



Guatemala Trip Planner

7-Day Itinerary • Tour Operators • Spanish Phrases • Emergency Contacts

Native Guatemalan guide • Verified May 2026 • livinginguatemala.com

The 7-Day Classic Guatemala Itinerary

This itinerary covers the must-see triangle: Antigua, Lake Atitlán, and Tikal. Adjust based on your interests and budget.

DAY 1 — SUNDAY

Arrive Guatemala City → Antigua

Land at La Aurora (GUA). Pre-book shuttle from airport to Antigua (~1-1.5 hr, \$24-30 shared or \$30-40 private via DiscoverCars/GYG/Viator). Settle in, walk around Parque Central, dinner at Caoba Farms or Mesón Panza Verde. Acclimatize — Antigua is at 1,533m elevation.

DAY 2 — MONDAY

Antigua Cultural Day

Cultural walking tour (\$40, 3 hours, top-rated 4.7/780). Visit Iglesia de San Francisco, Convento de las Capuchinas, Cerro de la Cruz viewpoint. Lunch at Hector's or Caoba Farms. Afternoon Coffee tour (\$22-90) at Finca Filadelfia or De La Gente. Cooking class evening if interested (\$90, 3-4 hr, top-rated 5.0/495).

DAY 3 — TUESDAY

Pacaya Volcano Hike

Half-day Pacaya hike (\$24-35, 5-6 hours, top-rated 4.7/52 and 4.5/535). Easy hike, includes transport from Antigua. Roast marshmallows over volcanic steam. Return for dinner. Rest evening.

DAY 4 — WEDNESDAY

OPTIONAL: Acatenango Overnight (skip if not into adventure)

Acatenango overnight (\$84-150, 2 days, top-rated 4.8/347). Strenuous 6-hour hike to 3,800m base camp, watch Volcán Fuego erupt all night. NOT for unprepared travelers — high altitude + cold + steep. Bring layers. If skipping: day trip to Hobbitenango (\$40-99) or extend Antigua stay.

DAY 5 — THURSDAY

Antigua → Lake Atitlán (Panajachel)

Shared van Antigua → Panajachel (\$25, 1 day shuttle, 4.5/259). Arrive Panajachel ~1pm. Lancha (boat) ride to San Pedro or San Marcos (Q15-25). Sunset at lake. Dinner overlooking water.

DAY 6 — FRIDAY

Lake Atitlán Towns

Lancha-hop the lake: San Pedro (backpacker hub), San Marcos (yoga/spiritual), Santiago Atitlán (Mayan culture, Maximón). Boat fares Q15-50 between towns. Lunch in San Pedro. Optional: kayak rental, paddleboard.

DAY 7 — SATURDAY

Atitlán → Chichicastenango Market (Sundays) → Departure

If Saturday departure: morning shuttle to Guatemala City airport (4-hour drive). If staying for Sunday: visit Chichicastenango market (largest indigenous market in Central America). Otherwise extend with: Tikal (1-2 day add-on, requires flight or 8+ hr drive), Semuc Champey (3-day add-on from Antigua, \$446), Río Dulce/Livingston (Caribbean coast).

Tour Operator Comparison (Live 2026 Prices)

Acatenango Overnight Hike (8 verified operators)

Operator/Listing	Price (USD)	Rating	Notes
Acatenango Volcano Overnight (2D/1N)	\$90	4.5 (371)	Standard package, sells out
Acatenango Volcano Overnight	\$119	4.6 (367)	Free cancellation
Two day hiking tour Acatenango	\$120	4.8 (142)	Premium guide
Overnight Adventure Hike Acatenango	\$84	4.8 (347)	Best budget option
Acatenango Overnight Hike Multiday	\$129	4.8 (249)	Mid-tier
2-Day Camping & Fuego Views	\$125	5.0 (1)	Newer listing, premium camp
2-Days Tour Acatenango from Antigua	\$150	4.6 (14)	Most expensive

Pacaya Day Hike (from Antigua)

Operator	Price	Duration	Rating
Pacaya Volcano Hike from Antigua	\$24	6 hours	4.5 (29) — cheapest option
Pacaya Hike with Roasted Marshmallows	\$29	5-6 hours	4.7 (52)
Hike to Pacaya Volcano from Antigua	\$35	6 hours	4.5 (535) — most reviews
From Guatemala City: Pacaya Volcano Day Tour	\$96	6 hours	4.6 (95) — pickup from GUA

Tikal Tours (multiple departure points)

Option	Price	Duration	From
Tikal Day Trip (basic)	\$25	8.5 hours	Flores
Tikal Ruins Day Tour	\$31	7 hours	Flores
Tikal Sunrise (Archaeological)	\$98	6 hours	Flores — TOP RATED 5.0
Tikal Sunset (Archaeological)	\$91	6 hours	Flores — TOP RATED 5.0
Tikal Small Group all-inclusive	\$128	7 hours	Flores
Tikal VIP Exclusive	\$199	7-8 hours	Flores
Tikal Day Trip BY AIR from GT City	\$449	15 hours	Guatemala City
Tikal from San Ignacio Belize	\$145	9.5 hours	Belize border

Semuc Champey Tours

Option	Price	Duration
Cultural Walk + Natural Beauty	\$35	6-9 hours

Option	Price	Duration
Full Day from Guatemala City	\$245	14-16 hours
3-Day Cobán + Semuc Champey from Antigua	\$446	3 days
Shared shuttle Atitlán → Semuc	\$69	11 hours

Essential Spanish for Travelers (50 phrases)

English	Spanish
Hello	Hola
Good morning	Buenos días
Good afternoon	Buenas tardes
Good evening	Buenas noches
Please	Por favor
Thank you	Gracias
You're welcome	De nada
Excuse me / I'm sorry	Disculpe / Lo siento
Yes / No	Sí / No
How much does it cost?	¿Cuánto cuesta?
Do you accept cards?	¿Aceptan tarjeta?
I'll pay in cash	Pago en efectivo
Where is the bathroom?	¿Dónde está el baño?
Where is the bus stop?	¿Dónde está la parada de bus?
How do I get to...?	¿Cómo llego a...?
Is it far?	¿Está lejos?
Is it safe?	¿Es seguro?
I'd like...	Quisiera...
Water (bottled)	Agua (embotellada)
Coffee	Café
Beer	Cerveza
The bill, please	La cuenta, por favor
Without ice	Sin hielo
I'm vegetarian	Soy vegetariano(a)
I'm allergic to...	Soy alérgico(a) a...
Help!	¡Ayuda!
Call the police	Llame a la policía
I need a doctor	Necesito un doctor
I lost my passport	Perdí mi pasaporte

English	Spanish
I don't speak Spanish well	No hablo bien español
Do you speak English?	¿Habla inglés?
I don't understand	No entiendo
Can you repeat, please?	¿Puede repetir, por favor?
More slowly, please	Más despacio, por favor
How are you?	¿Cómo está?
I'm fine, thank you	Estoy bien, gracias
What's your name?	¿Cómo se llama?
I'm from...	Soy de...
I'm a tourist	Soy turista
I'm visiting Guatemala	Estoy visitando Guatemala
It's beautiful here	Es hermoso aquí
What's that?	¿Qué es eso?
Where can I exchange dollars?	¿Dónde cambio dólares?
Today's exchange rate?	¿Cuál es el cambio hoy?
Is there an ATM nearby?	¿Hay un cajero cerca?
One moment	Un momento
Wait, please	Espere, por favor
I'm in a hurry	Tengo prisa
Sounds good	Está bien
Goodbye	Adiós / Hasta luego

Emergency Contacts + Safety Tips

Emergency numbers (memorize before trip):

Police (PNC)	110
Tourist Police (POLITUR / DISETUR)	1500 — best for tourist incidents
Bomberos (Fire/Ambulance)	122 (Voluntarios) or 123 (Municipales)
Ambulancia (Red Cross)	125
CONRED (Disasters / Volcano)	1566
U.S. Embassy GT City	(502) 2326-4000
Canadian Embassy	(502) 2363-4348
UK Embassy	(502) 2380-7300

⚠ Important: Save these numbers in your phone before arrival. Tourist Police (1500) speak English in most cases and are the best first call for any tourist-related incident.

Safety tips by location:

- **Antigua:** Very safe day and night in tourist zones. Don't walk alone late night past 11pm in less-trafficked streets. Watch for pickpockets in Parque Central crowds.
- **Guatemala City:** Stay in Zone 10 ("Zona Viva"), 14, or Cayalá. Avoid Zone 1 at night and Zones 6, 18, 21 entirely as tourist. Use Uber, not street taxis.
- **Lake Atitlán:** Very safe. Walk between towns by lancha (boat), not by road at night.
- **Tikal / Flores:** Tourist zone. Pickpocketing low risk.
- **Cobán / Semuc Champey:** Don't drive between Cobán and Semuc at night. Roads are unlit and unsafe.

Money + safety:

- Use ATMs inside banks or stores during daylight only
- Carry small amounts of cash (\$20-50 in Q at a time)
- Most restaurants/shops accept cards. Smaller markets and tuk-tuks are cash only
- Tipping: 10% standard at restaurants, Q5-10 for tuk-tuks, Q5-20 for hotel staff
- Current exchange: USD \$1 ≈ Q7.62 (Banguat reference, May 2026)

Health:

- Drink bottled water always. Tap water is NOT safe for most travelers
- Watch street food: stick to busy stalls with high turnover
- No mandatory vaccines for Guatemala. CDC recommends Hepatitis A + Typhoid for most travelers
- Travel insurance recommended — Heymondo, IATI, World Nomads are good options for short trips

Planning a longer trip or move to Guatemala?

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Prices and operators verified from Viator + GetYourGuide on May 14, 2026. Confirm current rates at time of booking.