

COME TO



# GUATEMALA

WITH US!

With Kerstin & Fred McKittrick



Sunday, March 12 to  
Saturday, March 18, 2023



# DISCOVER GUATEMALA

**Sunday March 12 – Saturday March 18, 2023**

CONTACT [KERSMCK@YAHOO.COM](mailto:KERSMCK@YAHOO.COM)!



*Kerstin  
McKittrick*

I love exploring new worlds and love sharing my passion for travel with fun people who like to explore as well! Our daughter Anna has fallen in love with Guatemala on her recent travel and it piqued my interest. It is absolutely beautiful, the people are warm and welcoming, and, yes, it's a foodie paradise!

We have partnered with a Destination Management Company and put together a perfect mix of culture, food and gorgeous sites. We will focus on Antigua and Lake Atitlan in our 7 days together in a fun and sustainable way!



COME TO GUATEMALA WITH US!

Sunday, March 12 to Saturday, March 18, 2023



## What's so special about this trip?

This isn't just some touristy trip. Nope. We're staying locally owned. We're trying authentic Guatemalan food. We worked with Guatemalan natives to build the perfect itinerary and do some the cool sites only the locals know about. We're staying in locally owned hotels and working with locally owned tour companies to go off the beaten path.

The proceeds from this trip will benefit my spiritual center, Unity by the Shore. The savings are generated through the hard work of my daughter Anna, who really paved the way and made this so super affordable. So this is a unique opportunity to go on an authentic local fun tour, that will have so many ripple effects.

Lastly, we are very fun to go on vacation with and Guatemala is so incredibly beautiful.

*Let's Go!*

# Our Itinerary

Fun Times for All!

## Day 01

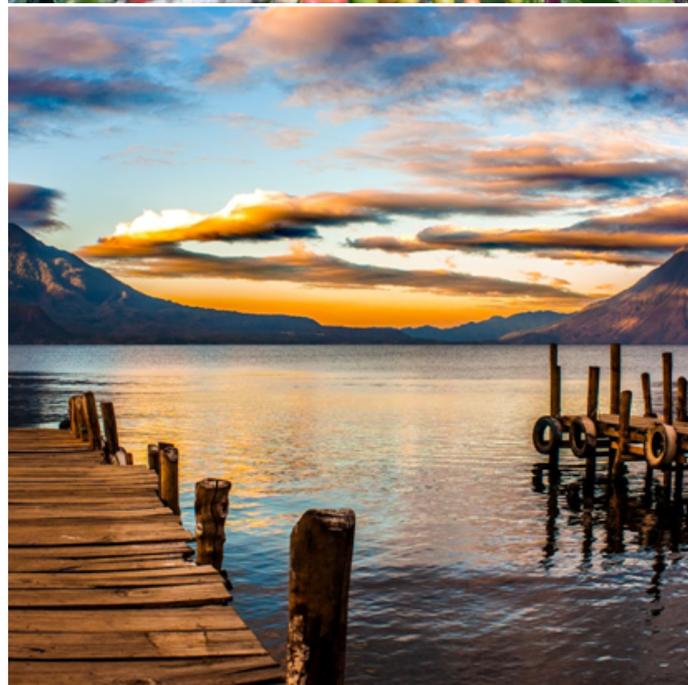
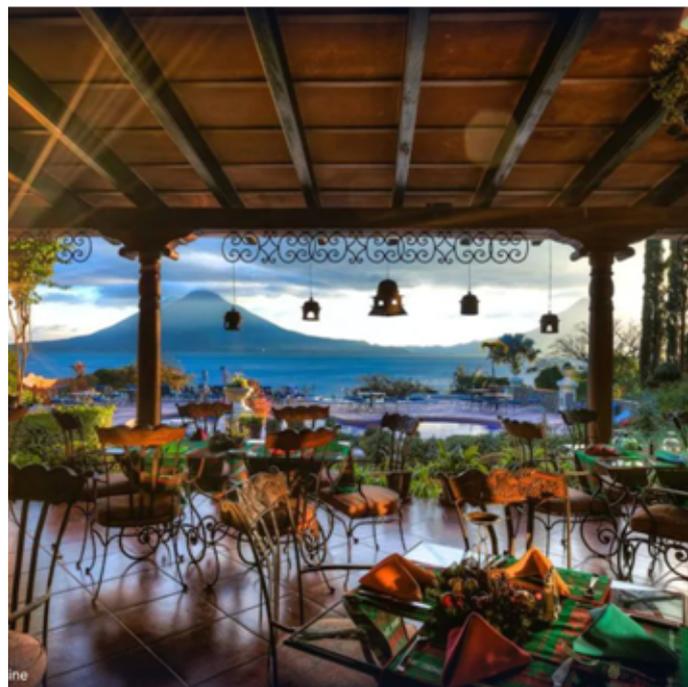
- Transfer from Guatemala City airport to a 4 star hotel in Antigua
- Group welcome dinner at a local restaurant.

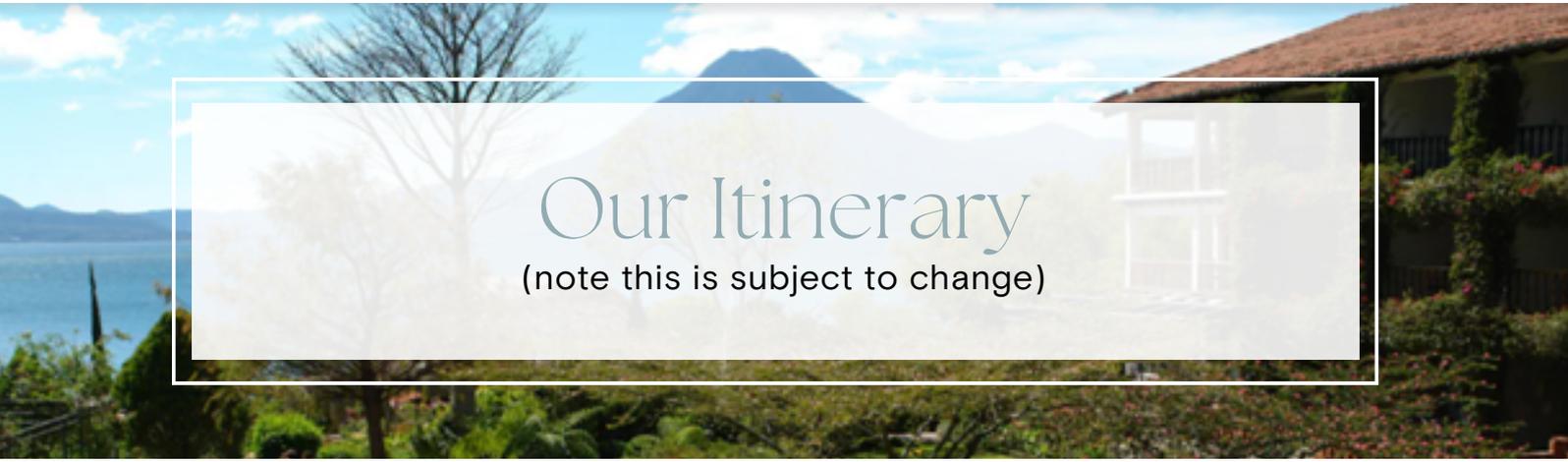
## Day 02

- Delicious breakfast at the Antigua hotel
- Antigua Food & History tour. This will be a guided tour throughout the UNESCO City. We will sample fruits and veggies local to Guatemala, pastries, local coffee, touring the crazy "mercado" & visiting some of the oldest restaurants.
- Afternoon trip to San Antonio Aguas Calientes to witness the making of traditional Mayan textiles by village women. We will make corn tortillas and have traditional lunch with the village women. Time to shop for souvenirs!

## Day 03

- Delicious breakfast at our Antigua hotel
- Transfer to San Miguel Escobar.
- Have an off-the beaten path coffee tour, interacting with locals and supporting local communities.
- This is led by small coffee farmers.
- You will get a 1 lb bag of coffee gift!
- Free night to go out in Antigua & explore the many amazing restaurants.





# Our Itinerary

(note this is subject to change)

## Day 04

- Delicious breakfast at the hotel in Antigua & check out of hotel.
- Drive to Iximche to explore the Mayan ruins of this pre-Columbian Mesoamerican archeological site.
- Learn about this former capital of the Maya kingdom from 1470 to 1524.
- The guided tour is about 2 hours.
- Stop for lunch at Tecpan.
- Arrive in Lake Atitlan, check into four star hotel & relax.

## Day 05 (I'm extra excited about this day)

- Delicious breakfast at the hotel in Lake Atitlan.
- Fun day on the lake and surrounding villages.
- Start with a boat trip on Lake Atitlan to go to San Juan La Laguna. See fair trade weaving cooperatives, learn about medicinal plants used by Mayan midwives and enjoy this unique Guatemalan town. Snack served.
- Head to Santa Cruz La Laguna by boat, take a Tuc-Tuc ride to a gorgeous lakeview restaurant for lunch.
- Optional Hike up Mirador Kaqasiwaan - one hour excursion near San Juan.

## Day 06

- Delicious breakfast at the hotel. in Lake Atitlan.
- Enjoy time at the lake. There are plenty of options - including yoga, walking, boating, swimming, eating, food tours - you name it!
- Transfer to Guatemala City.
- Farewell dinner at a restaurant: - that will be hard!

## Day 07

- Delicious breakfast at our Guatemala City hotel.
- Hotel checkout and airport transfer.

# FAQ's



## **Where does the trip start and end?**

We're flying in and out of Guatemala City. Upon arrival we head to Antigua and then Lake Atitlan. Last night is spent in a Guatemala City hotel.

## **Will we be staying at locally owned hotels?**

Traveling ethically is super important to us. Basically that means that our tourism benefits the locals, not hurts them. So, yes! Not only will we be staying at locally owned hotels, we will be working with locally owned tour companies, restaurants, and vendors to support the local Guatemalan people.

## **What hotels will we be staying at?**

We will have really nice accommodations in all three locations. No roughing it here! We think you will be very impressed!

## **What is the Spiritual Center component?**

The main thing is that we will donate the proceeds from this trip to Unity by the Shore. There is no spiritual obligation or planned itinerary of any kind.

## **Do I have to share a room?**

Prices are based on double occupancy. If you'd like to upgrade to a single room, you may do so for an additional \$400.

## **What's included in the trip?**

Almost everything. Four star accommodations the whole time with hotel breakfast every day, all daily activities mentioned in the itinerary like food tours, transportation, coffee tours, lunch during activities as mentioned, and two group dinners.

## **What's not included?**

You are responsible for your flight/transportation in and out of Guatemala City. Health insurance is not included (recommended but not necessary). You also have a couple nights off to explore/do what you want to do. Dinner is not included on those nights. Lunch is included on tour days. Any shopping you'd like to do is not included as well. We plan on tipping tour guides generously but some additional tips may be appreciated at times.

# FAQ's



## Can special food requests be accommodated?

Yes! The country is surprisingly vegan and many of the food options are gluten free. I am quite sure dairy free could be easily accommodated. If there are other food concerns, please contact me.

## Who is going with us?

I - Kerstin McKitrick - will be managing the logistics and supporting the tour throughout. My husband Fred will come along and will also be a resource. So far, I have strong interest from people from all walks of life - family, friends, Monmouth University, and our Spiritual Center - all really fun, cool people!

## What if I want to stay more than 7 days?

Absolutely you can! Feel free to come early or stay after. And if you want help planning, I can refer you to some local resources.

## COST:

The full cost of the trip is \$2,300. However, we are offering an early bird discounted price of \$1,900 through September 30, 2022. Again - these prices are double occupancy.

Payment terms are:

\$1,900 payment in full, or

\$500 deposit to secure your spot and three additional \$500 monthly payments.

## How many people will be on the trip?:

We are capping the total number at 14 people to allow for a more intimate experience. From our preliminary talks, it is likely that the trip will sell out FAST!

## Can I get a refund if I change my mind?

Your \$500 deposit is to secure your spot on the trip and is non refundable due to logistical reasons. Additional funds paid are refundable if cancellation occurs by December 31, 2022. No refunds after December 31, 2022.