty of time to chill before meeting up with group for dinner and drinks.

DAY 2 - EXPLORE MEXICO CITY

• **MEXICO CITY** We'll kick things off with an orientation around the historical centre. Wandering bustling streets, we'll learn about the Aztec Empire and history of Spanish Conquest as well as check out icons like Cathedral Metropolitan and Zocalo. The afternoon is yours to explore. Tonight we'll refuel with a traditional Mexican dinner and show!

DAY 3 - TRAVEL TO PUEBLA & OAXACA

• **OAXACA** Saying adios to the city, today we'll depart for Puebla also known as 'Magic Town', a beautiful colonial town flanked by volcanoes. Here we'll learn about the history of the area and then continue to Oaxaca. We'll experience the streets by night, hitting up the local spots!

DAY 4 - EXPLORE OAXACA

• **OAXACA** Today, we explore the vibrant charm of Oaxaca. We'll wander through the lively, colorful markets, admire the stunning cathedrals, and soak in the authentic local vibe. After a day of exploring, the evening awaits with a chance to try more of Oaxaca's delicious eats!

DAY 5 - TEHUANTEPEC

• **TEHUANTEPEC** We'll head into the valleys to visit a local family to learn how hand-made textiles are produced. After that, we will pop over to a visit a traditional mezcal distillery. We'll learn all about this energizing spirit before continuing our journey down to Tehuantepec for our overnight stop.

DAY 6 - MOUNTAINS & VALLEYS

• **SAN CRISTOBAL DE LAS CASAS** Hop on a boat today to explore Mexico's natural beauty! Cruise through Sumidero Canyon, spot jungle scenery, and maybe a monkey or crocodile. Then, head to the colonial town of San Cristobal de las Casas for a walking tour and optional pottery class, followed by dinner.

DAY 7 - ANCIENT CULTURE

• **SAN CRISTOBAL DE LAS CASAS** We'll visit a local family in the small town of Zinacantan. We'll then head to the small town of San Juan Chamula to explore before heading back to San Cristobal de las Casas. You'll get to enjoy a Pox tasting and try the famous Chiapas coffee.

DAY 8 - FLY TO CANCUN

• **CANCUN** Today we hop on an included flight across Mexico and land in Cancun for a short overnight stop.

DAY 9 - PARADISE AWAITS

• **ISLA HOLBOX** This morning, we're catching a ferry to Isla Holbox! Imagine sunny beaches, clear waters, and laid-back villages. We'll soak up the island vibe, eat some local food and watch the sunset.

DAY 10 - BOAT TOUR

• **ISLA HOLBOX** Today, we're diving into a boat tour on the lookout for those Instagram-worthy pink flamingos, we'll visit secret island hideaways and explore a cenote. The afternoon is yours to chill out before a beach BBQ.

DAY 11 - PLAYA DEL CARMEN

• **PLAYA DEL CARMEN** Today our Mexican escapade takes us back into the Yucatán. We'll settle into our last hotel in Playa del Carmen with ample time to soak up all the beaches, bars, and tacos it has to offer.

DAY 12 - CHICHÉN ITZÁ & CENOTES

• **PLAYA DEL CARMEN** Today, we're off to check out one of the New 7 Wonders of the World - Chichén Itzá. With a local guide, we'll discover these ancient ruins, like the iconic Temple of Kukulcan (or 'El Castillo'), the Platform of the Skulls, and the Plaza of a Thousand Columns. Then, get ready to dive into the crystal-clear waters of a stunning cenote, a super cool natural swimming spot hidden in an underground world. *You'll likely join forces with our Viva Mexico group for the next few days in Mexico

DAY 13 - TULUM RUINS & BEACHES

• **PLAYA DEL CARMEN** Today we head to Tulum. We'll have the choice between checking out the Tulum Ruins, or hitting the crystal-clear waters of Tulum beach. Back in Playa, it's time for dinner and drinks.

DAY 14 - LAGOON BOAT TRIP

• **BACALAR** Hop on the bus as we embark on our adventure south along the Yucatán Peninsula to truly begin this epic trip. Our destination, Bacalar, is renowned for its vibrant blue lagoon. Once we check in, we'll experience the lagoon on a boat ride.

DAY 15 - WELCOME TO BELIZE!

• **CAYE CAULKER** Today, we cross into Belize, home to the world's second-largest barrier reef. We'll take a short ferry to Caye Caulker and meet for sunset, where local stingrays swim right between your legs.

DAY 16 - SNORKELLING TRIP

• **CAYE CAULKER** Get ready for an unforgettable adventure as we boat to Hol Chan Marine Reserve. We'll snorkel the barrier reef, explore colorful fish and coral, and maybe spot manatees (seasonal). For dinner, we'll indulge in some irresistible Caribbean cuisine.

DAY 17 - BEACH DAY

• **CAYE CAULKER** Today you have some well-deserved free time. Either head to the beach or to the famous Split of the island where the drinks flow and the music plays all day long. It is definitely island vibes here hopping in and out of the crystal-clear blue water to cool off. You can also opt to paddle board or enjoy some more snorkelling.

DAY 18 - ARRIVE IN GUATEMALA!

• **FLORES** As we journey across Belize we will stop into local Mayan village for lunch. Together, we'll prepare a traditional Mayan lunch whilst learning about their history and way of life. Bellies full we will cross the border to Guatemala to the tiny island of Flores.

DAY 19 - EXPLORE ANCIENT TIKAL

• **FLORES** Hidden deep within the northern jungles of Guatemala lies Tikal, a major Maya archaeological site. Explore the Lost World (Mundo Perdido) Pyramid and Temple of the Grand Jaguar with a local expert guide.

DAY 20 - CANDELARIA CAVES

• **COBÁN** Today we head south towards the highlands of Guatemala. We'll break up the journey with a tour of the 80km long Candelaria Caves, a significant Mayan site believed to be the entrance to the underworld. We'll then continue to Cobán on the edge of the highlands.

DAY 21 - JUNGLES & TUBING

• **COBÁN** This morning, a fleet of 4x4s will be waiting to take us on an adventure into the highlands. We'll then hike deeper into the jungle to reach a bright blue pools surrounded by vibrant green algae. We'll drift down the river in rubber rings and enjoy an authentic Mayan lunch!

DAY 22 - CHICHICASTENANGO

• **PANAJACHEL (LAKE ATITLÁN)** This morning, we'll travel south through the highlands, stopping in the vibrant town of Chichicastenango, known for its markets. We'll then reach Panajachel, our overnight stop by Lake Atitlán, with its serene waters and stunning volcano views.

DAY 23 - SAN JUAN HOMESTAY

• **SAN JUAN (LAKE ATITLÁN)** We'll start the day with a boat ride to San Marcos, where you can dive into a stunning lakeside nature reserve. Then, we'll head to San Juan for an authentic homestay with Mayan families.

DAY 24 - SUNRISE HIKE

• **ANTIGUA** A short moonlit hike takes us to the top of Mayan Face Mountain, named for its face-like silhouette. We'll enjoy some hot cocoa at sunrise and then head back for breakfast with our host families before saying goodbye and continuing on to Antigua.

DAY 25 - ANTIGUA

• **ANTIGUA** Enjoy some free time in the charming colonial town of Antigua, known for its stunning Spanish architecture, cozy cafes, and dramatic volcano backdrop. It's a perfect place for photos at every turn.

DAY 26 - VOLCANO ACATENANGO*

• **ANTIGUA** It's time to conquer the towering Acatenango Volcano! his challenging hike will be a favorite as we ascend into the clouds we'll reach our camp for the night. The active Volcano Fuego comes into view, and as the sun sets, be mesmerised by the glow of its eruptions.

DAY 27 - ANTIGUA FAREWELL

• **ANTIGUA** Once down from the volcano we will freshen up and have some more time to explore. Finally, it's time to dress up as we will have one final evening for dinner and drinks together.

DAY 28 - CHECK OUT

• **ANTIGUA** Your unforgettable adventure comes to an end today. Those flying home will make their way to the airport or extend your stay in Guatemala 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 *from Mexico City Airport (MEX) only* if you're staying at our accommodation. You can book and pay for extra nights accommodation with your agent or in the [Manage My Booking](#) area.

AFTER EPIC CENTRAL AMERICA

Epic Central America 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 28 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 consu-lates 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 traditional chocolate making experience in Antigua. For more info on the hike and alternatives see our FAQ's or contact us.

ACCOMMODATION GUIDE

MEXICO

MEXICO CITY - HOTEL BENEDICTA

2 NIGHTS

Situated in the historic district of Mexico City.

Twin/Double Rooms

Ensuite

WiFi & Laundry

Restaurant & Bar



MEXICO CITY



OAXACA

OAXACA - PARADOR DEL DOMINICO HOTEL

2 NIGHTS

Perfect location in the heart of the city.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Restaurant



TEHUANTEPEC

TEHUANTEPEC - HOTEL CALLI

1 NIGHT

Experience the magical town of Tehuantepec.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

SAN CRISTOBAL DE LAS CASAS - GRAN BARRIO HOTEL

2 NIGHTS

A pink-lovers dream, boasting with bright colours in the centre of the city.

Twin/Double Rooms

Ensuite

WiFi

Outdoor Terrace Area



SAN CRISTOBAL DE LAS CASAS

CANCUN - AMBIANCE SUITES

1 NIGHT

Smart centrally located hotel.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry



CANCUN

ISLA HOLBOX - COCONUT BY ÓOL HOTELS

2 NIGHTS

A beautiful hotel by the beach.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Swimming Pool



ISLA HOLBOX

PLAYA DEL CARMEN - HOTEL RIVIERA

CARIBE MAYA

3 NIGHTS

The perfect place to relax.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool & Bar



PLAYA DEL CARMEN

BACALAR - HOTEL VILLA BALU

1 NIGHT

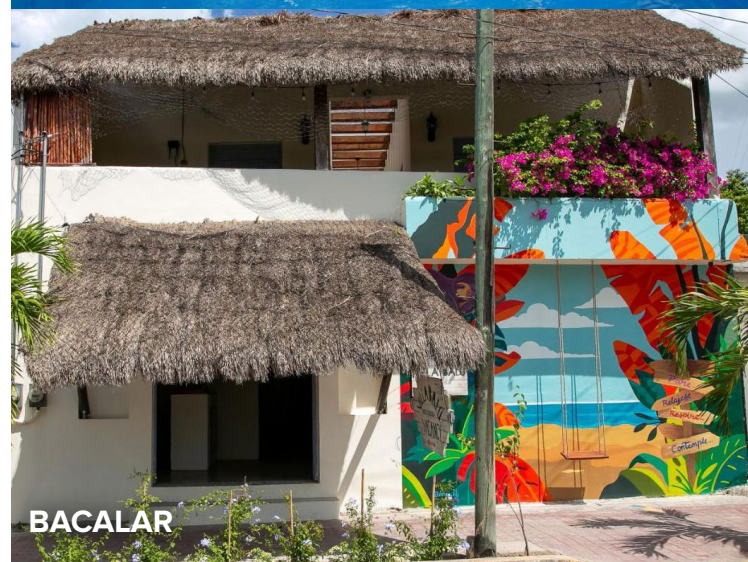
Boutique hotel by the water.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Rooftop Terrace



BACALAR

BELIZE

CAYE CAULKER - THE CAYE HOTEL

3 NIGHTS

Only a few steps from the beach!

Twin/Double Rooms

Ensuite

WiFi & Air Con

Terrace & BBQ



GUATEMALA

FLORES - HOTEL PETEN

2 NIGHTS

Offering stunning lake views.

Twin/Double/Triple Rooms

Ensuite

WiFi, Air Con & Laundry

Pool with Swim-up Bar



COBÁN - HOTEL CASA GAIA

2 NIGHTS

A family run hotel.

Twin/Double/Triple Rooms

Ensuite & WiFi

Beautiful Gardens



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



SAN JUAN - HOMESTAY

1 NIGHT

A unique experience staying with a local family.

Twin/Double/Triple Rooms

Shared Bathrooms

WiFi & Air Con



SAN JUAN (LAKE ATITLÁN)

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



ANTIGUA

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 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!

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introtravel.com