

GUATEMALA

Amazing and Unstoppable



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GUATEMALA
Asombrosa e imparabile



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GUATEMALA

Amazing and unstoppable



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Guatemala is one of the megadiverse countries in the world, being one of the main natural destinations that, due to its pre-Hispanic Mayan heritage, stand out for its cultural richness, through archaeological sites and traditions that combine between the past and present.

Guatemala presents its tourist attractions to the world, which are available to all those who are willing to enjoy an adventure in this wonderful country, which fills all kinds of expectations. The sacred Mayan temples, museums, archaeological sites, nature reserves, flora, fauna, volcanoes, lakes, rivers, communities, and local markets, make the visit to Guatemala, Heart of the Mayan World, unique.

Known as the country of eternal spring, it has a pleasant climate that allows tourists to visit it at any time of the year. In addition, it offers various access possibilities from anywhere in the world, with two international airports: La Aurora, located in the capital city, and Mundo Maya, located in the department of Petén.

The color of its handicraft markets and its regional costumes, the hospitality of its people, the beauty of its natural landscapes that frame volcanoes, lakes, rivers, and mountains, make Guatemala remain engraved in the hearts of those who visit it. Its natural, cultural and historical heritage can be discovered in every corner of the country. Proof of this is that it has three destinations that have been recognized by UNESCO as World Cultural and Natural Heritage of Humanity, these being the Tikal National Park, La Antigua Guatemala and the Quiriguá Archaeological Park, making the country the ideal place for vacations or carry out business trips, volunteering, weddings and honeymoons or live natural experiences, culture and adventure, finding in one place different tourism segments, in its seven wonderful tourist regions.

Welcome to Guatemala



Anayansy Rodríguez
General Director
Guatemala Tourism Board
INGUAT



Guatemala, tourism today

The country can be entered by air, land or sea.

ENTRY REQUIREMENTS TO GUATEMALA

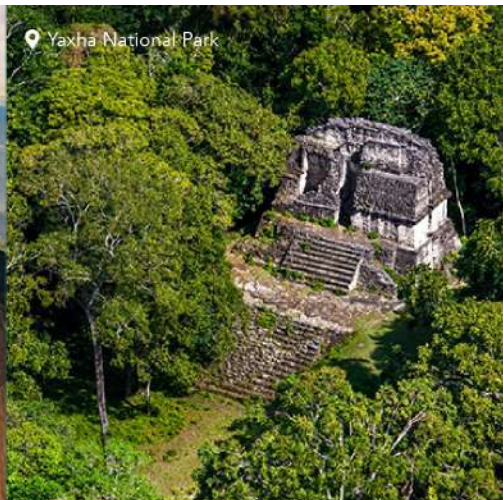
Required documents: Passport

Immigration requirements:

- Valid passport in good condition.
- The corresponding visa (they are exempt from visa to enter Guatemala Category (A)
- Carry out the respective interview.
- Demonstrate financial solvency.
- Hotel reservations or proof of where your stay in the country will be.
- Present your return ticket or other means of transportation that guarantees your departure from the country.

Source: Guatemala Migration Board

Más detalles: <https://igm.gob.gt/requisitos-migratorios-para-ingresar-al-pais/>



Guatemala



Its name originates from the Nahuatl language: Quauhtlemallan, which means “place of many trees”.



Its official language is Spanish. In addition, because of its rich culture and heritage, 22 Mayan languages are spoken as well as Xinca and Garifuna.



Its currency is the Quetzal (ROE USD 1 x Q7.80).



It is limited to the North by Mexico, to the East by Belize and the Gulf of Honduras, to the Southeast by Honduras and El Salvador and to the South by the Pacific Ocean.



The territory is divided into 22 departments, which in turn are divided into 340 municipalities. Its capital is Guatemala City.



Electricity: 110 and 220 volts - A / B adapters.

Guatemala has a privileged geography



It is 1 of the 19 mega diverse countries in the world

Excellent air connectivity with Europe, North America, and South America



5
Lakes



37 volcanoes, 4 of them are active and 320 eruptive foci

360 Microclimates

320 Protected areas



+720
Bird species



10,317
Flower species



245
Reptile species



147
Amphibian species



1,033
Fish species



244
Mammals species

7 Biomes

7 Ramsar Wetlands

3

Reserves recognized by UNESCO in the Man and the Biosphere program:

- Maya Biosphere Reserve
- Sierra de las Minas Biosphere Reserve
- Trifinio Fraternity Reserve

3

World Heritage Sites - UNESCO





- Tikal National Park - cultural and natural heritage
- La Antigua Guatemala - cultural heritage
- Quiriguá Archaeological Park - cultural heritage

3

Intangible Heritages - UNESCO

- Garifuna Language, Dance and Music
- The Tradition of the Rabinal Achí Theater
- The La Pa'ach Ceremonial

Look for more tourist information on the official site: www.visitguatemala.com

    /visitguatemala

La Antigua Guatemala



La Antigua Guatemala



Guatemala City



Spectacular places to visit



GUATEMALA, MODERN AND COLONIAL

The departments of **Guatemala and Sacatepéquez** are in this region.

Guatemala City is the entry point for all visitors by air; it is the most cosmopolitan city in the Central American region. Due to its harmonious development, it was conferred the title of Ibero-American Capital of Culture in 2015, with its historic center, business centers, shopping centers and the Central Handicraft Market. It also has golf courses and private medical services with high standards.

Antigua Guatemala, the main icon of the colonial Hispanic heritage, is in the Panchoy Valley, surrounded by three volcanoes and mountains with coffee plantations, declared "Cultural Heritage of Humanity" by UNESCO. It offers a very rich sample of architecture, colonial monuments, churches, imagery, and altarpieces from the colonial era. You can visit markets, artisan workshops, study centers and Spanish schools. It is a setting in which cultural and religious traditions come to life, ideal for holding weddings and special events, with top-quality facilities for congresses and business meetings.

Tikal National Park



El Remate



Isla de Flores



PETÉN, ADVENTURE IN THE MAYAN WORLD

The Petén region is like a Mayan archaeological museum, for its large number of sites scattered in the jungle, dating from the pre-classic, classic and post-classic periods of this great civilization. Additionally, due to its natural reserves, it is recognized as one of the lungs of the world, serving as a refuge and shelter for hundreds of animals and plant species. This rich and natural diversity allows adventure tourism, nature, bird watching and ecotourism.

Petén is characterized by its archaeological sites, including the Tikal National Park; it is one of the largest cities created by the Mayans, declared a World Natural Cultural Heritage of Humanity by UNESCO. In the heart of the center of that city is the Plaza Mayor where **Temple I or the Great Jaguar, Temple II or Temple of the Masks and its Acropolis stand out.**

In addition, there is the Yaxhá-Nakum-Naranjo National Park, the third largest city, also the Templo de Manos Rojas where you can admire the sunset reflected in the Yaxhá Lagoon. There is also the Uaxactún Archaeological Site, considered one of the oldest cities of the Mayan empire, which has an astronomical observatory with a three-space structure used to observe the rotation and movements of the sun, specifically during the equinoxes and solstices that occurred every three months. El Mirador, with La Danta structure, is considered the largest in the world. In this region there is also the colorful and magical Isla de Flores.

This Mayan site was the first observatory of the Mayan civilization to measure time and to know for sure the dates that were best suited to plant the main crops.



📍 Lake Atitlán



📍 Quetzaltenango's Cathedral



📍 Chichicastenango's Church



HIGHLANDS, LIVING MAYAN CULTURE

Located in the west of the country, it is conformed by the departments of **Quetzaltenango, Huehuetenango, Quiché, Chimaltenango, Totonicapán, Sololá and the northern part of San Marcos**. In this territory of pre-Hispanic and colonial history, the visitor appreciates the country's most deeply rooted indigenous culture and encounters with local communities, cultural expressions of popular tradition, colorful open-air markets, dances, rites, processions, among others. In addition, you can enjoy nature, landscape, crops, forests, hot springs and volcanoes. It is an ideal place to shop for handicrafts and study Spanish. Its pine forests and active volcanoes allow the practice of hiking, canopy, and ecotourism.

The **Chichicastenango Market** stands out, which has been internationally recognized for its color and mix of cultures; there is also **Lake Atitlán** considered by National Geographic, the most beautiful lake in the world. In this area there are also vestiges of the Mayan Civilization in the **Iximché Archaeological Site**.



Castillo de San Felipe de Lara



Archaeological Park Quiriguá



Playa Blanca



IZABAL, A GREEN CARIBBEAN

Located in the department of Izabal, it differs from the traditional tourist offer of the country because it has very particular characteristics compared to what other Caribbean countries present.

It has white sand beaches, nature, and cultural diversity. In this region is located **Río Dulce**, considered a natural reserve. There is also **Lake Izabal**, the largest in the country, where the **Castillo de San Felipe de Lara** is located, which was built by the Spanish during the seventeenth century. Likewise, the town of **Livingston** is located with its exotic gastronomy and Garifuna music that makes the visitor dance to the rhythm of the drum and maracas.



LAS VERAPACES, NATURAL PARADISE

Alta Verapaz and Baja Verapaz are part of this region which is characterized by its lush forests that serve as a refuge for a great fauna such as the Quetzal and flora such as the White Nun, patriotic symbols, and reflections of the beauty of our country.

Adventurous travelers will find the Lanquín or Candelaria caves, as well as unique waterfalls and natural pools such as **Semuc Champey** that surprises visitors with its unique beauty.

📍 Basilica de Esquipulas



📍 Ipala Volcano



EAST, MYSTICAL AND NATURAL

It has waterfalls, volcanoes and rivers that are in the departments of **El Progreso, Chiquimula, Jalapa, Zacapa**, and the northern part of **Jutiapa**.

In this region is the **Basílica of Esquipulas**, a baroque temple from the 18th century, one of the most important Catholic pilgrimage destinations in the Central American region. Another important place is the **Museo Paleontológico y Arqueológico Ingeniero Roberto Woolfolk Saravia** in Estanzuela, Zacapa. In addition, the **Ipala Volcano**, surprises with its lagoon in the crater.

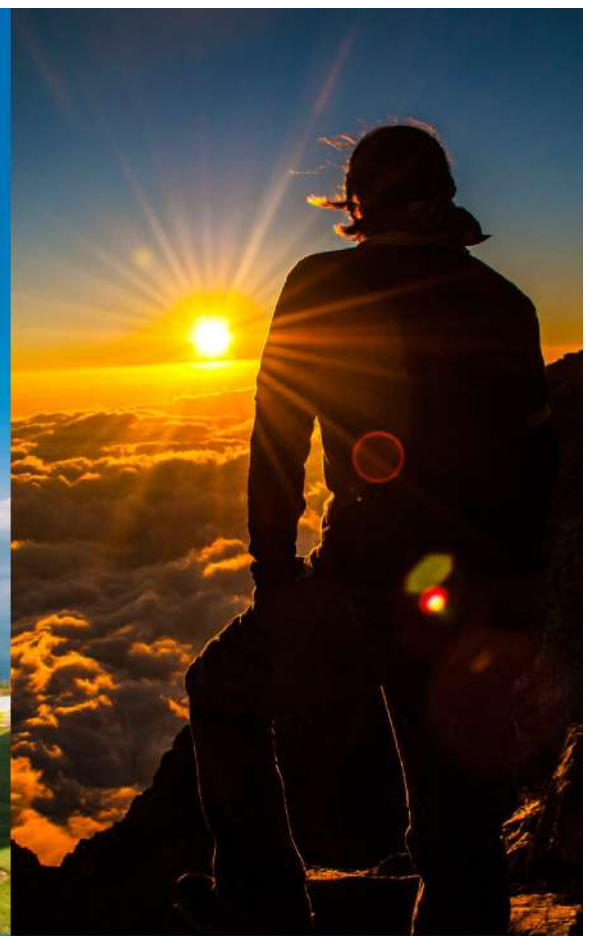


PACIFIC, MAGICAL AND DIVERSE

This region is integrated by the departments of **San Marcos, Retalhuleu, Suchitepéquez, Escuintla, Santa Rosa** and the southern part of **Jutiapa**.

With volcanic sand beaches over 300 kilometers long, there are areas where you can surf and fish, as well as enjoy humpback whale watching, from December to April. The region is ideal for **Sailfish fishing**, a sport for which the country has been recognized as number one in the region and second worldwide. Its habitat allows the development of turtles, and its mangroves facilitate the maintenance of ecosystems for various species.

There is also the **Pacaya Volcano, the Takalik Abaj National Archaeological Park, and the Xocomil, Xetulul, Xejuyup and Dinopark** theme parks that can be enjoyed with the family.



What to do in Guatemala?



ADVENTURE

Guatemala has a unique geography so it generates great wealth for the development of adventure and nature tourism. You can enjoy activities on land, air and water, practicing horseback riding, climbing volcanoes, wall climbing, diving, rafting, canopy, euro bungee, mountaineering, rappelling, among others.

Destination for adventure tourism

Among the destinations for adventure tourism are: the Pacaya Volcano, Carmelitas Circuit, the Mirador and Uaxactún, Laguna Brava and cenotes, Acatenango Volcano, Candelaria Cenotes, Tajumulco Volcano and Semuc Champey.

More information: <https://www.visitguatemala.com/aventura/>



DESTINATION WEDDINGS & HONEYMOONS

Guatemala has been recognized worldwide for being one of the favorite destinations for destination weddings. It has impressive colonial architecture, landscapes full of nature, tropical places or full of mysticism due to its ancient Mayan culture, reasons why more and more couples decide to make a unique and memorable wedding in the country of eternal spring, in where you will find a perfect offer for venues and services.

The country offers a wide variety of luxurious venues for large weddings, either intimate in closed or open spaces.

Main destination for weddings:

Guatemala City, La Antigua Guatemala, Petén, Izabal, Monterrico, Quetzaltenango, Sololá, Huehuetenango and Las Verapaces.

Guatemala has an excellent and varied offer of certified professional wedding planners, receptive agencies, DMCs, ground transportation, florists and suppliers of technical equipment, such as audio and lighting, stages, stands, printed matter, simultaneous interpretation, registration, security, photography and video, which will facilitate the organization.

More information: <https://www.visitguatemala.com/bodas-de-destino-y-lunas-de-miel/>



CULTURE

Guatemala's cultural heritage is so extensive that it has made it one of the quintessential cultural tourist sites in the world. Its multi-ethnic wealth has 25 ethnic groups that are present in Guatemala, 22 of them of Mayan origin, complemented by the Xinca, Garifuna and Ladino. This incredible fusion implies not only great ethnic diversity, but also a historical past and exceptional ancestral knowledge.

With a Guatemalan cuisine inherited from generation to generation, it possessed a variety of combinations of flavors, smells, colors and textures. As part of the gastronomic culture, food occupies a preponderant place in commemorative activities such as the Fiambre on the All Saints Day, ceremonial dishes such as Kak-ik and the delicious cocoa drink, religious food such as torrijas and chinchivir soft drinks in Easter, and in festivals roasted corn and atol de elote, among others.

More information: <https://www.visitguatemala.com/cultura/>



SPORTS

The global trends of playing sports and having an active life, resulted in many people traveling to Guatemala for this purpose. Due to its climatic and geographical conditions, it allows you to practice different sports, including:

Fishing:

Guatemala has been recognized as the number one sport fishing destination in the region due to the large number of sailfish that exist on the Pacific coast. Likewise, you can find a great variety of fish such as Marlins, Tunas and Dorados.

All this wonderful experience is assured by professional services, quality boats and luxurious hotels. While fishing, you will be accompanied by a friendly crew and a captain with years of experience. The ideal season to practice this sport is from November to May, when the greatest quantity of sailfish is found; although from June to October you can also fish, but not the same amount.

Golf:

Golf tourism allows you to enjoy your stay at one of the courses and combine rounds of golf with tourist visits.

The pleasant climate, the proximity to the city and tourist centers, offers the golfer a unique and varied experience, which positions Guatemala as a "one-spot golf destination", according to Peter Walton, president of the International Association of Golf Tour Operators - IAGTO. The country has hosted several national, regional and international cups and tournaments, such as the PGA Tour Latin America.

Marathons:

The marathons, half marathons, ultra-marathons and triathlons that take place in Guatemala are first class sporting events, with races that will challenge athletes in all aspects. They can also be combined with visits to different tourist destinations in the country throughout the year.

Some destinations for marathons are Guatemala City, Cobán, Lake Atitlán, Retalhuleu with its theme park attractions, La Antigua Guatemala that includes races through volcanoes and Petén that is growing for triathlons.

More information: <https://www.visitguatemala.com/deportes/>





IDIOMATIC

Guatemala is one of the countries of the Spanish-speaking region ideal as a destination to learn the Spanish language, due to the neutral accent, the personalized teaching method and the cultural exchange that takes place in the different parts of the country where they are concentrated.

In Guatemala there are approximately 60 Spanish schools located in priority tourist destinations such as Quetzaltenango, Sololá and Sacatepéquez. Students have been recruited mainly from the United States, Europe, Canada, Korea, and Japan.

Why study spanish in Guatemala?

- ✓ It offers complete Spanish schools that are regulated by the Ministry of Education.
- ✓ Accessible and competitive prices for those who want to learn the language.
- ✓ The accent is neutral so the learning process is facilitated.
- ✓ One to One system with which you learn faster by having private classes.

More information: <https://www.visitguatemala.com/academias-de-espanol/>



VOLUNTEERING

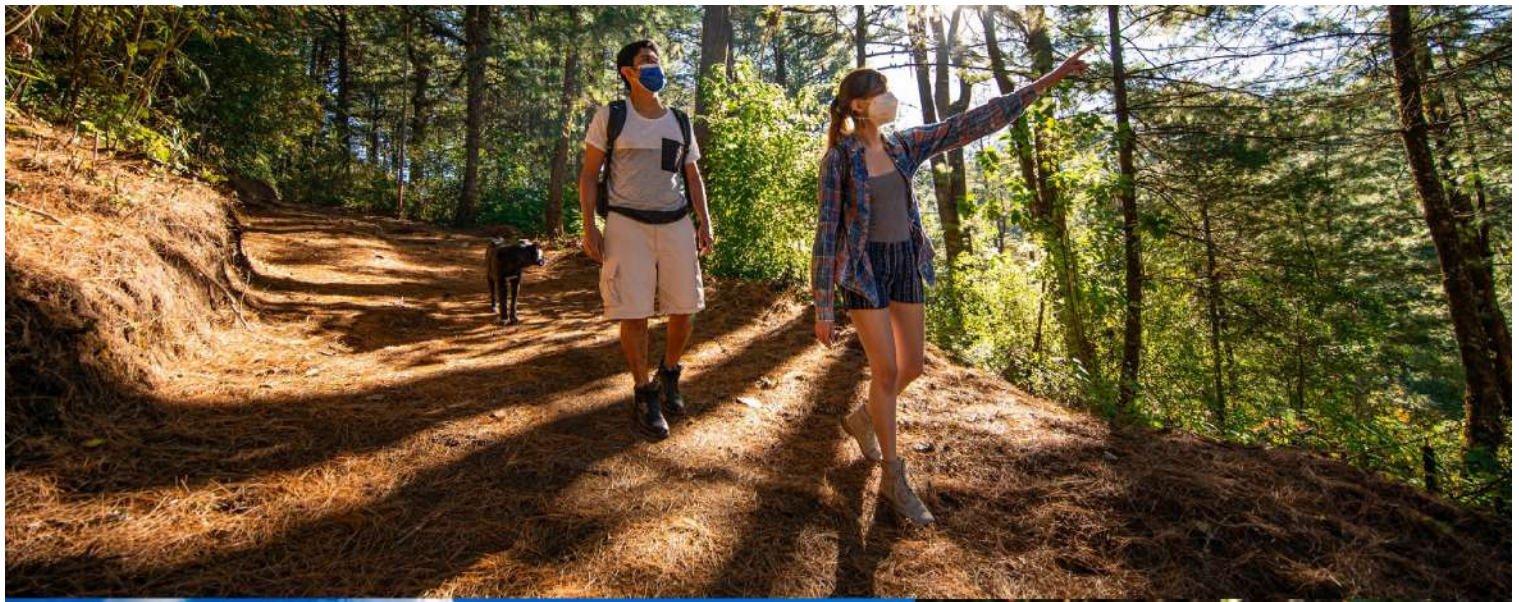
The communities of Guatemala offer volunteer activities that seek to comply with the sustainable development objectives, which allows an important twist to the activities carried out by the volunteers.

1. Experience and be part of the living Mayan culture.
2. Taste the Guatemalan gastronomy prepared with the most original recipes.
3. Get to know the Mayan culture through its ancient cities, or venture into field activities such as climbing volcanoes or enjoying water activities.
4. Visit tourist sites depending on the region where you are.

Among the areas where it can be supported are:

- Education
- Construction of houses for low-income people
- Provision of medical services
- Conservation of species
- Social works
- Environmental protection
- Educational or job internships

More information: <https://www.visitguatemala.com/voluntariado/>



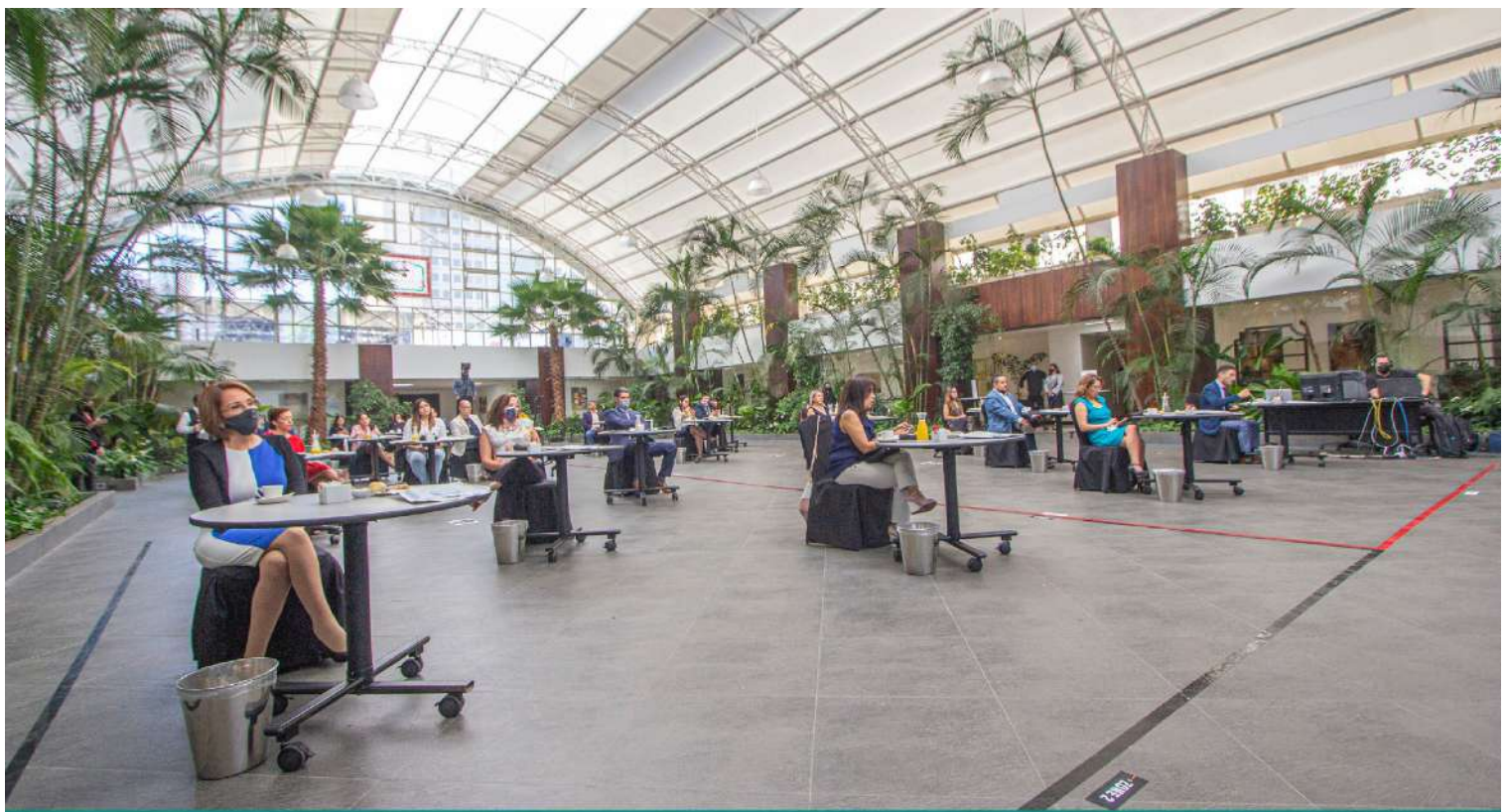
NATURE

Due to its natural fullness and its exceptional location as a transition area between two large biogeographic regions, Nearctic (north) and Neotropical (south), it is rich of ecosystems and species. For this reason and due to its pronounced orography, Guatemala has the presence of a great diversity of habitats and endemic species, which means they live only in this region of the planet.

Guatemala has a variety of activities to do regarding nature:

- Bird watching
- Ecotourism
- Whale watching
- Protected areas
- Agrotourism
- Turtle releasing

More information: <https://www.visitguatemala.com/naturaleza/>



MEETINGS & INCENTIVES

Guatemala has the infrastructure to develop congresses, conventions, incentive trips and conferences with a range of cultural, fun and entertainment activities. It has more than 253 meeting rooms in Guatemala City and 87 in La Antigua Guatemala, theaters, museums, markets, plazas, spaces for events and international hotel chains, restaurants, specialized event service providers, professional congress and convention operators, incentive trips, ground transportation and air connectivity to the main cities of the United States, Mexico, Central and, South America.

It offers several venues to hold events:

- Theaters: spaces that, in addition to allowing cultural activities, offer great attraction for openings or closings.
- It has more than 20 museums or artistic spaces, which can be visited by participants in meetings and where exhibitions, conferences or cocktails can be held.
- There are more than 30 shopping centers where exhibits can be set up.

Amount of venues by destination in Guatemala and number of destination management companies and tour operators.

DESTINY	AMOUNT OF VENUES
Guatemala City, Guatemala	100
La Antigua Guatemala, Sacatepéquez	58
Atitlán, Sololá	18
Quetzaltenango, Quetzaltenango	20
Flores, Petén	20

Guatemala has specialized DMCs to attend different activities in the Business Segment.

More information: <https://www.visitguatemala.gt/reuniones-e-incentivos/>





CRUISE DESTINATION

The cruise segment allows visitors for a period of 10 to 14 hours to visit spectacular destinations with a wide range of tourist products, quality in the sale and provision of tourist services, effective communication with cruise lines, promotional actions, as well as participation in international fairs and events.

The cruise season begins in October and ends in May of the following year, when fall and winter ends in the Northern Hemisphere and the hurricane season ends in the Caribbean region.

- Celebrity Cruises
- Carnival Cruise Line
- Crystal Cruises
- Cunard Cruise Line
- Holland America Cruise Line
- Marella Cruises
- National Geographic – Lindblad Expeditions
- Norwegian Cruise Line
- Oceania Cruises
- Princess Cruises
- Regent
- Royal Caribbean Cruises
- Seabourn Cruises
- Silver Cruise Line

Destinations to go while visiting the country on a cruise:

Puerto Santo Tomás de Castilla

- Quiriguá Archaeological Park
- Río Dulce Canyon
- Río Dulce
- Las Escobas Trail
- Livingston
- Tikal National Park
- Castle of San Felipe de Lara
- Ensenada Verde
- Amatique Bay Marina & Resort

Puerto Quetzal

- La Antigua Guatemala
- Auto Safari Chapín
- Lago de Atitlán
- Ruinas de Iximché
- Pacaya Volcanoe
- Tikal National Park
- Beaches of Monterrico





HEALTH & WELLNESS

Guatemala is one of the most modern cities in Latin America and has positioned itself as one of the destinations with world-class health and wellness services. Travelers come in search of sanctuaries of health, which combine unique settings with professional and highly qualified personnel trained to attend in a personalized way.





Guatemala, a safe destination

Guatemala offers the visitor safe travel experiences, through the Tourist Assistance Department, which provides services of:

- Assistance in Spanish and English 24 hours a day, 365 days a year, through the numbers 1500 and 2290-2810, where tourists can request support, inter-institutional coordination, tourist information and police guards during their trip.
- Personalized attention in the different tourist regions, through 12 bilingual delegates (Spanish and English), who have the ability to coordinate immediate actions with different embassies, security, and aid institutions, among others.
- Tourist information through 11 delegations with bilingual attention (Spanish and English), which are located in the main tourist destinations of the country, where tourists can call for information, assistance, and guidance for their trip.





Non-resident visitors in 2021

666,017



AN INCREASE OF

13%

of visitors compared to 2020



13
SEASONS

without crimes against cruise passengers since 2009.



27,771

TOURISTS

tourists have visited the country with an assisted service

which has been reported

0 incidents



46,759

assistance to tourists through calls to 1500 and in person through Tourist Information Offices.

1500 

ASISTENCIA AL TURISTA
TOURIST ASSISTANCE


2290-2810




TOURISM INFORMATION

    /visitguatemala www.visitguatemala.com

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