

Contents

INTRODUCTION		9			
FACTS ABOUT GUATEMALA		11			
History	11	Government & Politics . . . 30	Society & Conduct 35		
Geography	23	Economy	30	Religion	39
Geology	24	Population & People . . . 32	Mayan Calendar System . 42		
Climate	24	Education	32	Language	45
Ecology & Environment . 25		Arts	32		
Flora & Fauna	26	Architecture	33		
FACTS FOR THE VISITOR		46			
Highlights	46	Radio & TV	66	Dangers & Annoyances . . 81	
Suggested Itineraries . . . 47		Photography	66	Emergencies	82
Planning	48	Time	67	Legal Matters	82
Responsible Tourism . . . 50		Electricity	67	Business Hours	82
Tourist Offices	51	Weights & Measures . . . 67	Public Holidays &		
Visas & Documents 51		Laundry	67	Special Events	83
Embassies & Consulates . 54		Toilets	68	Activities	84
Customs	55	Health	68	Language Courses 86	
Money	55	Women Travelers 79	Work		87
Post & Communications . 57		Gay & Lesbian Travelers . 79	Accommodations 88		
Internet Resources 60		Disabled Travelers 80	Food		89
Books	62	Senior Travelers 80	Drinks		90
Films	65	Travel with Children . . . 80	Entertainment 91		
Newspapers & Magazines . 65		Useful Organizations . . . 81	Shopping		92
GETTING THERE & AWAY		94			
Air	94	Sea	104	Organized Tours 105	
Land	102	River	104		
GETTING AROUND		107			
Air	107	Bicycle	111	Local Transportation . . . 112	
Bus	107	Hitchhiking	111	Organized Tours 113	
Car & Motorcycle 110		Boat	112		
GUATEMALA CITY		114			
History	114	Zona 4	122	Places to Eat	127
Orientation	115	Zona 10	122	Entertainment 129	
Information	118	Zona 13	123	Getting There & Away . 129	
Zona 1	120	Kaminaljuyú	123	Getting Around 130	
Zona 2	121	Places to Stay	123		
ANTIGUA		132			
History	133	Parque Central 138	Casa Popenoe		140
Orientation	133	Casa K'ojom	139	Monument to Landívar . 140	
Information	133	Churches	139	Market	140

Horseback Riding	141	Organized Tours	142	Entertainment	150
Bicycling	141	Special Events	143	Shopping	151
White-water Rafting	141	Places to Stay	143	Getting There & Around	152
Language Courses	141	Places to Eat	147	Around Antigua	152

THE HIGHLANDS

Lago de Atitlán	158	Santa Cruz La Laguna	182	Huehuetenango	215
Tecpán Guatemala	159	Quiché	183	Around Huehuetenango	221
Sololá	160	Chichicastenango	183	Huehuetenango to	
Panajachel	160	Santa Cruz del Quiché	191	Cobán	221
Around Panajachel	173	Nebaj	193	La Mesilla	223
San Lucas Tolimán	174	Western Highlands	195	Soloma	223
Santiago Atitlán	174	Cuatro Caminos	195	Todos Santos	
San Pedro La Laguna	178	Totonicapán	195	Cuchumatán	224
San Marcos La Laguna	181	Quetzaltenango	196		
Jaibalito	182	Around Quetzaltenango	209		

THE PACIFIC SLOPE

Ciudad Tecún Umán	228	Champerico	232	Puerto San José & Likin	238
El Carmen	228	Mazatenango	232	Iztapa	238
Coatepeque	228	Santa Lucia		Monterrico	239
El Zarco Junction	228	Cotzumalguapa	232	Around Monterrico	242
Retalhuleu	228	La Democracia	236	Lago De Amatitlán	243
Around Retalhuleu	231	Around La Democracia	237		
Abaj Takalik	231	Escuintla	237		

CENTRAL & EASTERN GUATEMALA

Salamá	246	Zacapa	260	Around Copán Ruinas	281
Around Salamá	247	Chiquimula	260	Quiriguá	281
Biotopo del Quetzal	248	Around Chiquimula	263	Lago de Izabal	284
Cobán	249	Padre Miguel Junction		Puerto Barrios	289
Around Cobán	256	& Anguiatú	264	Livingston	295
Backdoor Petén Routes	258	Esquipulas	264	Around Livingston	300
Río Hondo	259	Copán Site (Honduras)	268		
Estanzuela	260	Copán Ruinas	274		

EL PETÉN

Poptún	305	Tikal	323	Sayaxché Area	335
Flores & Santa Elena	307	Uaxactún	332	Remote Mayan Sites	338
El Remate	320	Eastward to Belize	334		
Around Lago de Petén		From El Petén to			
Itzá	322	Chiapas (Mexico)	334		

LANGUAGE

Spanish	341	Modern Mayan	344
-------------------	-----	------------------------	-----

MENU TRANSLATOR

GLOSSARY

INDEX

156

226

244

303

341

348

351

359