



Rainbow World Fund Guatemala: The Land of the Maya People

Day 1: Thurs, July 20 ANTIGUA:

Morning arrival from night flight or evening arrival depending on flight schedule.

Lunch/dinner, setting in, overnight in Antigua. Hotel Eterna Primavera: <http://eterna-primavera.guatemalacity-hotels.com/en/>

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Day 2: Fri, July 21 ANTIGUA: Breakfast at our Hotel. Orientation gathering followed by a walking tour of Antigua visiting colonial ruins, Hermano Pedro Church, café, jade, chocolate, markets, a chance to get familiar with the city. Lunch at Coaba Farm <https://www.caobafarms.com/>. Visit in Antigua with OTrans folks, afternoon gathering/workshop together, dinner out together and night out together. Overnight in Antigua.

Day 3: Saturday, July 22 ANTIGUA - PANAJACHEL: (2.5 hours driving) Breakfast at the Hotel and free morning. 11 am depart and drive from Antigua to Lake Atitlan and Panajachel. Lunch enroute. Stop in Iximche, ancient Mayan City archeological site for a tour. Arrive in Panajachel, settle into hotel, enjoy the hot springs at the Regis Hotel, afternoon freetime and dinner together. Hotel Regis: <https://www.regisatitlan.com/>

Day 4: Sunday, July 23: PANAJACHEL – CHICHICASTENANGO: Early breakfast at hotel and depart for the Sunday Market in Chichicastenango. Enjoy one of the most spectacular markets in Latin America, lunch in Chichicastenango, afternoon departure back to Panajachel. Freetime and dinner.

Day 5: Monday, July 24: SAN JUAN LA LAGUNA – PANANJACHEL: Breakfast and early morning boat over the lake to San Juan La Laguna one of the villages around the lake. Visit the coffee project, and the artisans of San Juan, visual artists and their incredible paintings, visit the Natural Dye Weaving Centre and Chocolate Café. Vegetarian Lunch at Alma de Colores, a labour and social inclusion project for people with disabilities. www.almadecolores.org. Take a hike up to the incredible lookout over the lake or freetime. Later afternoon we will visit with Nan Maria, Mayan Spiritual Leader, for a Mayan Ceremony, giving thanks for the journey we are on. Boat back over the lake and dinner.

Day 6: Tuesday, July 25 PANAJACHEL: Breakfast at home and morning visit the Funda-Maya Project and the Elder's lunch and day care centre. Deliver a bed to a senior and serve lunch to the elders. <https://www.fundamaya.org/> Lunch. Optional afternoon hike to Reserva Natura Atitlan www.atitlanreserva.com or freetime. Dinner out.

Day 7: Wednesday, July 26 PANAJACHEL – SANTA LUCIA UTATLAN - QUETZALTENANGO: (2 hours driving) Breakfast at the Hotel, and then drive to Santa Lucia Utatlan (Julio's community), visit with the women in his community who are part of the Mayan Skills Project. Lunch at Julio's. Buy

some things in the market to bring to Nan Maria, our friend and Mayan Elder, have a window into her life. Have a small concert with the local Marimba group: Marimba Utatlan. Drive on to Quezaltenango and overnight at the Hotel Bonifaz. <https://hotel-pension-bonifaz.negocio.site/>

Day 8: Thursday, July 27 QUETZALTENANGO – CHWITZIRIBAL: (1 hour driving) Breakfast at Hotel, drive to Chwitiziribal and visit the Chwitiziribal Community and the school, share some time with the children and teachers in the new school. Snacks, games, a day of joy for the children, then depart for Fuentes Georginas (Hot Springs) lunch there, overnight and dinner in Xela at Hotel Bonifaz. <https://newschoolguatemala.weebly.com/>
<http://www.fuentesgeorginas.com/>

Day 9: Friday, July 28 QUETZALTENANGO – ANTIGUA: Breakfast at the Hotel and morning visit to Trama Textiles, a weaving cooperative <https://tramatextiles.org/> Drive to Antigua with a stop for lunch. Freetime in Antigua and gather together for dinner. Hotel Convento Santa Catalina: <https://www.hotels.com/ho494398/hotel-convento-santa-catalina-antigua-guatemala-guatemala/>

DAY 10: Saturday, July 29 ANTIGUA: Breakfast at Hotel and Visit with the Transitions Foundation, a wheelchair and prosthetics project. <https://transicionesguatemala.org/> or we can visit Obras Sociales Hospital <https://hermanopedrogt.org/>. Lunch together, afternoon shopping and freetime and final gathering for reflection on the journey in the late afternoon. Celebration dinner together.

DAY 11: Sunday, July 30 ANTIGUA – DEPARTURES

2 nights Antigua
4 nights Panajachel
2 nights Quetzaltenango
2 nights Antigua