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1. Geographical location

Sitting at an elevation of 5,029ft, Capital of the former captaincy general finds itself on the south-western part of the country. The city is located in the central highlands and has been designated a UNESCO World Heritage Site. Surrounded by municipalities of Sacatepéquez, Antigua experiences subtropical highland climate with an average temperature ranging from 18°C-25°C.



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2. Neighbouring cities/countries

Antigua Finds Itself Located 19kms Away From Villa Nueva Followed By Mixco At 28kms, Guatemala City At 39kms, Santa Tecla At 259kms And San Salvador At 269kms. Nearest Countries Include – El Salvador, Mexico, Belize And Honduras.



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3. Significance

Nestled away in a lush highland valley and enclosed by the cones of three volcanoes, the former capital of the country is rather charming and a historic city. Destroyed by an earthquake in the year 1773, the city lost the title of the capital however that hasn't stopped this one at all for these days it is a UNESCO World Heritage Site and one of Guatemala's foremost tourist destinations. Finding itself less than an hour away on the four wheeler from the now capital city, Guatemala, Antigua is like Narnia to Guatemala city, a different world all-together. The nearly 500 old city is bustling with colonial era mansions, churches and convents along with jacaranda-lined plazas and now fine dine restaurants, cafes', bars and boutiques. The residents of the city hustle around the main plazas to listen to musicians tapping mallets on marimbas or to just stroll around the vibrant and quirky spots. Antigua's mountainside community of about 35,000 people is vastly more pleasant than the capital and its comfortable climate lives up to the very fact that Guatemala is the land of eternal spring. Visitors can browse the craft markets or sip an espresso at a working coffee farm, while those looking for adventure can hike up one of the looming volcanoes, or strap on a helmet, rent a bike and Get-Set-Go!

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4. History

The third capital of Guatemala, Antigua Guatemala meaning "Ancient Guatemala" was founded on the site of a Kakchikel-Maya city, now called Iximche, on Monday, July 25, 1524—the day of Saint James. After several Kaqchikel uprisings, the capital was moved to a more suitable site in the Valley of Almolonga. However in the year 1541 the city was destroyed by a devastating lahar from the Volcán de Agua followed which the colonial authorities decided to move the capital once more, this time five miles away to the Panchoy Valley. In 1543 Spanish conquerors founded present-day Antigua, and again, it was named Santiago de los Caballeros. Santiago de los Caballeros was the third seat of the capital called kingdom of Guatemala, which included the current states of Guatemala, Belize, El Salvador, Honduras, Nicaragua and Costa Rica. During the latter part of the 15th century and throughout 16th century and early 17th century the city prospered and by 1770s, in addition to the cathedral and government palace the city could boast of over 30 churches, 18 convents and monasteries, 15 hermitages, 10 chapels, the University of San Carlos, five hospitals, an orphanage, fountains and parks, and municipal water and sewer systems. However, in 1773, a series of major earthquakes levelled the city, destroying most of the buildings, even the ones which had been well built. Thousands were killed, and the region was plunged into chaos for a while. The decision was made to move the capital to its present location in Guatemala City. As Guatemala City prospered, the people living in the ruins of Santiago slowly rebuilt their city and was still large enough to be named capital of Sacatepéquez Province when Guatemala became independent from Spain. Over the years, Antigua has retained its colonial charm and is today one of Guatemala's premier tourist destinations.

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5. Cultural identity

Guatemalan culture and Guatemalan customs are largely influenced by the history of the country. Guatemalan people mostly constitutes of mestizo, a mixture of Spanish and Maya blood, while many villagers are direct Maya descendants. Antigua has the most elaborate and spectacular Holy Week celebrations in all of the country, and perhaps even the Americas. During Holy Week, the streets comes to life with decorations with intricate and beautiful alfombras (rugs) made of colored sawdust and flower petals. Not only this, the city also goes all out each year on and around July 25, the feast day of the city's patron saint Santiago, or Saint James. Antigua Guatemala contains living traces of Spanish culture with its principal monuments, built in the Baroque style of the 18th century preserved today as ruins. Guatemalan cuisine, varies depending on the region. However, many traditional Guatemalan foods are based on Maya cuisine, predominantly featuring ingredients like corn, chilies and beans. Other popular dishes in Guatemala include enchiladas, quesadillas and tamales, although these are not to be confused with their Mexican counterparts. Another important part of Guatemalan culture is its music and fashion. Guatemalan people are known for their percussion bands featuring the marimba, the national instrument. Guatemalan fashion is also well known for its use of brightly colored yarn-textiles, capes, shirts, blouses, skirts and dresses.

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6. Natural resources

The country is home to more than 20 National Parks, however the city is not home to any National Park. The land is bustling with natural resources like petroleum, as well as nickel, lead, zinc, iron, and small quantities of gold, silver, and jade.



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7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Hotel Casa Santo Domingo

Home to a diverse collection of Central American art and artifacts, this 5-star hotel built on the grounds of a 16th-century convent destroyed in an earthquake. Museums and art galleries like The Colonial Museum, Museum of Pre-Columbian Art and Modern Glass, Silver Museum, Pharmacy Museum and Marco Augsto Quiroa and The Artist Halls educate tourists about region's history. You needn't be a hotel guest to explore the museums or dine in the picturesque restaurant at this Baroque-styled architectural building.

Address : 3a Calle Oriente 28, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.558493, -90.72836530000001

Contact : +50278201220

Website : <http://www.casasantodomingo.com.gt/museums-en.html>

Nearest Public Transport : Bus Terminal Bus Station

Entry Fee : Adults: GTQ 48, Children & Senior Citizens: GTQ22

Time Required : 3

Expected Wait Time : 15-20minutes

Buy Ticket : Yes

7.1.2. Caoba Farms

This is an all-organic farm offering various tours of their fresh produce of vegetables and fruits. Also known for serving one of the best lunches in town, its highlight lies in the Farmers Market that takes place on Saturdays. Food, live music, local producers and products are available here.

Address : 5a. Ave. Final sur Sobre Puente Pensativo, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.545235, -90.73443099999997

Contact : +502 7758 9510

Website : <http://www.caobafarms.com/>

Nearest Public Transport : Parada de buses Bus Station

Entry Fee : Admission fee: GTQ 20.00, Tour fee: GTQ 75.00

Open & Close Timing : Daily 08:00hrs-14:00hrs

Time Required : 2

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.1.3. Casa Popenoe

What was once a colonial residence built by Venancia Lopez, is now a museum by one of the best universities in the country. A visit this place requires you to reserve a private tour before you set out on a journey to explore everything antique. Casa Popenoe appeals to the curious mind, as it prompts one to question ideas, passion and commitment; about history, art, science, beauty, austerity, and proportion. Come here to experience the rich history and culture of the region and get acquainted with the former life of the inhabitants.

Address : 5a Calle Oriente, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5561576, -90.72978269999999

Contact : +502 2338 7959

Website : <http://casapopenoe.ufm.edu/>

Nearest Public Transport : Bus Terminal Bus Station

Entry Fee : Tours starting from GTQ 75

Open & Close Timing : Monday-Friday 08:00hrs-16:00hrs, Saturday 08:00hrs-11:00hrs

Time Required : 2

Expected Wait Time : 15-20minutes

Buy Ticket : Yes

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7.2. Free

7.2.1. Volcán Pacaya

Guatemala's youngest and most active volcanoes, Volcan Pacaya erupts regularly but usually in a mildly explosive fashion. Take guided tours around this natural wonder or a hiking expedition to get up-close and personal with the hot spots and lava chambers. You may also consider horseback riding as it is less strenuous. Tour starting from GTQ 560

Address : Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.3823075, -90.60150709999999

Contact : +502 2421-2810

Website : <https://www.facebook.com/pages/Pacaya/114967718515774>

Nearest Public Transport : Bus Terminal Bus Station (Not Recommended)

Open & Close Timing : Open 24Hours

Time Required : 5

Buy Ticket : No

7.2.2. ChocoMuseo

Every chocolate lover's paradise, ChocoMuseo is well-branched in numerous Latin American cities. Allow yourself to get carried away as you explore the different nuances of chocolate cultivation and production. Taste the fruit from a real cacao tree or take a tour of the leafy cocoa farm. You can also take part in various workshops where you will have the opportunity to make your own chocolates from the scratch or prepare truffles. The on-site store is the best place to purchase husk tea, sample cacao, organic flavored bars and sweets.

Address : 4a Calle Oriente, Antigua Guatemala 03001, Guatemala

Zipcode : 03001

Location : 14.5574528, -90.73164580000002

Contact : +502 7832 4520

Website : <http://www.chocomuseo.com/english/our-locations/antigua-gua/>

Nearest Public Transport : Bus Terminal Bus Station

Open & Close Timing : Monday-Thursday 10:30hrs-18:30hrs, Friday-Saturday 10:00hrs-19:30hrs, Sunday 10:00hrs-18:30hrs

Time Required : 2

Expected Wait Time : 15-20minutes

Buy Ticket : No

7.2.3. Volcan de Acatenango

Enjoy a magnificent view of Antigua city and Volcán de Fuego, as you climb up the world's most frequently erupting volcano. Enthralling overnight camps and hiking tours are the best ways to experience the real grandeur of this peak.

Address : Chimaltenango Department, Guatemala

Zipcode : 03001

Location : 14.500461, -90.87566620000001

Contact : + 502-42291351

Nearest Public Transport : Bus Terminal Bus Station (Not Recommended)

Open & Close Timing : Open 24Hours

Time Required : 4

Buy Ticket : No

7.2.4. Iglesia de San Francisco El Grande

The Church of San Francisco El Grande holds the tomb of Central America's first canonized saint, Peter of Saint Joseph Betancur. The church that now welcomes thousands of pilgrims, was once dilapidated by severe earthquakes. The Spanish-American baroque of the church brags about 16 vaulted niches and twisted columns along with its bell and clock towers. Not too far behind are the interiors with a beautiful altar and paintings of saints throughout the church.

Address : Calle Oriente and 1 Av. Sur 7, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.553748, -90.72955279999996

Contact : +502 7882 4439

Nearest Public Transport : Bus Terminal Bus station

Open & Close Timing : Daily 06:00hrs-18:00hrs

Time Required : 1.5

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.5. Convento Santa Clara

The historical Convent of Santa Clara is a tourist site featuring the remains of an elaborate convent complex that was once inhabited by over 50 nuns. Established in 1699, the convent was terribly damaged in the 1773 earthquake. Since then the site has been moderately restored to exhibit its stone archways, church halls and garden courtyards. As you wander around the space, keep an eye out for hidden passages and underground rooms.

Address : Av. Sur at 6 Calle Oriente 2, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5551083, -90.73056209999999

Contact : +502 832-0184

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1.5

Buy Ticket : No

7.2.6. Cathedral de Santiago

Established back in 1541, the cathedral survived a gruesome earthquake after which it underwent partial reconstruction. As of today, only a tiny church exists, while the rest finds itself in shambles. Despite the devastation, the gigantic pillars, frescoed church walls and front facade stand strong.

Address : 2 Av. Norte at 2 Calle Oriente, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.556721, -90.732574

Contact : +502 7832 0184

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 2

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.7. Museo Casa del Tejido

Founded in 1998 by Señora Alida Perez in the year 1998, Museo Casa del Tejido is a wonderful display of Mayan textiles. A tour around the museum will take you through live demonstrations of their classical beading and embroidery work. With an installation of three looms, there is a demonstration of three distinct

weaving techniques. It also incorporates a museum shop, which displays products that have been handcrafted by indigenous artisans.

Address : 1a Calle Poniente, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.5606283, -90.739140000000002

Contact : +502 7832 3169

Website : <http://casadeltejido.org/>

Nearest Public Transport : Bus Terminal Bus Station

Open & Close Timing : Monday-Saturday 09:00hrs-17:30hrs

Time Required : 2

Expected Wait Time : 15-20minutes

Buy Ticket : No

7.2.8. La Recolection

La Recolection is all about collapsed walls, fragmented of pillars and carved roofs. The building was constructed in the 17th century and acts as a testament to the valor of Mother Nature. Earthquakes have caused this establishment to be destroyed and reconstructed several times. Find your way through the arch leads to a flight of stairs, that will give you an unmatched view for taking pictures.

Address : Calle Poniente at Calle de Recolectos 1, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5607237, -90.741405499999998

Nearest Public Transport : Bus Terminal Bus Station

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 2

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.9. Palacio de los Capitanes Generales

Yet another magnificent example of colonial architecture in the city, Palacio de los Capitanes Generales was built in 1558. The structure is supported by thick white arches. Standing tall over the Central Plaza, the palace is illuminated at night, making it picture-perfect spot.

Address : Calle Poniente 5, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5560638, -90.7336244

Contact : + (502) 7832-2868

Website : <http://centroculturalrealpalacio.org.gt/>

Nearest Public Transport : Bus Terminal Bus Station

Open & Close Timing : Wednesday-Sunday 09:00hrs-16:30hrs

Time Required : 1.5

Expected Wait Time : 15-20minutes

Buy Ticket : No

7.2.10. Iglesia La Merced

Built in 1548 on the site of a monastery, this is an incredible example of colonial architecture. The detailed facade displays a quintessential baroque style, with ornamental elements complementing the walls of the church. The courtyard on the other hand, features a huge stone fountain, believed to be the largest in the country.

Address : 1^a y 03001, 6 Avenida A, Villa Nueva, Guatemala

Zipcode : 03001

Location : 14.5612387, -90.73456279999999

Contact : +502 7832 0559

Website : <http://www.lamerceddeantigua.org/>

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1.5

Expected Wait Time : 5-10minutes

Buy Ticket : No

7.2.11. Arco de Santa Catalina

This monumental arch was built as a passageway between the monastery and adjoining school. Arco de Santa Catalina represents the flourishing portion of the Convent of St. Catherine. Built in 1694, the arch was used by nuns to traverse from one building to another.

Address : Av. Norte and 2 Calle Poniente 5, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5596957, -90.73421180000003

Contact : +502 832-0184

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1

Buy Ticket : No

7.2.12. Cerro de la Cruz

Set yourself on a short but steep walk to Cerro de la Cruz, Antigua's undisputed landmark. The conquest takes you to a scenic lookout point with a large stone-made cross statue dedicated to the city's patron saint. One can enjoy picturesque views from the hilltop with Volcan Agua in the background. Note: The area is safe during the day, but beware of the robberies at nights.

Address : Antigua, Guatemala, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5644413, -90.73166370000001

Nearest Public Transport : San Felipe Bus Station

Open & Close Timing : Open 24Hours

Time Required : 2

Buy Ticket : No

7.2.13. Convento de las Capuchinas

Finding itself between lush gardens and green courtyards, the well-preserved ruins of Antigua's largest convent hides secrets from the 18th century. The convent was built by the Capuchin nuns in 1736, but abandoned after an earthquake 40 years later. Guided tours will take you through its architecture and ambience of the restored bathing halls and nuns' cells while giving out more historical facts about this place.

Address : Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5597484, -90.7313785

Contact : +502 7832 0184

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1.5

Buy Ticket : No

7.2.14. The Plaza Central Park

The main park of the city, come here to either rest on a bench and gaze at the effervescent atmosphere of Guatemala's former capital. Enclosed by colonial buildings this boulevard is ideal for some peace and quiet. Admire the central fountain known for its mermaid sculptures, grab a bite or pick souvenirs from kiosks nearby.

Address : 4 Avenida Sur, Antigua Guatemala 03001, Guatemala

Zipcode : 03001

Location : 14.5568894, -90.7336838

Contact : +502 7832 4801

Nearest Public Transport : Bus Terminal Bus Station

Open & Close Timing : Open 24 Hours

Time Required : 2

Buy Ticket : No

7.2.15. Cementerio General San Lázaro

The city's municipal cemetery is a cluster of tombs and mausoleums that are decked with wreaths, flowers and several signs that are symbolic to mourning. The city's influential personalities find their abode in this cemetery.

Address : Calle San Bartolome Becerra, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.556141, -90.7416637

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1

Buy Ticket : No

7.2.16. Antigua Guatemala Cathedral

Established in 1545, wrecked by an earthquake in 1773 and only partially built over the next century, this cathedral has been through a rocky history. The insides of the cathedral are chockfull with intricate designs and pillars, further adding to its enigma.

Address : 5a Calle Oriente, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5567154, -90.7326883

Contact : +502 7832 0909

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1.5

Expected Wait Time : 5-10minutes

Buy Ticket : No

7.2.17. San Jose el Viejo

This scenically delightful church is popular amongst the locals for wedding ceremonies. As a remnant of earthquakes, you will be able to spot the ruins. The church is specifically gorgeous during the evenings, with a candle-lit courtyard.

Address : 5th Avenida sur y 8 Calle Oriente, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.5531622, -90.73436620000001

Contact : +502 7832 0909

Nearest Public Transport : Bus Terminal Bus Station

Time Required : 1

Buy Ticket : No

7.2.18. Palacio del Ayuntamiento

The Palace of the City of Antigua Guatemala, or Casa de Cabildo consists of offices of the Municipality and is an excellent example of colonial architecture. The facade is a double arch with Tuscan columns and a wall that is clad in carved stone. Affected by earthquakes, the palace was rebuilt and attracts tourists for its beautiful architecture, history and culture even today.

Address : Poniente, Antigua 03001, Guatemala

Zipcode : 03001

Location : 14.557447, -90.73333600000001

Contact : +502 7720 7770

Website : <http://muniantigua.com/>

Nearest Public Transport : Bus Terminal Bus Station

Open & Close Timing : Monday-Friday 8:00hrs–12:00hrs & 14:00hrs–18:00hrs

Time Required : 1

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.19. Casa del Jade

Situated near the Santa Catalina arch, this shop is known for its designer jewelry studded with different gems. Not just an ordinary jewelry shop, it is home to a museum that features dozens of pre-Hispanic jade pieces and conducts an open workshop where you can admire the work of contemporary craftspeople.

Address : 4a Calle Oriente #10, Antigua Guatemala 03001, Guatemala

Zipcode : 03001

Location : 14.557444, -90.73243400000001

Time Required : 0

Buy Ticket : No

7.2.20. Doña María Gordillo Dulces Típicos

Overloaded with traditional Guatemalan sweets like coconut macaroons, dulces de leche and marzipan, this will shop instantly gratify your sugar cravings.

Address : Poniente, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.5572834, -90.73159240000001

Time Required : 0

Buy Ticket : No

7.2.21. Mercado de Artesanías

Crammed with Guatemalan handicrafts, this market chirps in the tunes of everything colorful. With an abundance of traditional items to choose from, feel free to bargain.

Address : Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.557174, -90.73954409999999

Time Required : 0

Buy Ticket : No

7.2.22. Nim Po't

This vibrant hall sprawls with a massive collection of Maya clothing, quirky masks, wood carvings, kites, paintings, Maximón figurines and attractive

magnets, spoiling you with countless options to choose from.

Address : 5a Avenida Norte, Antigua Guatemala 03-001, Guatemala

Zipcode : 03001

Location : 14.5599997, -90.7341743

Time Required : 0

Buy Ticket : No

7.2.23. Casa de Gigantes

The store has a little bit of everything, which is intricately hand-made. From linens and wood sculptures to jewelry and bags, this humble shop upholds Guatemala's diverse heritage through its work.

Address : Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.5546125, -90.730167

Time Required : 0

Buy Ticket : No

7.2.24. Jade Maya

Established by a North American couple who discovered a jade quarry in the Motagua Valley, this shop consists of a jade workshop and a small, yet beautiful museum displaying pre-Hispanic pieces of work.

Address : 4a Calle Oriente, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.5572911, -90.7295393

Time Required : 0

Buy Ticket : No

7.2.25. Mercado Municipal

Antigua's Municipal Market is always occupied and bustles with energy. The big enclosed market is a hub for wholesalers and retailers selling a fresh produce of fruits, vegetables and other food products. The market also grabs a lot of tourist attention with its stunning stained glass works. Official market days are Monday, Thursday and Saturday.

Address : 4a Calle Poniente, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.5583729, -90.7391672

Time Required : 0

Buy Ticket : No

7.2.26. Centro de Arte Popular

The Center of Popular Art - Cemig is located inside Antigua El Jaulón and is known for its exquisite Tz'utujil oil paintings, cedar figurines, masks and other artistic work.

Address : Inside Casa Antigua El Jaulón you will bump into this shop/museum known for exquisite Tz'utujil oil paintings, cedar figurines, masks and other crafts.

Zipcode : 03001

Location : 14.5581718, -90.7344908

Time Required : 0

Buy Ticket : No

7.2.27. Antigua Tabaco Compañía S.A.

Nestled away from the hustle and bustle in the quiet part of the city, Antigua Tabaco Compañía S.A. makes a great spot for relaxing and taking a break from sightseeing. Owned by a local couple, the place offers an extensive variety of cigars from all over Latin America. If you're not a cigar connoisseur, ask the owner to guide you. You can also pick up some items to take back home or enjoy at the onsite cigar bar.

Address : 3a Calle Poniente #12 L8, Antigua Guatemala, Guatemala

Zipcode : 03001

Location : 14.5585794, -90.735569

Time Required : 0

Buy Ticket : No

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8. Key sites sports & adventure

Gear up your adrenaline rush for you are going to set yourself on crazy adventure sports that will bring nothing but joy on your faces. From Hiking, Kayaking, Trekking, Biking and ATV tours there's everything for all the masses. Not only is the city of Antigua accustomed to all the exciting adventure sports but also the surrounding region offers numerous opportunities to wake the adventurer in you!

- **Multi-Sports -**

Address : 5a Avenida sur # 12, Antigua 03001, Guatemala

Location : 14.555345,-90.734355999999

Contact No : +502 7832 9170

Website : <http://adventureguatemala.com/>

Nearest Public Transport : Bus Terminal Bus Station

Entry Fees : Mountain Biking: Tours starting from GTQ 735; Rock Climbing: Tours starting from GTQ 1000; Kayaking: Tours starting from GTQ 900.

Open / Close Time : Daily 09:00hrs-18:00hrs

Time Required : 12

Wait Time : 20-30minutes

- **Surfing & Zip Lining -**

Address : 7a Calle Poniente # 17 | between 5th and 6th Avenues, Antigua 03001, Guatemala

Location : 14.554173,-90.735043

Contact No : +502 7832 0468

Website : <http://www.oxexpeditions.com/>

Nearest Public Transport : Bus Terminal Bus Station

Entry Fees : Surfing: Tours starting from Q750; Zip-Lining: Tours starting from Q375.

Open / Close Time : Monday-Friday 08:00hrs-17:00hrs, Saturday-Sunday
08:00hrs-13:00hrs

Time Required : 8

Wait Time : 15-20minutes



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9. Adventure sports, Local sports, stadiums

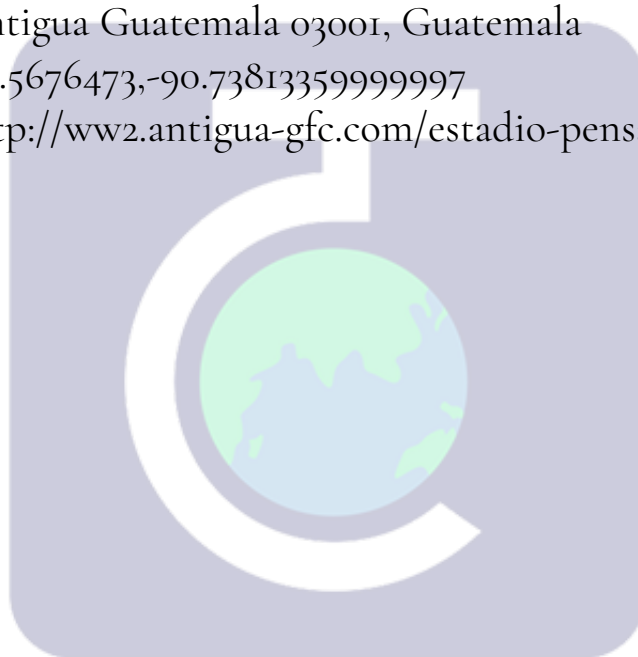
The city is dominated towards football when it comes to Sports. Antigua GFC football club has played in the Guatemala top division for several years.

- **Estadio Pensativo:**

Address : Antigua Guatemala 03001, Guatemala

Location : 14.5676473,-90.73813359999997

Website : <http://ww2.antigua-gfc.com/estadio-pensativo/>



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10. Spas and relaxation

The colonial town has some of the best Spa Parlours and relaxation centers in the country. From high modern services to traditional massages, Antigua has got it all. Follow your footsteps to the following Spas for an unforgettable experience –

- **Healing Hands Therapy Spa:**

Address : 3ra Avenida Norte #20A, Antigua 03001, Guatemala

Location : 14.5599543,-90.73225689999998

Contact No : +502 7832 1648

Website : <http://www.healinghandsguatemala.com/>

- **Prana Holistic Center:**

Address : Callejon Del Burrito 7A | El Callejon del Burrito, Antigua 03001, Guatemala

Location : 14.5526062,-90.74162060000003

Contact No : +502 5903 1002

Website : <http://www.pranaholistico-antigua.com/index.php/en/>

- **Antigua Oasis Spa and Aroma:**

Address : 6a Avenida sur # 12, Antigua 03001, Guatemala

Location : 14.5554,-90.73540300000002

Contact No : +502 7832 3045

Website : <http://antiguaoasis.com/>

- **Porta Hotel Antigua:**

Address : 8va. Calle Poniente No.1 La Antigua Guatemala 03001,
Sacatepequez - Guatemala, Central America

Location : 14.553113,-90.73370699999998

Contact No : +502 7931 0600

Website : <http://www.portahotelantigua.com/ceiba-spa-en.html>



11. Events calendar

Month

Events

New Years Day

Guatemalans celebrate this national holiday the same way as they celebrate all of their holidays, with lively music, colorful costumes, plenty of local hooch (usually cane alcohol) and fireworks.

Mayan New Year

The Mayan calendar only consisted of 260 days so the date of New Years varies. During the gathering, you will celebrate Mayan life and renewal at many of the sacred sites around Guatemala. Dates unconfirmed (Because the Mayan calendar has 260 days, the date of their new year changes every year)

Holy Week

Easter week is one of the most important in the Catholic calendar. Although processions take place in every town, the most colourful can be found in the capital as well as in Antigua Guatemala. The celebrations are

a mix of Mayan and Christian traditions and include processions through the streets on rugs made of dyed sawdust especially for the occasion.
Labour Day

Celebrated on May 1, Labour Day is a very big deal in the country. A national holiday, hence don't be surprised to see the streets and attractions crowded. The largest celebration is in Guatemala City, but there are many parties and parades all around the country.
Assumption Day

Observed on August 15th, Assumption day in Guatemala is a public holiday and a time for family gatherings and sumptuous feasts. In some of the main cities, you'll see street parades and be invited to many parties.
Independence Day

Guatemala's independence day is celebrated on September 15. This holiday is celebrated like others in Guatemala — with dancing, music, parades, food, and fireworks.

Revolution Day

A public holiday in the Guatemalan calendar. It commemorates the democratic revolution of 1944 when unhappy university and military leaders overthrew the military dictator Jorge Ubico y Castaneda.

Observed on October 20th, one place to celebrate this event is Guatemala City where thousands take to the streets near Plaza Mayor. You'll find lots of music, dance, fireworks, and noise.

Colombus Day

Observed on October 12, this holiday commemorates the landing of Christopher Columbus in the New World

Día de los Todos Santos (All Saints' Day) and Día de los Muertos (All Souls' Day)

All Saints Day (Día de Todos los Santos) is celebrated on November 1st throughout Guatemala. The town of Todos Santos Cuchumatán has one of the best festivals, during which local men hold a wild (and drunken) horse race.

Día de Los Muertos

The Day of the Dead (Día de Los Muertos) also takes place immediately after All Saints Day and is celebrated across Guatemala. On this day, families head to the local cemetery to mark the gravestones of departed relatives with candles and flowers. Observed on November 2nd.

Burning of the Devil

Observed on December 7, all over the country Guatemalans take everything burnable, such as waste paper, old household items, etc., outside of their houses and set it afire to cleanse their households for the holy weeks to come.

Christmas

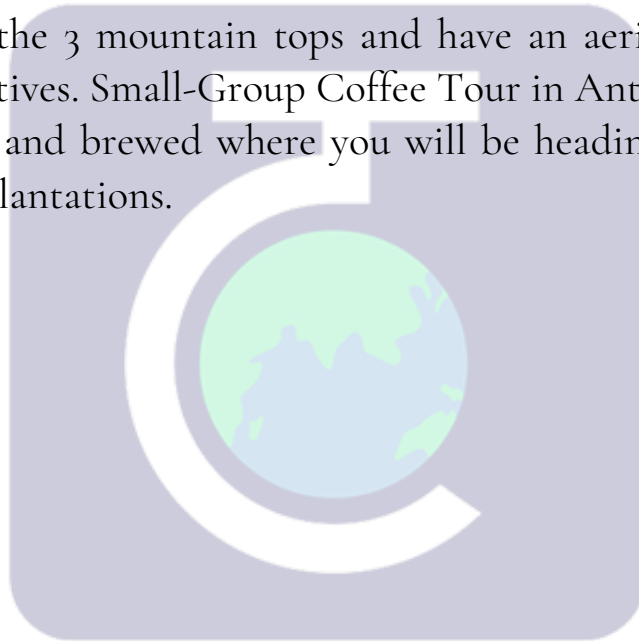
Christmas is celebrated with very high spirits, the city is decorated with beautiful lights which attract the tourist to the city especially during the time of Christmas.

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12. Key local guides and tours

Unfortunately there are no local guides available in the city. However you will find certain guides at various attractions. The different tours are – Tikal Day Trip by Air from Antigua with Lunch: Come and explore one of the ancient world's most incredible archaeological sites at Tikal, a celebrated Mayan city deep in the Guatemalan jungle. Enjoy this 10 hour trip that includes exploring the UNESCO World Heritage-listed Mayan site and city's steep temples and beautiful plazas. Copán Day Trip from Antigua: Visit Copan known as one of the most important cities of the Mayan Empire. This 14 hour tour takes you through this UNESCO World Heritage site to explore the site's wealth of temples, underground tunnels, ball courts, stone sculptures and beautiful altars. Private Tour: Lake Atitlan Boat Tour and Santiago Village from Antigua: This combination trip to stunning Lake Atitlan along with lake's idyllic indigenous villages is rather an interesting one where you will truly meet the nature making your way through pine forests, quaint mountain villages and highland lakes. Pacaya Volcano Day Trip from Antigua: This 7-hour Pacaya Volcano hike is one of the most difficult ones out there. Get up close and personal with this active volcano and gaze at the volcanic vegetation and surreal landscapes along with the admiring the three nearby volcanic peaks, including Agua, Fuego and Acatenango at the summit. 2 Day Tour: Chichicastenango Market and Lake Atitlan from Antigua: Explore the vibrant highland culture and natural surroundings of the country on this 2 day tour that takes you to Chichicastenango and Lake Atitlan from Antigua. Get lose in the fascinating market found in Chichicastenango where there is everything for everyone and the spend a night in the picturesque town of Panjachel on Lake Atitlan. Antigua City Sightseeing Tour: Explore the UNESCO-listed colonial capital of Antigua and visit some of the most important landmarks of the city along with a typical Guatemalan lunch. The tour includes exploring everything from churches, museums to important landmarks and even a local coffee plantation. Antigua Village Tour: This 5 hour tour done on motorcycles, scooters or ATVs will take you all over the valley and 7 villages located near Central Antigua. Iximché Ruins and Antigua City Tour: This 2-in-1 tour first takes you through the fascinating Iximché ruins teaching you about

Spanish and Mayan history followed by taking you through colonial Antigua. Colonial Antigua Afternoon Walking Tour: Get acquainted with the colonial treasures of the city on a 3-hour afternoon walking tour. Wander around at various landmarks while listening to the history-rich commentary. Antigua Market Cooking Class and Choco Museum in Antigua: Get some traditional taste of the city's unique food scene on this 7 hour cooking and shopping excursion and learn the fundamentals of Guatemalan cuisine, and its Spanish and Mayan roots. Antigua Mountain Tour: This tour taking place via automatic scooters, motorcycles or automatic four wheelers around the Panchoy Valley of Antigua Guatemala. Explore the 3 mountain tops and have an aerial view of the valley from various perspectives. Small-Group Coffee Tour in Antigua: Take this coffee tour and get buzzed and brewed where you will be heading beyond the city to explore local coffee plantations.



Index**13. Transportation hubs**

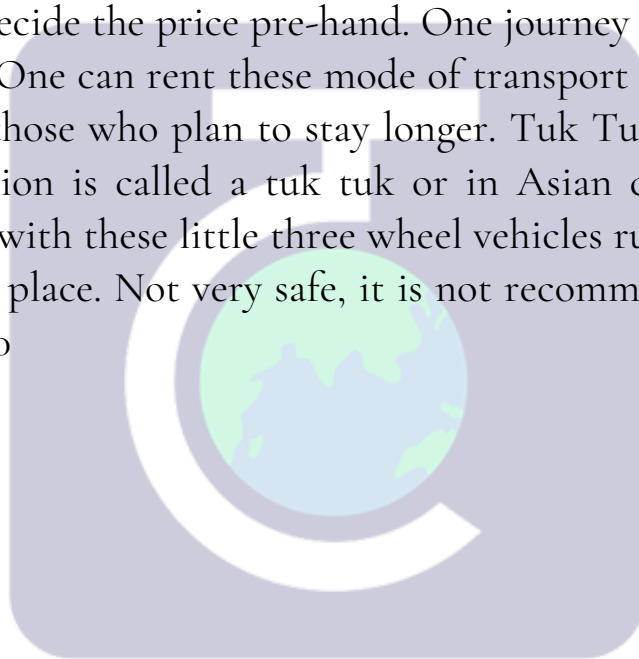
Airport: La Aurora International Airport: The airport serving Antigua city is La Aurora International Airport and is located 38kms away from the city. Bus Station: Bus Terminal: The bus terminal finds itself 1.8kms away from the city center and receives buses from Guatemala city.



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14. Transportation cost

Antigua is very compact and easy to walk around. Wander around the city and discover it on foot however be careful for the cobblestone sidewalks are narrow and not always maintained. One can also take taxis, Tuk-Tuks or rent a scooter or motorcycle to commute around the city. Taxis: There are plenty of taxis hovering around the city, however know that they don't certainly run on meters hence one needs to decide the price pre-hand. One journey can cost around Q30. Scooter/Motorcycles: One can rent these mode of transport for just Q225 per day or Q750 a week for those who plan to stay longer. Tuk Tuk: One of Guatemala forms of transportation is called a tuk tuk or in Asian countries a rickshaw. Guatemala is loaded with these little three wheel vehicles running around taking people from place to place. Not very safe, it is not recommended. However, one ride costs around Q10



Index**15. Baggage allowance**

One can certainly carry heavy amount of baggage if travelling by car, trains or public bus in the city, however when it comes to commuting through public transportation within the city, make sure not to carry heavy amount of luggage especially in Tuks Tuks, scooters and motorcycles since it can cause inconvenience to self and those around you. If you have chosen to walk or cycle around the city, make sure to carry only a backpack or a money belt while if travelling by taxis feel free to carry large suitcases and bags.



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16. Must try food and local savouries

Guatemala food and drink is primarily influenced by the country's Mayan and Spanish cultures. However, it has also received influences from African and Caribbean cultures. Guatemalan food is largely based on corn, which has been a staple crop here for centuries. The corn is ground and then used to make the tortillas that most Guatemalans consume daily. The country does not have a standout national dish, but several foods feature in everyday diets. Black beans (frijoles), another Mayan staple, are eaten at almost every meal. They are usually refried (volteados), mashed, or simply eaten whole (parados). Rice, eggs, and cheese are also widely consumed. Some of the traditional dishes while visiting this country includes – Chiles rellenos: Chile peppers stuffed with rice, cheese, meat and vegetables. They are served with tortilla and tomato sauce. Guacamole: This is basically mashed avocados, mixed with lemon or lime juice and diced veggies like onion, tomato and garlic. Serves with chips, or as a topping to other Guatemalan food. Gauchitos: Gauchitos are good cart foods. They are basically a pattie with scrambled egg, "chimichurri" and some dressings on a bun. Jocón: The dish comprises of goosebumps Castile or Spanish, or Creole chicken- country with traditional sauces Frijoles negros: The strained black beans are very popular and commonly going to find wherever you go when you visit Guatemala. Consistency is similar to a thick soup. In Guatemala black beans are a meal no matter our economic status. Shucos: They are comparable to a super charged hot dog with guacamole, meats such as "longaniza", "chorizo", bacon etc Pepián : Pepián is one of the oldest dishes in Guatemalan food heritage, borne out of the fusion of the Spanish and Mayan cultures. It is also quite possibly the most famous Guatemalan stew, a recados as we say in Guatemala, or what I call a Mayan curry. Ceviche de Criadillas: Bull's testicles in ceviche are still common in most cevicherias in Guatemala City and in the Pacific coast. The bull's testicles are cut into small pieces and marinated and cooked in lime juice and then are mixed with tomato, onions, Worcestershire sauce and hot sauce Kak'ik: A traditional Mayan turkey soup, with spices like coriander, achiote, and chile peppers. A must-try. Tamales: Tamales are a traditional Guatemalan dish made from corn meal, turkey, pork, tomato sauce and olives, which are boiled and

wrapped up in a banana leaf. Paches are a potato-based alternative to tamales. Elotes: Roast ears of corn with cheese, lime, chili and butter or mayonnaise. Atole de Elote: A popular warm corn drink. This sweet concoction must be drunk while warm; when cold, it becomes much too dense. Quichom: This specialty has a spicy sauce made from tomatoes, garlic, 'chapa' pepper, seeds of the ayote, Coban chile peppers, achote and white bread crumbs. It is served with pork or home-grown hen rice and includes vegetables such as a salad. Caldo de res: Beef and vegetable soup is possibly the most popular soup in the region surrounding Guatemala City. Also known as cocido, meaning cooked, it comes with carrots, corn on the cob, güisquil (chayote/pear squash), ayote and chilacayote (squash), potatoes and beef. Churrasco: Churrasco is a special Guatemalan barbecue experience that refers to cooking meats and other foods outdoors on a parrilla (grill). Antigua Guatemala is well known for its candy which makes use of many local ingredients: fruits, seeds and nuts along with honey, condensed milk and other traditional sweeteners. Antigua's candy is very popular with tourists. Guatemala produces a number of rums, including the superb Ron Zacapa Centenario which is aged up to 30 years.

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17. Restaurant & Nightlife

With over 150 establishments trying to outdo each other, Antigua has become a foodie's paradise. Surrounded by elegant colonial architecture and rolling highlands, the town offers incredible gastronomic scene making it the culinary hub of its region. Well-seasoned plates are presented in a way like no other result in nothing but mouth-watering business. Catering to all the taste buds out there, name the dish and the restaurant will pop up! For all the weekend hunters there are plenty of bars, clubs and discs in the city however still the nightlife scene in Antigua is quite mellow. What follows are several nightly "private" after-hours parties that go wild and bring out the party animal in you. Areas to look out for – Avenida Norte and Calle Poniente –

Food -

With over 150 establishments trying to outdo each other, Antigua has become a foodie's paradise. Surrounded by elegant colonial architecture and rolling highlands, the town offers incredible gastronomic scene making it the culinary hub of its region. Well-seasoned plates are presented in a way like no other result in nothing but mouth-watering business. Catering to all the taste buds out there, name the dish and the restaurant will pop up! For all the weekend hunters there are plenty of bars, clubs and discs in the city however still the nightlife scene in Antigua is quite mellow. What follows are several nightly "private" after-hours parties that go wild and bring out the party animal in you. Areas to look out for – Avenida Norte and Calle Poniente –

- **Epicure:**

Address : 5a Calle Oriente 11, Antigua Guatemala 03001, Guatemala

Location : 14.5588078,-90.7321089999999

Contact No : +502 7832 5545

Website : <http://www.epicure.com.gt/?lang=en>

Open / Close Time : Monday-Saturday 10:00hrs-21:00hrs, Sunday

10:00hrs-19:00hrs

- **Hector's Bistro:**

Address : No. 9, 1a Calle Poniente, Antigua Guatemala 03001, Guatemala

Location : 14.5606838,-90.7348913999999

Contact No : +502 7832 9867

Website : <https://www.facebook.com/hbistro>

Open / Close Time : Tuesday-Sunday 10:00hrs-23:00hrs

- **Angie Angie Café Arte:**

Address : 1a Avenida Sur, Antigua Guatemala 03001, Guatemala

Location : 14.5555822,-90.7295232999999

Contact No : +502 7832 3352

Website

<https://www.facebook.com/angieangie.cafearte/?rf=179232292138357>

Open / Close Time : Daily 12:00hrs-23:00hrs

- **Sobremesa:**

Address : Parque Central Antigua,, Cuarta Calle Ote. 4, Tapachula 03001, Guatemala

Location : 14.557467,-90.732779

Contact No : +502 7832 3231

Website : <http://alexferrar.wixsite.com/sobremesa>

Open / Close Time : Monday, Wednesday-Sunday 11:00hrs-22:00hrs

- **Hugo's Ceviche:**

Address : 7ma Calle Poniente # 11, Antigua 03001, Guatemala

Location : 14.5606614,-90.735686999999

Contact No : +502 7832 9354

Website : <https://www.facebook.com/Hugos-Ceviches-117797991643302/?ref=aymthomepagepanel>

Open / Close Time : Monday-Friday 11:00hrs-17:00hrs, Saturday-Sunday 11:00hrs-19:00hrs

- **Bistrot Cinq:**

Address : Antigua Guatemala, Guatemala

Location : 14.5572813,-90.730955600000

Contact No : +502 7832 5510

Website : <http://www.bistrotcinq.com/menu-eng.htm>

Open / Close Time : Monday-Thursday 12:00hrs-22:30hrs, Friday-Saturday 12:00hrs-23:00hrs, Sunday 12:00hrs-22:00hrs

- **Cactus Taco Shop:**

Address : 6a Calle Poniente, Antigua Guatemala, Guatemala

Location : 14.5551486,-90.735491200000

Contact No : +502 7832 2163

Website : <https://www.facebook.com/cactusantigua/>

Open / Close Time : Daily 12:00hrs-22:00hrs

- **Fernando's Kaffee:**

Address : 7a Avenida Norte #43, Antigua, Guatemala

Location : 14.561547,-90.73623700

Contact No : +502 7832 6953

Website : <http://www.fernandoskaffee.com/>

Open / Close Time : Monday-Saturday 07:00hrs-19:00hrs, Sunday 07:00hrs-23:00hrs

- **Luna de Miel:**

Address : 6ta Avenida Norte # 40, Antigua 03001, Guatemala

Location : 14.560402,-90.735412

Contact No : +502 7882 4559

Website : http://www.lunademielantigua.com/wp_ldma/

Open / Close Time : Monday-Saturday 10:00hrs-21:30hrs, Sunday 09:00hrs-21:00hrs

- **Fridas:**

Address : 5a Avenida Norte #29, Arco de Santa Catalina, La Antigua Guatemala, Antigua Guatemala 03-001, Guatemala

Location : 14.5596946,-90.73401360000003

Contact No : +502 7832 1296

Website : <https://www.facebook.com/RestauranteFridas/>

Open / Close Time : Daily 12:00hrs-01:00hrs

- **Mesón Panza Verde:**

Address : 5 Av sur 19, Antigua 03001, Guatemala

Location : 14.5512385,-90.733992399999

Contact No : +502 7955 8282

Website : <http://www.panzaverde.com/restaurant/>

- **Palacio Doña Leonor Restaurant:**

Address : Calle Oriente, #8 Antigua Guatemala 4, Antigua 03001, Guatemala

Location : 14.55756,-90.7325660000000

Contact No : +502 7832 2281

Website : <http://www.palaciodeleonor.com/default-en.html>

Open / Close Time : Daily 10:00hrs-23:00hrs

- **Rainbow Café Antigua Guatemala:**

Address : 7a Avenida Sur, Antigua Guatemala 03001, Guatemala

Location : 14.55527,-90.7363609999999

Contact No : +502 7832 1919

Website : <http://rainbowcafeantigua.com/>

Open / Close Time : Daily 08:00hrs-23:00hrs

- **Pappys BBQ:**

Address : 6a Calle Poniente No. 21 | The Corner of 6 Calle and 6 Avenida, Antigua 03001, Guatemala

Location : 14.555172,-90.7353825999999

Contact No : +502 7758 9595

Website : <https://www.facebook.com/PappysAntigua/>

Open / Close Time : Daily 11:00hrs-22:00hrs

- **Cafe No Se:**

Address : 1st Avenida, Antigua 03001, Guatemala

Location : 14.5556575,-90.7296212

Contact No : +52078320563

Website : <http://www.cafenose.com/>

Open / Close Time : Daily 14:00hrs-01:00hrs

- **The Snug:**

Address : 6a. Calle Poniente # 14, Antigua 03001, Guatemala

Location : 14.5553102,-90.73495179999998

Contact No : +502 4215 9601

Website : <https://www.facebook.com/thesnugantigua>

Open / Close Time : Daily 12:00hrs-23:00hrs

- **La Sala:**

Address : 6a Calle Poniente # 9, Antigua 03001, Guatemala

Location : 14.5551577,-90.73489310000002

Contact No : +502 7882 4237

Website : <https://www.facebook.com/lasalabar/>

- **Las Vibras de la Casbah:**

Address : 5a Avenida Norte, Antigua Guatemala, Guatemala

Location : 14.560269,-90.734307

Contact No : +502 7832 2640

Website : <http://www.lasvibrasantigua.com/convivios-antigua-guatemala/>

Open / Close Time : Wednesday-Friday 17:00hrs-01:00hrs, Saturday 17:00hrs-12:00hrs

- **Por Qué No?:**

Address : 2a Avenida Sur y 9 Calle Oriente, Casa 9, Antigua Guatemala 03001, Guatemala

Location : 14.552262,-90.731112

Contact No : +502 4324 5407

Open / Close Time : Monday-Saturday 18:00hrs-22:00hrs

- **La Pena de Sol Latino:**

Address : 5a Calle Poniente 15C, Antigua Guatemala, Guatemala

Location : 14.5561115,-90.7372613

Contact No : +502 7882 4468



Index**18. Average meal cost**

Economical Meal: GTQ 25-20 Mid – Segment Restaurant: GTQ 140-200 Luxury Dining: Above GTQ 300 Average cost of beer: GTQ 5 Average cost of water: GTQ 12



Index**19. Shopping**

Antigua is one of the best cities to loosen up your wallets in all of Central America. Just take the name of what you want and you will have it in front of your eyes. Offering everything from high-end jewellery and clothing stores to fine art galleries and open-air street vendors selling locally produced crafts and textiles, the shopping centers here cater to all the masses, wallet and tastes. Following are some of the shopping options that are worth checking out –



Index**20. Tourist benefits**

The VAT charged in the country ranges between 12-15% which is decent compared to the other countries of the Americas. One will not really find a lot of duty free shops in Antigua, however the nearest airport stands as the best option to buy anything and everything from Liquor, Jewellery, Clothing to Footwear, Electronics etc. Also, note that an exit tax is assessed when departing Guatemala by air. The exit tax is US\$30 and may or may not be included in the original airline ticket price. Additionally, an airport.



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21. Essential local apps

Following are some of the applications that one should certainly download before travelling to the city – Radio Guatemala: This simple application allows you to listen to the channels of the country. Tune in and get ready to groove in.



22. Driving

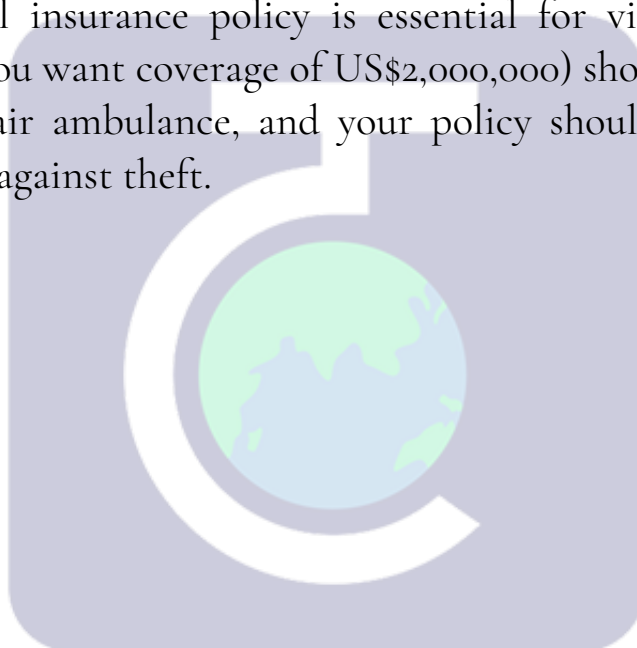
Driving in Guatemala is different despite the fact that cars drive on the right. Lack of signage coupled with unregulated driving styles make entering and exiting an unpleasant experience.. One needs their Driver's license, International Driving Permit to drive around in the city. Also do keep your credit card and passport handy for you can be pulled off at anytime by the cops. Rural roads are poorly maintained and do not offer the best lighting experience. Driving at night outside the city is cautioned against – if something should happen, emergency roadside assistance is limited.



Index**23. Travel essentials**

Following are the necessary things to keep in mind while travelling in the country –

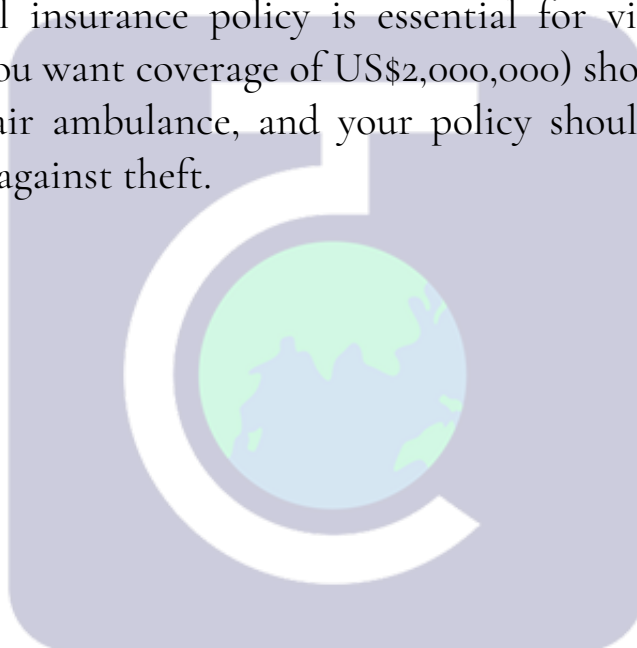
1. Adapter/Plug – The standard voltage in the country is 110-120V with a frequency of 60 Hz. Power sockets: type A / B in Guatemala.
2. It is always advised to carry sufficient prescribed medicines as OTCs are not allowed.
3. One needs to carry a money belt in order to avoid theft or pick pocketing.
4. A comprehensive travel insurance policy is essential for visitors to Guatemala. Medical insurance (you want coverage of US\$2,000,000) should include provision for repatriation by air ambulance, and your policy should also cover you for illness or injury, and against theft.



Index**24. Essential clothes**

Following are the necessary things to keep in mind while travelling in the country –

1. Adapter/Plug – The standard voltage in the country is 110-120V with a frequency of 60 Hz. Power sockets: type A / B in Guatemala.
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Index**25. Local currency**

The currency of Guatemala is Guatemalan Quetzal (GTQ). 1 USD = 7.49249 GTQ



26. Change vendor's commission, ATM charges

ATMs—known locally as cajeros automáticos. The city is home to many ATMs. Most of the cards are accepted in the ATMs. Banks are likely to charge you with a foreign transaction fee in an ATM, hence make sure to confirm with your bank about the fee charges prior to your transaction. One can only take out a limited amount, so it is recommended to take out the maximum amount in one go. U.S. dollars are widely accepted in Guatemalan shops and restaurants that cater to tourists, though the conversion rate will not be quite as good as at banks. Street-side money changers abound, but you'll be safer from scams if you change your money at a bank. U.S. dollars can be changed at any bank and are accepted as payment at many businesses catering to tourists—large bills may prove difficult to change; leave all other currencies at home. One can exchange the currency at the airport or at many shops that are located in the city at a decent rate. The exchange commission charged might be around 6-9% hence make sure to confirm the price prior to buying the currency. Note: When you change money at the bank, you will need your passport. Banks are open 7 days a week, and open until 7PM-8PM. One very convenient aspect of traveling in Guatemala is that credit cards are widely accepted. Many restaurants, hotels, gas stations, and tour operators accept credit cards so be sure to ask. Be sure to authorize your credit card for international use so that your bank doesn't flag your account for fraud when you use it. Also ask your bank about its fees for foreign transactions so that you don't have any surprises when you get back home. These charges typically range from 1-3% of the total transaction amount. Note: Do not expect to easily exchange travellers cheque in the country. You might find a few places that accept these will accept checks that are issued by American Express however other types are turned down generally.

27. Staying connected

Major networks that dominate Guatemala are TIGO Guatemala, Claro & Movistar. All of these companies sell prepaid GSM chips that can be used in any unlocked tri-band GSM cell phone. However make sure to unlock your phone prior to your travel in order to use any SIM card in the country. If your stay is for a longer period of time, it is recommended that you buy a local SIM to stay connected. One can purchase a SIM card at the airport upon arrival. Buying a SIM card in the country is affordable and one is surly to get good network at almost all the areas. Most of the phone companies in Guatemala have stands all over the country. If you are flying, you will find booths at almost all the airports. It is very common to see local vendors offering you a SIM card at the border or customs. The only requirement you need is to present your passport or picture ID in order to fill out a short form. There are many cafes and restaurants with Wi-Fi in the area. Most hotels have it in the rooms or at least in their reception area. Internet here is relatively high speed and is very regular in service.

Index**28. Time Zone**

Guatemala observes Central Standard Time Central Standard Time (CST) is 6 hours behind Coordinated Universal Time (UTC-6h)



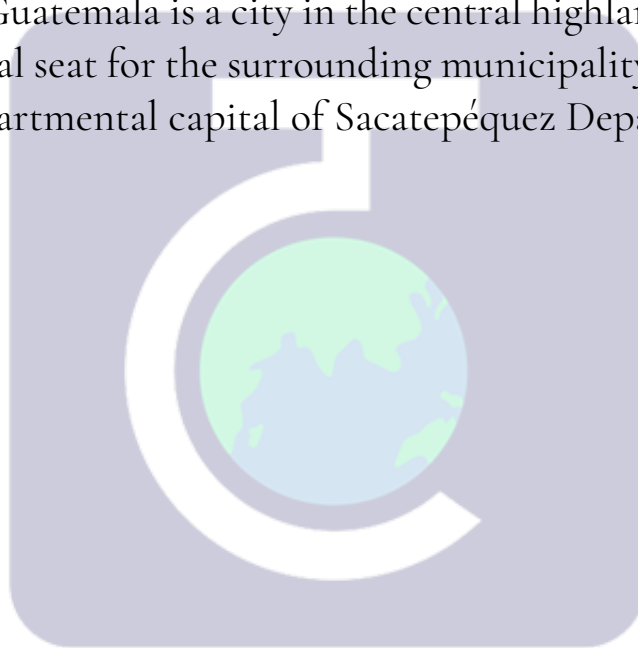
Index**29. Languages**

Spanish is the official language in Guatemala. About 21 other languages, including Amerindian and Mayan, are spoken in the country. The Amerindian languages consist of 23 officially recognized languages including Quiche, Cakchiquel, Kekchi, Mani, Garifuna and Xinca. Kanjobal.



Index**30. Political Scenario**

Politics of Guatemala takes place in a framework of a presidential representative democratic republic, where by the President of Guatemala is both head of state, head of government, and of a multi-party system. Executive power is exercised by the government. Legislative power is vested in both the government and the Congress of the Republic. The judiciary is independent of the executive and the legislature. Antigua Guatemala is a city in the central highlands of Guatemala and serves as the municipal seat for the surrounding municipality of the same name. It also serves as the departmental capital of Sacatepéquez Department.



Index**31. Economic Scenario**

Once upon a time, the area was considered to be one of the finest agriculturally in Guatemala making it the biggest contributor to the economy of the city, however lately Tourism has taken over and is now the main driver of the economy. Antigua is also a coffee-producing region of Anacafé.



Index**32. Religious belief**

Catholicism remains by far the most populous and influential religious faith in Panama today. Roman Catholicism partly dominates the country with nearly 47% of the population being Catholic followed by a 40% of population who are Protestantism, Agnostic/Atheist/None at 9%. whereas other religions at 3%. Other religion includes Buddhism and Islam.



33. Visa requirements

Visa is not required for citizen from countries belonging to Schengen. Various countries like Unites States, United Kingdom, Australia and various other EU countries do not require a Visa to enter the country. To enter Guatemala, a passport valid for at least six months is required by all nationals. One can stay in the country for 90 days (one only extension possible for another 90 days applying at the Immigration Department, pill which has to be done before the first 90 days expires). It is advisable to keep 2 pages free in your passport for arrival and departure stamps. In certain cases, it has been observed that applying and receiving a visa can be a process of 20-30 days. Hence, it is essential that you check the timeline with the relevant authority in the country where you intend to make the visa application. Note: The passport must be valid for 6 months after leaving the country and upon request be able to present evidence to show that the traveller has sufficient funds to cover the costs during the stay in Guatemala. Entering without a visa does not automatically entitle the holder to enter Guatemala. A decision is made every time the traveller passes through a border control, as travellers must have proof of sufficient funds to support themselves for the duration of their stay and for their return. For more information follow the link below – <https://guatemala.visahq.com/>

Index**34. Essential vaccination**

One needs to be disease-free before travelling in the country and during the visit in the country. Hence it is recommended that one should visit their General Doctor for a routine check-up. Also, when travelling to Guatemala, some basic vaccines are suggested – • Yellow Fever • Typhoid Fever • Dengue • Malaria • Rabies • Hepatitis A • Hepatitis B



35. Theft and Safety

Following things are to be kept in mind when travelling in Antigua –

- If you leave tourist areas carry valuables conspicuously, or you walk the streets at night, there is a considerable risk for the tourist police might be present in the city but there are some regions where you might not find them.
- Never resist an armed robbery anywhere in Guatemala, criminals will not hesitate to use their weapons on uncooperative victims.
- Use caution when it comes to using ATM cards for they get cloned frequently so make sure to specially pay attention if the bank employee tries to copy your address and other information.
- Hiking the Volcan de Agua is highly discouraged. Numerous robberies and some kidnappings have occurred there
- If you have to travel much, a money belt can be strapped to your waist, and a simple wallet with few dollars can be handed to a robber if one is encountered.
- Ask about the taxi price and details before sitting for they can charge you extra and also indulge in petty crimes.
- Tuk-tuks have been blamed on taking tourists to obscure area to rob them, hence try to avoid them or even if you are travelling know the way.

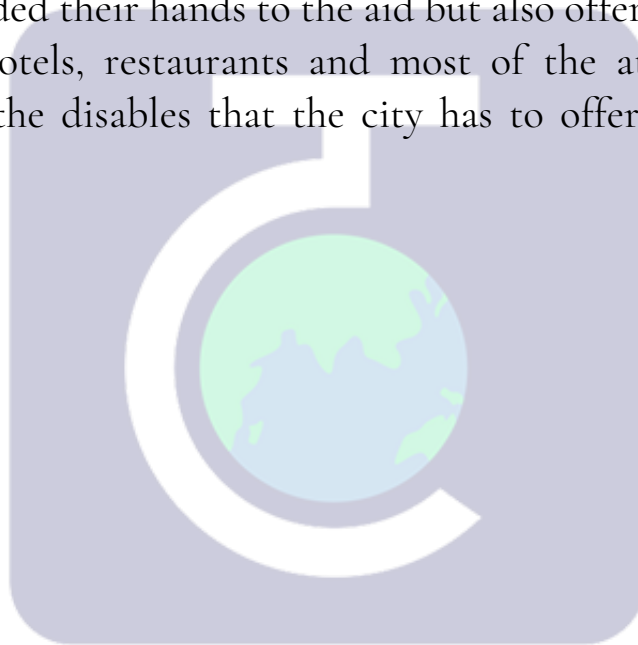
Index**36. Embassy/Consulate**

Following is the link to be followed to spot various embassies and consulates across the country – <https://www.embassypages.com/guatemala>



37. Accessibility

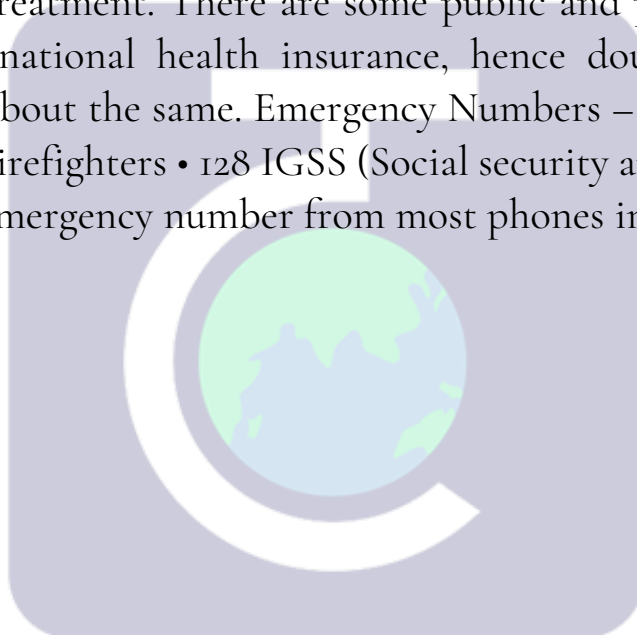
While in Antigua, individuals with disabilities may find accessibility and accommodation very different from what they find in their home country. The law only mandates access to new or remodelled public buildings for persons with disabilities, which is being enforced for new construction. Antigua is one of the decent places for people with reduced mobility for not only all the public transport have extended their hands to the aid but also offers huge parking space, special services at hotels, restaurants and most of the attractions. There are attractive plans for the disables that the city has to offer, be it retirement or discounts.



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38. Emergencies

Following is the best hospital in case of any emergency – Hospital Privado Hermano Pedro Address: Avenida La recolección #4, Calle de Recoletos, Antigua Guatemala, Guatemala Phone: +502 7832 1190 Note: The above hospital accepts traveller's health insurance, however if you fail to present a valid credit card, sufficient funds in cash or check and a proof of traveller's insurance coverage then you will be refused treatment. There are some public and private hospitals that do not accept International health insurance, hence double check from the respective hospitals about the same. Emergency Numbers – • 110 or 120: National Police • 122 and 123: Firefighters • 128 IGSS (Social security ambulance) • As in the U.S 911 works as an emergency number from most phones in Guatemala.



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39. Do's and Don'ts

Do's: • Do keep your passport, return ticket, cash and documents in a safe place. • Do ask before photographing the Maya people- particularly children. Be courteous when taking pictures and aware of how many other volunteers are doing the same. • Do carry only small amounts of money that you need for the day. • Do drink only bottled water, and use for brushing teeth. • Do leave a tip if you stop to listen to a street performance on a marimba, which looks like a large xylophone. The national instrument of Guatemala can be played by as many as nine people. Tips are the musicians' livelihood. • Do watch your step while exploring Maya ruins. Staircases leading up to many of the sites often are missing a few steps. • Do be prepared for the heat, sand fleas and flies if you're headed into the jungle. Wear light-coloured clothing and go heavy on the insect repellent. • Do keep your eyes out for the resplendent quetzal, Guatemala's national bird, with its gaudy red and green plumage. You won't see it in zoos. This rare bird dies if held in captivity. • Shaking hands and saying "mucho gusto" is very proper. • Do arrange for sufficient medicines to meet your personal medical needs. Check with the embassy of the country you are visiting to ensure your medicine is legal in the countries you are travelling to. Obtain a doctor's letter stating who the medicines are for, what they are, the dosage, and leave medicines in their original packaging.

Don'ts: • Do not wear expensive jewellery of any kind. • Do not take out your money on the street. • Do not take photos of children who come asking if you want to take their photo. • Do not give money to people who approach you. We do not want to promote begging as a way of life. • Don't engage in loud and aggressive behaviour. Guatemalans tend to be polite and on the formal side. • Don't argue or offer resistance if you're stopped at a roadblock, whether military or otherwise. Vehicles that don't stop at roadblocks are often shot at. • Don't expect everyone to speak Spanish. In some valleys, Maya languages (including Quiche, Kekchi and Cakchiquel) predominate. • Don't give white flowers; they are reserved for funerals. • Don't pay more than 10Q for a Tuk Tuk. • The municipal water supply in Antigua is treated with chlorine. However, it is not completely safe. Still, drink agua del garrafon or agua embotellada (purified bottled water), and not agua del chorro (tap water). • It is best to avoid ceviche

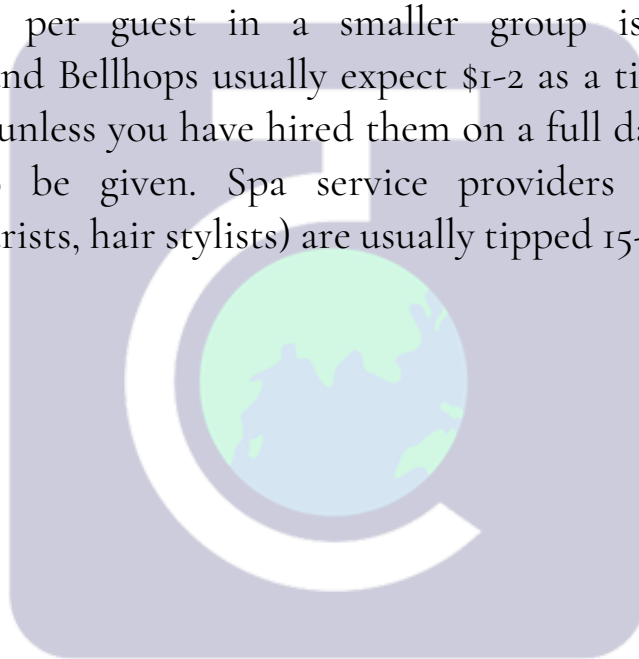
due to potential risk of bacteria like cholera. Fresh salads should not be consumed for concern of contaminated irrigation water. Strawberries has been known to pass hepatitis A due to contaminated irrigation water. • If you are over 18years of age, don't bring more than 500g of tobacco in any form, 5L of Alcoholic beverages and 2Kg confectioneries while travelling to Guatemala. • Goods not allowed to be exported from Guatemala include Fruits and Vegetables, Mayan Artefacts (Unless it has been purchased from an authentic store with a certificate) and any product made out of endangered species.



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40.Tipping basics

Tipping is never customary (except for the 10% already included in your restaurant tab) but if your instructor, guide, driver or service staff made your stay particularly enjoyable consider giving them a gratuity. As noted restaurant bills normally include service but it's normal to leave an extra 5-10% for really good service. If happy with the services of the tour guides, then \$2-5 per guest in a larger group, \$5-10 per guest in a smaller group is expected, whereas Housekeeping staff and Bellhops usually expect \$1-2 as a tip. Taxis drivers need not be given any tip unless you have hired them on a full day basis, then a tip of 10% is expected to be given. Spa service providers (massage therapists, aestheticians, manicurists, hair stylists) are usually tipped 15-20% of the cost of the spa treatment.



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41.Pet info

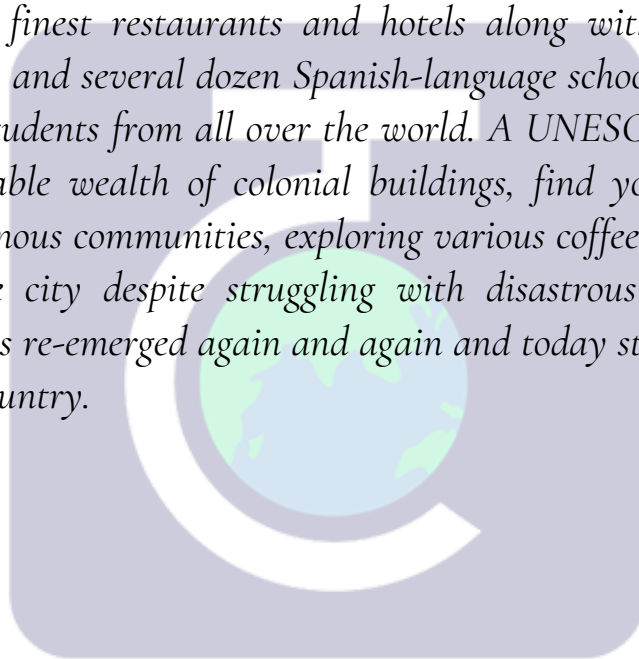
Guatemala does not quarantine healthy pets who meet the following requirements:

- Your dog or cat must be vaccinated for rabies between 30 days and 12 months of entry.
- Shortly before travel (check with your airline, can be between 10 and 30 days), a USDA or CFIA licensed veterinarian completes the Veterinary Certificate for Guatemala for endorsement by the USDA or CFIA if traveling from the United States or Canada. If you are not traveling from either of these countries, the Governing Authority of your country responsible for the import and export of animals should endorse the forms.
- A copy of the Rabies Certificate should also be included for endorsement.
- Inspection: All domestic dogs and cats must be free of evidence of disease communicable to humans when examined at the port of entry to Guatemala. If your dog or cat is not in apparent good health, further examination by a licensed veterinarian may be required at your expense.
- Pet Microchip: Although Guatemala does not require a pet microchip, we strongly recommend that you microchip your cat or dog prior to traveling.

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Conclusion – Why to select this destination

The legacy of colonial past - Antigua, is everything about enchanting squares, cobblestone streets and deserted convents that will teleport you back hundreds of years to when the Spanish ruled this land. The former capital of Guatemala, finds itself superbly located in a sweeping highland valley and today has become Guatemala's foremost tourist destination, a favoured hangout for travellers. An ever-increasing influx of tourists has brought in some of the country's finest restaurants and hotels along with a wide collection of boutiques and galleries, and several dozen Spanish-language schools that has managed to grab the attention of students from all over the world. A UNESCO World Heritage Site known for its remarkable wealth of colonial buildings, find yourself outside the city interacting with indigenous communities, exploring various coffee plantations and hiking up the volcanoes. The city despite struggling with disastrous earthquakes, volcanic eruptions and floods has re-emerged again and again and today stands as one of the most popular towns of the country.



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