LAND OF PLENTY
GUATEMALA

MORE THAN A RIDING HOLIDAY, VISITING GUATEMALA IS AN EXPERIENCE. THE FANTASTIC RIDING, AMAZING NATURAL LANDSCAPES, UNIQUE MAYAN CULTURES AND EXCELLENT HOTELS. A SUPERB WINTER-ESCAPE RIDING DESTINATION!

WHY BIG MOUNTAIN?

Professional Leaders. Mountain bike trips to far-away places requires local knowledge. We work with the best guides in all destinations, many since 2001.

Your Safety. Our guides have first-aid certification, our trips have safety management plans and our riders’ wellbeing is the number one priority on all of our trips.

Groups that Work. All riders complete a detailed Rider Questionnaire to ensure that they are well matched for the trip physically and technically and with the rest of the group. We almost always have optional rides just in case.

Preparation is Key. We offer excellent pre-trip support and all departures include a detailed Preparation Guide specific to the destination. Of course we’ve been on every trip that we offer.

Expert Trip Design. We know how to create exceptional mountain bike trips. And, we’re constantly reviewing and improving itineraries if we feel that it’s needed.

Piece of Mind. Travel & Medical Insurance is mandatory on our trips and Big Mountain Bike Adventures Ltd. has commercial general liability insurance.

OUR GUIDES

Our leaders in Guatemala are local professionals and expats who have a passion for this beautiful country and it’s people and can navigate its cultural intricacies. They’re backed by an office of logistics personnel.
ITINERARY
LAND OF PLENTY

The following is a ‘general’ outline for the Land of Plenty trip. Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.

**DAY 1**
Arrive to Guatemala City.
Arrive to Guatemala City airport and be met by our driver who will be holding a sign with your name. Transfer one hour to our central Antigua hotel, Meson de Maria, a quaint, Colonial-style restored mansion of the XXII century. After building your bike we encourage you to explore this historical city with cobblestone streets and citizens dressed in colorful Mayan clothing. Sleep at Hotel Meson de Maria.

**DAY 2**
Ride El Zur.
The El Zur mountain bike park is a private reserve sitting at 8500 feet with over 25 km of flowing purpose built singletrack bliss. We’ll have lunch at the bottom of the flow line and then you will be able to test your mettle on the “G-Line” built by Gravity Logic, the folks who built out Whistler Bike park. This afternoon we’ll have free time to explore Antigua and enjoy the local scene. Sleep at Hotel Meson de Maria.

**DAY 3**
Ride Antigua Valley.
Amazing XC riding from the door of our hotel to the indigenous Mayan town of San Juan del Obispo towards the Volcan Agua. Some big climbs today and great singletrack riding through the agricultural fields of corn, peas, nísperos, coffee and avocado trees. A final last downhill technical section before popping back out in Ciudad Vieja. From there we’ll follow the local roads back into Antigua. Distance: 19 km. 590 m. 1445 m.

**DAY 4**
Transfer to Ixmche Mayan Ruins. Ride Tecpan Trails.
Transfer from Antigua to the Mayan ruins of Ixmche near Tecpan to start today’s ride. After a short guided tour of the ruins we’ll climb out of Tecpan through the outskirts of town and quickly into the lush forest. We will top out at the highest point and be rewarded with views to Lake Atitlan and it’s three surrounding volcanoes. After a big descent back to town we’ll bed down at Helvetia Molino, an old flour mill that’s been converted into a beautiful country hotel where we’ll enjoy the evening. Distance: 35 km. 1800 m. 1800 m.

**DAY 5**
Ride Tecpan to Lake Atitlan.
A backcountry ride with a little bit of everything today from dirt road climbs to technical singletrack descents across the mountains. We’ll enjoy lunch high above Lake Atitlan with stellar views. Finally we hit the famous Santa Cat trail that and drops on amazing contouring trail to the Santa Catarina village. Finish off the day in Panajachel and you’ll have the night free to enjoy town. Distance: 40 km. 986 m. 1552 m.

**DAY 6**
Ride Slickrock Trail. Relax on Lake Atitlan.
Two options this morning – chill by the hotel pool, walk around town and enjoy the amazing markets in Panajachel, or ride. Today’s ride option is a shuttle to 2825m for a 1552m descent (not all downhill!) back to town via a mix of single-track, dirt roads and doubletrack. We’ll finally arrive back to town where we hop in a boat and transfer to our lakeside hotel which is accessed by boat only, Hotel Casa Del Mundo. Distance: 21 km. 508 m. 1470 m.

**DAY 7**
Relax on the Lake. Transfer to Antigua.
Enjoy breakfast and a relaxing morning at Casa del Mundo. You will have time today to unwind from the week of riding, take a swim, kayak, or simply relax with the big volcano views on the terrace. We will catch our boat back to Panajachel at 2:00pm and then jump in the private shuttle back to Antigua for our final dinner and last night celebrations.

**DAY 8**
Transfer to Guatemala City for flights home.
We will arrange your shuttle back to Guatemala City airport to catch your departure flight. Bon voyage!

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BIKE AND EQUIPMENT
The perfect bike for this trip is a 4-5” travel all-mountain dual suspension bike with hydraulic disk brakes. All participants are required to have their bikes in excellent working order before the trip begins. Also required: helmet, hydration pack, eye protection and appropriate clothing. Kneepads are mandatory. All participants are required to bring extra brake pads, tubes, a patch kit, and any other parts specific to your bike. We will send you a detailed list of required equipment and clothing before departure. Bike rentals are available for approximately $50 USD per day. Please inquire with us if you would like more information.

SUGGESTED BIKE FOR THIS TRIP:
TREK FUEL EX 9.8

TRAVEL INSURANCE
Medical Insurance is mandatory on all Big Mountain Bike Adventures’ trips and Travel Insurance is strongly recommended. Please visit our recommended insurance provider World Nomads to learn more.

ACTIVITY LEVEL
The technical ability required for Land of Plenty is rated as Level II and higher. In other words, the trails are mildly technical at times. Riders should have at least two years of singletrack riding experience. For fitness level, this trip is a Level I-II, riders can expect 4+ hours in the saddle daily. As with all Big Mountain Bike Adventures trips, the fitter you are the more fun you’ll have. This trip is demanding at times in a remote landscape.

WHAT’S INCLUDED?
- Professional local guides.
- Ride snacks & water (fruit, bars, nuts).
- Eight nights hotel accommodation
- Return airport transfers from Guatemala City airport on scheduled days only.
- All transportation during the trip.
- All breakfasts, six lunches & four dinners.
- Detailed pre-departure information and trip extension assistance.

WHAT’S NOT INCLUDED?
- Two dinners and personal items like drinks (wine, beer, etc).
- Your bike and equipment needed to ride.
- Airfare; airport taxes and extra baggage fees.
- Mandatory personal travel and medical insurance.
- Optional tipping to guides.

LODGING AND FOOD
From a Colonial-style restored mansion in central Antigua to an old restored flour mill to a lakeside resort and finally a boat-only accessed hotel on the lake; we’re confident that you’ll enjoy the variety of properties on this trip. Please notify Big Mountain Bike Adventures if you have any special dietary needs.

CLIMATE
November through April are great months to visit Guatemala with little rain and temperatures in the mid-high 20’s celcius. Expect high humidity and a cool night spent on Volcan de Acatenango where temperatures can dip to near freezing.
YOUR SAFETY

All participants must ride safely and within their limits daily as mountain biking is a dangerous sport with risks and hazards. Most accidents occur at the beginning of a trip due to jet lag, fatigue and unfamiliarity of trail conditions and obstacles; it is imperative that riders especially take it easy at the beginning of the trip. Alcohol and drugs are not permitted while riding. Participants will remain hydrated and rested throughout the trip. Riders will be responsible for their daily bike checks and keeping bikes in good working condition. Everyone is ultimately responsible for their own well being on our trips. Our guides have basic first aid training and if a serious injury is suspected, will call local search and rescue and/or an evacuation helicopter at the cost of the participant. The majority of our trips take place in remote regions with limited evacuation options. Personal medical travel insurance is mandatory on all trips.

THE NEXT STEPS

Call us toll free at 1-866-894-0220, or +1-604-902-1807 for international guests or email at info@ridebig.com to confirm there’s space on this trip. If Skype is preferred please send us an email to arrange a meeting. We like to speak to everyone interested in joining our trips. This helps ensure everyone signing up is well matched for the group!

Make sure you have read and understand our Terms and Conditions and also our Waiver. Both found on our website under registration.

To confirm your spot please complete our secure online Booking Form found on our website.

Once your online registration form has been received, we’ll send you detailed pre-departure information, for review, to ensure you’re well prepared for the adventure ahead.

PAYMENT

Once you’ve completed our online registration form and we’ve confirmed that we have the needed number of riders to proceed, we’ll collect a $750.00 CAD deposit that is refundable up to 14 days after registering (outside of 90 days before the trip departure), afterwards your deposit becomes non-refundable. At 90 days prior to the departure, the full trip balance will be collected. Please review our Terms & Conditions for full details on payment, cancelation and refund policies. Please note that while our land costs are quoted in the destination country’s preferred currency, the balance and deposit are processed in Canadian dollars. The exchange rate is based on the daily rate quoted using the Bank of Canada. If you are paying with credit card and reside outside of Canada, you may incur a foreign transaction fee. If you wish, there’s the option of paying with a wire transfer or you can also send us a cheque. Please contact us anytime to discuss your options.

SINGLE SUPPLEMENT

The single supplement of $395 USD is an additional fee for solo travelers who wish to have their own rooms during the trip. If riders agree to share a room with someone of the same gender BM will pair you up. If there isn’t another single participant of the same gender available, you will automatically have your own room and incur the additional single supplement fee.

REFERENCES

We’ll be happy to provide you with references of satisfied past travellers.

QUESTIONS?

Feel free to call us at 1-866-894-0220 or email info@ridebig.com if you have any questions or need any additional information. We are here to help!

CONTACT US

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WHY BIG MOUNTAIN IS YOUR CHOICE

Since 2001 Big Mountain Bike Adventures is the pioneer of performance mountain bike adventures to destinations worldwide. Our itineraries are designed by local professional guides and Big Mountain travel experts and lead by the very best local leaders available. Our mission is to deliver safe, quality trips with the best customer service - ensuring a trip of a lifetime.