

3-VOLCANO CHALLENGE

GUATEMALA

Designed exclusively for Empowered Mastery



EMBARK
EXPLORATION CO.



GUATEMALA ITINERARY

3 - VOLCANO CHALLENGE



TRIP OVERVIEW

This intrepid discovery of Guatemala includes three impressive volcano ascents- an impressive feat that will leave you feeling accomplished. An undoubted highlight is sleeping on the side of 13,000ft Acatenango Volcano as the lava erupts from Fuego Volcano right before you. We also visit the impressive caldera lake of Atitlan and tackle a summit of the impressive Atitlan Volcano. And our tour up Pacaya Volcano includes the highlight of a delicious pizza grilled directly on the hot rocks of the volcano.

This is a daytrekking journey, across a wide variety of climates, including higher altitudes, and challenging days, with well-earned hotel rests each night. We have curated the best guiding staff with over 20 years experience and one-of-a kind insights into the country and culture of remarkable Guatemala. No technical skills are needed on the volcanoes.



SCHEDULE

Guatemala | 8-days



DAY 1

31 January 2027

Arrive Guatemala City- Helicopter to Lake Atitlan



Meals: Dinner

Hotel: Casa Del Mundo

DAY 2

1 February 2027

Lake Atitlan



Meals: B, L, D

Hotel: Casa Del Mundo



Arrive in Guatemala City and meet your guide before lifting off by helicopter for a swift flight over rugged highlands to Lake Atitlán—a mesmerizing caldera lake set more than 5,000 feet above sea level. As the mountains fall away, the pace shifts. For the next few days, this extraordinary setting becomes both your arrival point and your classroom: a place designed for focused professional development, fresh perspective, and meaningful connection. Our boat-access-only hotel is tucked into the cliffs above the lake and reserved exclusively for this group, offering rare privacy, quiet, and the space to think clearly, collaborate deeply, and begin the journey with intention.

Today is dedicated to guided coaching sessions woven into the landscape itself. Set against the stillness of the lake and surrounding peaks, these facilitated sessions create space for focused reflection, thoughtful dialogue, and practical skill-building. The natural setting is not a backdrop but an active catalyst—encouraging clarity, perspective, and the kind of insight that emerges when time, attention, and environment are intentionally aligned.



DAY 3

2 February 2027

Hike Rostro Maya (Indian Nose)



Elevation: 5,200ft to 7,400ft

Total Gain/Loss: +1,600ft/- 2,250ft

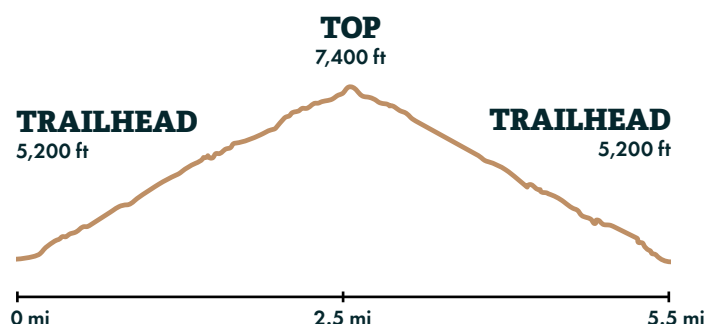
Distance: 5mi

Meals: B, L, D

Hotel: Casa Del Mundo



This morning we take a boat to our trailhead just outside of the bustling village of San Juan. Our journey launches with a brief climb up stone steps before the trail pulls you higher onto a rugged natural viewpoint overlooking Lake Atitlán. From this perch, the rising sun ignites the volcanoes of San Pedro, Tolimán, and Atitlán, washing the lake in dramatic bands of color that shift with every passing minute. This is not just a scenic summit—it is a place steeped in power and history. Known to the Tz’utujil people as Rupalaj K’istalin, the mountain has long been a sacred ground for ancestral rites and ceremonies. At the crest, Lake Atitlán reveals itself in full, a powerful sweep of water and volcanoes. The rest of the hike is more of a gradual ramble; as we follow a more gentle slope along the upper contours of the escarpment and eventually wind our way back into the village below. Take your time to explore a bit. San Juan La Laguna is known less for nightlife or spectacle and more for authentic cultural immersion, artistry, and thoughtful engagement with local life, making it one of the most meaningful stops on Lake Atitlán.



DAY 4

2 February 2027

Helicopter to Antigua



Meals: B, D

Hotel: Porta Hotel Antigua



This morning, we skim across the glassy waters of Lake Atitlán by private boat, watching the volcanoes recede as we make our way to the helipad. From there, a scenic helicopter flight carries us over Guatemala's dramatic highlands, offering a final aerial perspective on the lake's caldera before descending into the colonial heart of the country: the UNESCO World Heritage town of Antigua. Upon arrival, the pace shifts. Cobblestone streets, pastel façades, and vine-covered ruins invite unhurried exploration as we begin to experience Antigua on foot. The afternoon is yours to wander historic plazas, step inside centuries-old churches, browse artisan workshops, or settle into a café with views of Volcán de Agua rising beyond the rooftops. After days immersed in nature and reflection, Antigua provides a vibrant cultural counterpoint—rich in history, texture, and energy—setting the stage for a relaxed and rewarding close to the journey.

DAY 5

Overnight on Acatenango Volcano

4 February 2027



Elevation: 8,400ft to 11,700ft

Total Gain: 3,200ft

Total Loss: 0ft

Distance: 4 mi

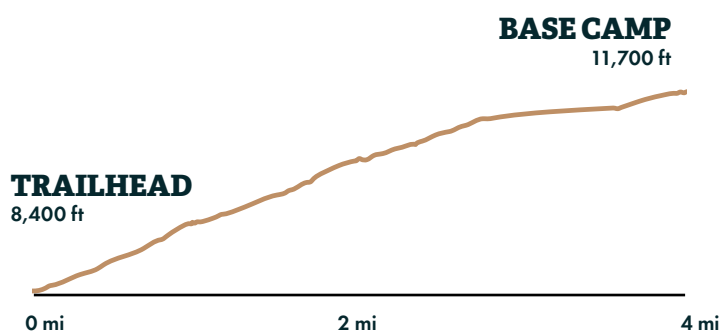
Meals: B, L, D



Immerse yourself in the mountains today, with a private transfer to Acatenango volcano. Today is a challenging hike through four distinct microclimates, sharing trails with local farmers as you pass their fields, emerging in an old-growth tropical cloud forest. Ultimately, we ascend to our campsite with sweeping views of Antigua and the justly named Fuego volcano, freely spitting fire and erupting often. Rest or explore the slopes of Acatenango until sunset.

After dark, the show really begins, with spectacular lava flows cascading down Fuego volcano; sights and sounds so rare you will not soon forget this unique experience. Your impression of Mother Nature and her immense power will be a lasting one!

Trekking distance: 4 mi



DAY 6

Summit Acatenango Volcano

5 February 2027



Elevation: 11,700 to 13,045ft to 8,400ft

Total Gain: 1,200ft

Total Loss: 4,500ft

Distance: 4.5 mi

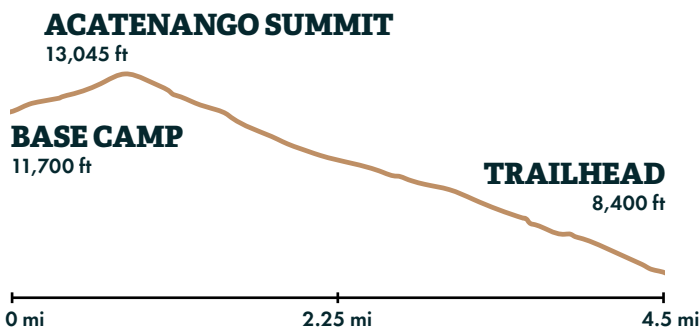
Meals: B, L



After breakfast, we undertake the short but steep climb to the chilly summit of Acatenango. Our summit attempt won't be an easy one, scrambling up a trail of gravel scree at high elevation. But the effort is worth it as we emerge at the top of Acatenango to views that stretch all the way to Mexico. We will descend down the entire volcano, reveling in the beautiful morning mountain views of Agua and Fuego volcanoes.

Upon completing our descent we will transfer around the base of the mountain to a private Macadamia estate for a gourmet farm to table lunch in the tranquil surroundings at the base of active Fuego volcano. Then it's back to the city, where we can celebrate conquering our second volcano!

Trekking distance: 4.5 mi



DAY 7

6 February 2027

Free Day Antigua



Meals: Breakfast

Hotel: *Porta Hotel Antigua*



Today is intentionally unstructured—a day set aside for rest, restoration, and thoughtful reflection on the week's accomplishments, both visible and deeply personal. After days of movement, challenge, and shared experience, this pause allows space to absorb what has unfolded: the physical efforts made, the mental edges explored, and the quieter internal shifts that often surface only when the pace slows. You are invited to listen to what your body and mind need most. Perhaps that means surrendering to the calm of the hotel spa, lingering by the pool with no agenda, or wandering Antigua's cobblestone streets as church bells echo and daily life drifts past. For those drawn to creativity and connection, a hands-on cooking class offers a chance to engage local flavors and traditions in a more intimate way. There is no prescribed path today—only the freedom to choose how you restore, reflect, and carry the meaning of this journey forward.

DAY 8

7 February 2027

Departure



Meals: Breakfast

Morning transfer to Guatemala City. **Departing flights need to be booked after 2pm.**



DETAILS

Guatemala | 8 days

ADDITIONAL ESTIMATED COSTS TO PARTICIPANTS

Airfare: \$600-\$800 per person

Supplemental medical insurance: \$200-\$700 per person (varies widely based on what you want to insure, base cost of just medical insurance is less than insuring the cost of your trip)

Tips for support staff: \$200 per person.

Gear: \$500 (will vary based on personal needs and what you already have)

All lodging is SINGLE occupancy. Extra nights in a hotel are approximately \$350pp per night depending upon room type, availability

INCLUDED

- ✓ Airport transfers as per the program by private vehicle
- ✓ Helicopter transport from Guatemala City to Lake Atitlan
- ✓ Helicopter transport from Lake Atitlan to Antigua
- ✓ All domestic transfers by private vehicle
- ✓ Private boat transfers on Lake Atitlan
- ✓ Single room accomodation at all hotels
- ✓ All park fees
- ✓ All meals and accommodations indicated in the itinerary
- ✓ Accommodation, meals, insurance, equipment, transportation and allowances of guides and porters
- ✓ All applicable government taxes

NOT INCLUDED

- ✗ Any meals not indicated in the itinerary
- ✗ International flight to/from Guatemala City
- ✗ Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).
- ✗ Supplemental insurance coverage
- ✗ Expenses of personal nature (tips for guide, porter and driver, laundry, bar bill, telephone calls etc.)
- ✗ Liability for expenses against sickness, flight cancellation, road blockage, accidents and other occurrence beyond our control
- ✗ Airport pickup/drop off outside of the the outlined parameters
- ✗ Any other expenses not mentioned above

Disclaimer: Hiking times are approximations only and will differ based on individual fitness levels. The outlined itinerary is a guide that the Embark Exploration Co. will adhere to. The final itinerary may differ in the order that you visit areas and the places where you stay overnight. We reserve the right to make changes based on weather, road and/or operating conditions imposed by owners of accommodation facilities, etc.



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