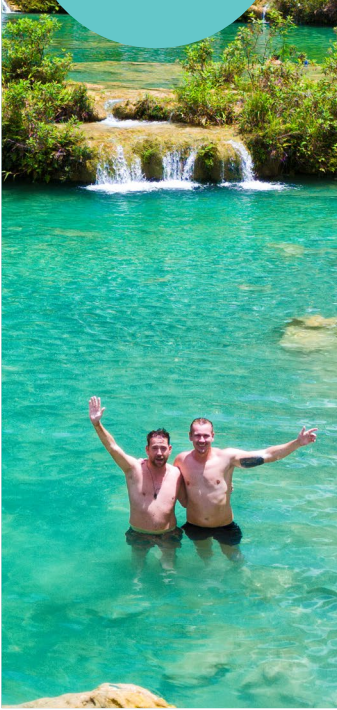


INTRO
TRAVEL

CENTRAL AMERICA



Mexico
Belize
Guatemala
Costa Rica



Award Winning Group Tours for 18 – 40s

Real experiences.

Real connections.

Real travel.



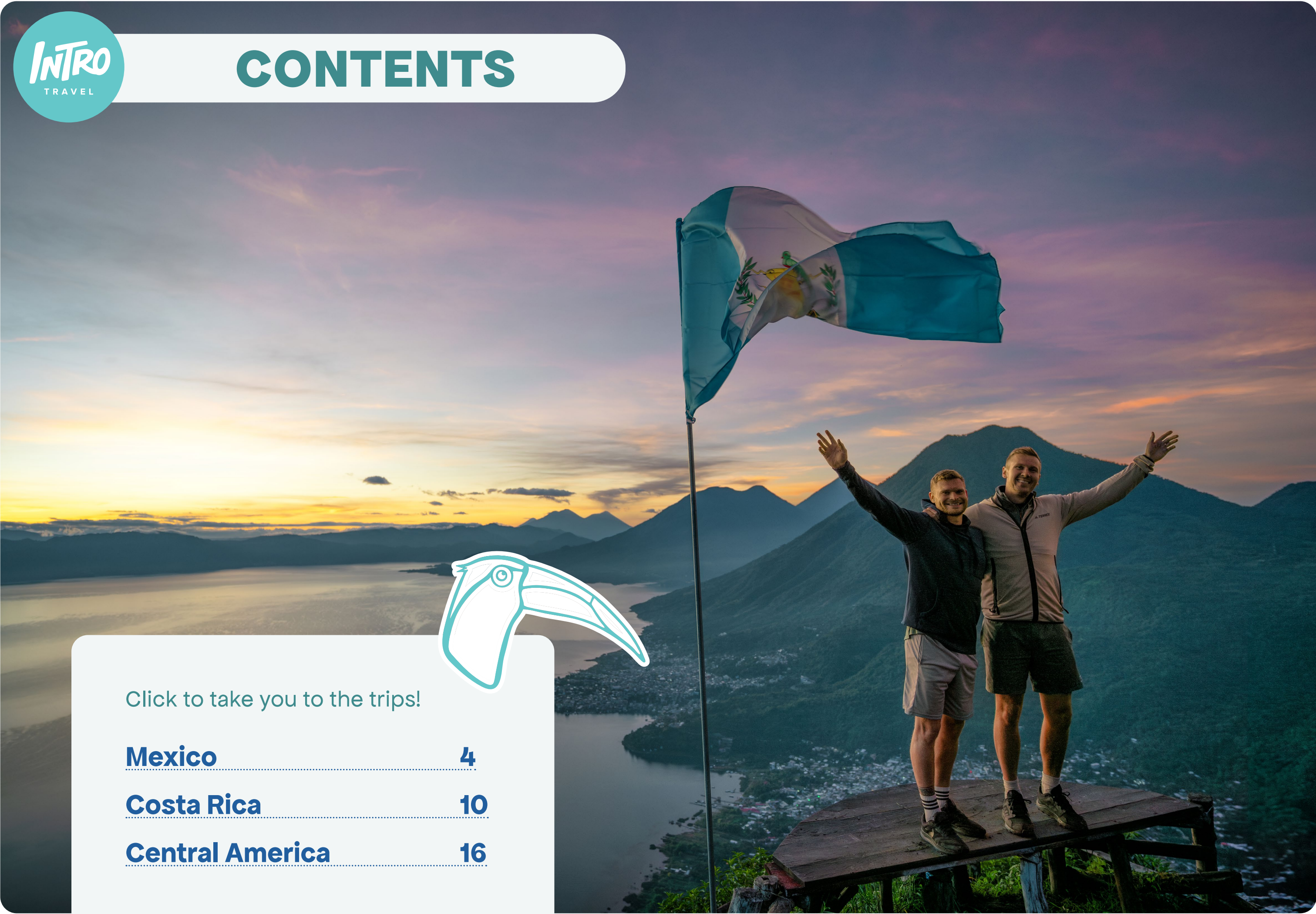


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Mexico

Fiestas & fiery flavours

Mexico pulses with life, from colourful colonial streets to white-sand beaches and jungle-wrapped wonders. Explore legendary Mayan sites, cool off in crystal-clear cenotes, feast on authentic street food, and embrace the electric energy that flows from sunrise to star-lit nights.



Viva Mexico



Adventure



Beach



14 Days



Mexico City – Playa del Carmen



18 – 40s

Highlights

- Immerse yourself in the bustle of Mexico City
- Try local spirits at a mezcal distillery
- Visit the Indigenous communities of San Juan Chamula and Zinacantan to witness the melting-pot of ancient Mayan beliefs and contemporary religions
- Explore the mystical Mayan ruins at Chichén Itzá & the refreshing Cenote Chukum
- Dive into the tropical paradise of Isla Holbox on an exciting boat tour, where you might just encounter some wild pink flamingos (seasonal)
- Relax on the Yucatan Peninsula's whitest beaches and get amongst Playa Del Carmen's buzzing nightlife

Itinerary

Day 1: Welcome to Mexico

📍 Mexico City

Hola! Once you arrive in Mexico City we'll take you to straight to our hotel. You'll have plenty of time to recover from your flight before meeting up with everyone in the group and getting excited for what's to come.

Day 2: Discover Mexico City

📍 Mexico City

What a place to begin our adventure! Known for mountainous surrounds, rich history and incredible buildings, we'll kick things off with an orientation around the historical centre. Wandering bustling streets, we'll learn about the Aztec Empire and history of Spanish Conquest as well as check out icons like Cathedral Metropolitan and Zocalo. The afternoon is yours to explore, opt to check out a museum or listen to a mariachi song. Tonight we'll refuel with a traditional Mexican dinner and show!

Day 3: Travel to Puebla & Oaxaca

📍 Oaxaca

Saying adios to the city, today we'll depart for one of the many 'Magic Towns', Puebla, a beautiful colonial town flanked by volcanoes. Here we'll learn about the history of the area – such as, this town is where Cinco de Mayo originates from! After lunch we'll continue our journey to Oaxaca, where we will check in to our accommodation. We'll then head out and experience the streets by moonlight, hitting up the bars and restaurants!

Day 4: Explore Oaxaca

📍 Oaxaca

Today, we explore the vibrant charm of Oaxaca. We'll wander through the lively, colorful markets, admire the stunning cathedrals, and soak in the authentic local vibe. After a day of exploring, the evening awaits with a chance to try more of Oaxaca's delicious eats!

Day 5: Oaxaca & Mezcal Distillery

📍 Tehuantepec

Enjoy a chill morning before we head into the valleys to visit a local family to learn how hand-made textiles are produced. After that, we will pop over to a visit a traditional mezcal distillery. We'll learn all about this energizing spirit before continuing our journey down to Tehuantepec for our overnight stop.

🌿 *Small Change: Visit a local textile family near San Cristobal, where you'll learn traditional dyeing and weaving techniques firsthand.*

Day 6: Canyons & Mountains

📍 San Cristobal de las Casas

Jumping on a boat, today we'll discover some of Mexico's natural beauty. Cruising through the Canyon of Sumidero we'll see cascading waterfalls, rich jungle, and cross our fingers in the hopes of spotting some cheeky monkeys and lurking crocodiles. Later we're heading up into the mountains for our next stop, the delightful colonial town of San Cristobal de las Casas. We will walk you around the charming town of San Cristobal with an optional pottery class for those wanting to show their artistic flare.

Day 7: San Cristobal de las Casas

📍 San Cristobal de las Casas

We'll visit a local family in the charming town of Zinacantan, learning how to make our own tortillas, and experiencing a family-style breakfast. Then we'll head to San Juan Chamula to explore and visit its unique church. Back in San Cristóbal de las Casas, you'll have time to wander the city, savor Chiapas' famous coffee, and try Pox – a traditional regional drink, before enjoying a delicious dinner.

Day 8: Fly to Cancun

📍 Cancun

Leaving beautiful San Cristobal, today we hop on an included flight across Mexico and land in the wonderful hustle and bustle of Cancun, for a short overnight stay.

Day 9: Paradise Awaits

📍 Isla Holbox

This morning, we're catching a ferry to Isla Holbox, aka paradise! Imagine sunny beaches, clear waters, and laid-back villages. We'll soak up the island vibe, eat some local food, watch the sunset, and groove to tropical tunes at a beach bar under the stars.

Day 10: Boat Tour

📍 Isla Holbox

Today, we're diving (literally) into the wonders of Isla Holbox with a boat tour. On the lookout for those Instagram-worthy pink flamingos (seasonal). The afternoon is yours to snag a hammock, perhaps finally read that book you've been lugging around. Sea, chill, repeat – it's the ultimate day to unwind and disconnect.

Day 11: Playa del Carmen

📍 Playa del Carmen

This morning our Mexican escapade takes us back into the Yucatán. We'll settle into our last hotel in Playa del Carmen with ample time to soak up all the beaches, bars, and tacos this renowned hotspot has to offer. Anyone up for souvenir hunting?

Day 12: Chichén Itzá & Cenotes

📍 Playa del Carmen

Today, we're off to check out one of the New 7 Wonders of the World – Chichén Itzá. With a local guide leading the way, we'll uncover the cool myths and awesome sights of these ancient ruins, like the iconic Temple of Kukulkan (or 'El Castillo'), the spooky Platform of the Skulls, and the huge Plaza of a Thousand Columns. Then, get ready to dive into the crystal-clear waters of a stunning cenote, a super cool natural swimming spot hidden in an underground world.

*You'll join forces with our Central America group from today onwards for the rest of your Viva Mexico tour.

Day 13: Cozumel Island & Beach Club

📍 Playa del Carmen

This morning we're off to the island of Cozumel. After a short ferry ride, we'll make our way to our exclusive beachfront beach club where you can kick back in our VIP area, swim in crystal clear water, snorkel straight from the beach, or simply relax with a drink in hand. We'll have lunch before returning to Playa for our final group dinner. Let's dig into some avocado, knock back a tequila shot (or two), and celebrate an incredible adventure with our new friends.

Day 14: Check Out & Onward Travel

📍 Playa del Carmen

Time to say adios as our Mexican adventure comes to an end. You can check out to head back home, stay on in Playa Del Carmen or continue your travels. We'll be on hand to help with planning any onwards travel.

Inclusions

- ✓ Airport Pickup to Our Accom 24/7
From Mexico City Airport (MEX) only
- ✓ 13 Nights Accommodation
- ✓ All Transport & Internal Flight
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Orientation Tours of Mexico City, Oaxaca & San Cristobal de las Casas
- ✓ Mezcal Distillery Experience
- ✓ Boat Tour of Sumidero Canyon
- ✓ Indigenous Community Visit
- ✓ Family-style breakfast experience in Zinacantan
- ✓ Island Boat Tour of Isla Holbox
- ✓ Natural Pools
- ✓ Pink Flamingos (seasonal)
- ✓ Sandbank Sunrise
- ✓ Chichén Itzá with Local Guide
- ✓ Underground Cenote
- ✓ Cozumel Island Beach Club
- ✓ Meals: 11B & 2L

Not Included:

Arrival & departure flights, travel insurance, visas & some meals



Where You'll Stay

Viva Mexico 14 day trips

Mexico City: Hotel Benedicta

2 nights in the historic district of Mexico City.

- Twin/double/triple rooms
- Ensuite & Wi-Fi
- Restaurant

Oaxaca: Parador del Dominico Hotel

2 nights in a perfect location in the heart of the city.

- Twin/double rooms
- Ensuite, Wi-Fi & air con
- Restaurant

Tehuantepec: Hotel Calli

1 night in the magical town of Tehuantepec.

- Twin/double rooms
- Ensuite, Wi-Fi & air con
- Swimming pool

San Cristobal de las Casas: Gran Barrio Hotel

2 nights in a pink-lovers dream, right in the centre of the city!

- Twin/double/triple rooms
- Ensuite & Wi-Fi
- Outdoor terrace area

Cancun: Ambiance Suites

1 night in a smart, centrally located hotel.

- Twin/double rooms
- Ensuite, Wi-Fi & air con
- Close to restaurants

Isla Holbox: Coconut by ÓOL Hotels

2 nights in a beautiful hotel by the beach.

- Twin/double rooms
- Ensuite, Wi-Fi & air con
- Swimming pool

Playa del Carmen: Hotel Riviera Caribe Maya

3 nights in a perfect spot to end the trip.

- Twin/double rooms
- Ensuite, Wi-Fi, air con & laundry
- Swimming pool



Oaxaca



Tehuantepec



San Cristobal de las Casas



Playa del Carmen

Important Trip Information

Your group

The age range for this tour is 18-40s.

Most of our Viva Mexico groups have between 8 and 14 people, with a maximum of 16.

You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.

You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

Your accommodation

Rooms on these tours are twin/double share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will always place you in a room with someone of the same gender if it's a twin room.

Private rooms are available for most tours, and can be booked on our website or requested by contacting us.

If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.

Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.

The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

Before & after trip info

For your specific arrival information, like your airport transfer, as well as what to do after your trip, download our app. If you need to change anything on your booking, please log in to the [Manage My Booking](#) area of our website.

Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

Download the INTRO Travel App before you go!

Apple App Store

Google Play Store

Safety

While there are certain areas within Mexico known for crime, these are limited and nowhere near where INTRO goes. Mexico is a very popular tourist destination and safe to travel to, with only the need for the usual commonsense precautions we recommend for all our destinations.

At INTRO we have not only chosen the most beautiful and fascinating areas of Mexico but also places we know to be safe. Another benefit of travelling Mexico as part of a guided group tour.

Money

All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping and onward travel.

The amount of money you'll need depends on the tour you are doing. There's information about how much money you'll need for each tour in our app.

We recommend getting a Wise travel card, which will allow you to pay for things in local currency and avoid getting charged high foreign exchange fees by your bank. [Get a Wise travel card here.](#)

Visas

Visa requirements vary depending your nationality. It's your responsibility to check the visa and entry requirements for the country/s you will be travelling to. There is some information about visas in our app.

We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you'll be travelling to well in advance of your departure.

Travel insurance

Travel insurance is compulsory for all our trips. You'll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)

eSIM

We're giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You'll receive more information on this in your booking confirmation email.

#SMALLCHANGE

SUSTAINABLE TRAVEL



Protecting the Environment



Supporting Local Communities



Cultural Exchange & Education



Animal Welfare

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

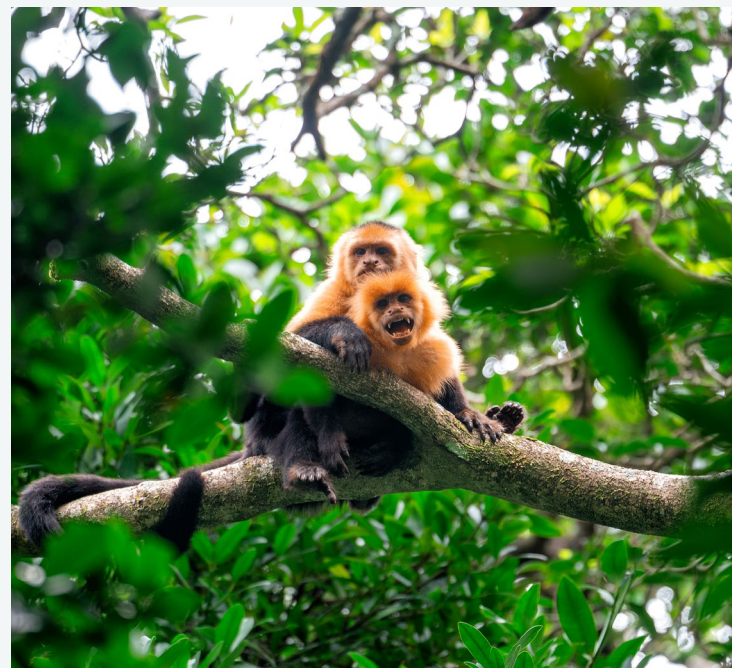
Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

Costa Rica

Rainforests, wildlife & pura vida

Costa Rica is all about nature at its best: misty volcanoes, pristine beaches, epic wildlife and lush jungle everywhere you turn. Whether you're chasing waterfalls or soaking up the sun, this is pura vida living made simple.



Costa Rica Adventure



Adventure



Beach



13 Days



San José – San José



18 – 40s

Highlights

- Hike through the jungle to reveal awe-inspiring views of Costa Rica's best volcanoes
- Rejuvenate in natural volcanic hot springs and chase waterfalls hidden in the rainforest
- Immerse yourself into the local way of life by visiting a family farm and getting involved with a lunchtime cooking experience
- Discover your own inner David Attenborough as you come face to face with snakes, toucans, monkeys and sloths
- Unwind by the beach after getting your dose of sun, salt and sea on Costa Rica's tropical coastline

Itinerary

Day 1: Arrive & Meet the Group

📍 San José

Hola San José! As soon as you step off the plane, the warm tropical air will greet you. You'll be collected and taken to your accommodation, where you can unwind and settle in. Later, you'll have the chance to meet your group and start getting excited for the incredible adventures that lie ahead.

Day 2: San José Walking Tour

📍 Sarapiquí

We begin the day by exploring the rich history and culture of San José on a guided walking tour, highlighting its impressive architecture and the charming parks tucked throughout the city. Leaving the capital behind, we then travel into the lush Sarapiquí lowlands, stopping along the way at the Pierella Butterfly Garden. Surrounded by tropical gardens, this peaceful sanctuary is home to a wide range of butterflies and wildlife. We'll learn about butterfly breeding and enjoy time to explore the gardens at our own pace.

Day 3: White-Water Rafting

📍 Sarapiquí

Today is all about adventure! We start with an exciting white-water rafting trip, navigating the river through vibrant rainforest landscapes before enjoying a well-deserved included lunch. Later, we'll slow things down with an engaging leaf-cutter ant tour, learning how these small insects play a vital role in the ecosystem. After dark, we'll head out on a guided night walk, on the lookout for frogs, insects, reptiles and other nocturnal creatures.

Day 4: Local Family Visit & La Fortuna

📍 La Fortuna

This morning we travel toward La Fortuna, with a special stop to visit a local organic family-run farm. Here, we'll learn about how fresh produce is grown and harvested, followed by a delicious, included home-cooked Casado lunch. After finishing with a cup of locally grown coffee, we'll continue on to La Fortuna and the iconic Arenal region.

Day 5: Hanging bridges & hot springs

📍 La Fortuna

We venture into the rainforest today, hiking across hanging bridges that wind through the jungle. Along the way, there's a strong chance of spotting Costa Rica's incredible plant and animal life, with sweeping views of the canopy. To end the day, we'll unwind in natural hot springs, soaking in warm, mineral-rich waters beneath the rainforest canopy.

Day 6: Waterfalls

📍 La Fortuna

Today we immerse ourselves in the natural highlights of La Fortuna. We'll visit a stunning waterfall, where lush jungle frames a powerful cascade plunging into a cool pool below. The afternoon is free for you to relax or seek out more adventure. Thrill-seekers may want to try ziplining through the treetops.

Day 7: Arrive in Samara

📍 Samara

Our journey continues as we head towards Samara. As we approach Samara, you can start to unwind and soak in the idyllic scenery. Beach volleyball, relaxing in the sun, sipping on cocktails – how you spend the afternoon is all up to you!

Day 8: Surf Lesson & Salsa Class

📍 Samara

Start the morning with a surf lesson, learning to catch waves alongside knowledgeable local instructors who know the coastline inside out. Later, we'll trade surfboards for dancing shoes during a fun salsa class, learning the rhythms and steps that are central to Costa Rican culture.

Day 9: Paradise in Samara

📍 Samara

We continue north along the coast to discover white sand beaches, sunny skies and swaying palm trees at a more secluded stretch of Guanacaste. Largely untouched by mass tourism, this beach is a true Costa Rican gem. Relax with a book, swim in the calm waters, kick a football around – whatever your ideal beach day looks like, it's yours to enjoy.

Day 10: Glamping in Quepos

📍 Manuel Antonio

After a final morning soaking up the sun in Samara, we'll enjoy lunch before heading south to our glamping in Quepos in the afternoon. Along the way, we'll stop for dinner, taking in the scenic drive and sunset before arriving in the evening.

Day 11: Manuel Antonio National Park

📍 Manuel Antonio

Today, we set our sights on the spectacular Manuel Antonio National Park, so keep your camera ready! It's no surprise that this is Costa Rica's most visited national park, as you'll discover during our exploration of its lush jungles and stunning beaches. Keep your eyes peeled for wildlife, including the famous sloths everyone loves. After our jungle adventure, we'll head to the park's incredible beaches for some fun in the sun. The pristine shores are truly paradise, but be on the lookout for the cheeky monkeys that share this tropical haven with us.

Day 12: Travel to San José

📍 San José

Leaving the coast behind, we head back to San José. We'll stop off for a delicious cultural experience – Cacao making! We'll learn about the importance of the humble tree in Costa Rica, and taste some chocolate, of course. This evening, we'll gather for a farewell meal and drinks, toasting to our unforgettable adventure in Costa Rica.

Day 13: Check Out & Onward Travel

📍 San José

As our 13-day Costa Rican adventure comes to a close, it's time to say adios. You can choose to check out and head home, extend your stay in San José, or continue exploring Central America. If you need any help planning your next steps, we're here to help!

Inclusions

- ✓ Airport Pickup to Our Accom 24/7
- ✓ 12 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ San José Walking Tour
- ✓ Pierella Butterfly Garden Visit
- ✓ White-Water Rafting Experience
- ✓ Night Jungle Walk
- ✓ Local Farm Visit & Lunch
- ✓ Hanging Bridges
- ✓ Natural Hot Springs
- ✓ Secluded Beaches
- ✓ Surf Lesson
- ✓ Salsa Dance Class
- ✓ Manuel Antonio National Park
- ✓ Meals: 12B & 4L

Not Included:

Arrival & departure flights, travel insurance, visas & some meals



Where You'll Stay

Costa Rica Adventure 13 day trips

San José: Sleep Inn Paseo Las Damas

We also often use: Fleur de Lys Hotel & Hotel Aranjuez
2 nights in the centre of San José.
Twin/double rooms
Ensuite, Wi-Fi & laundry
Restaurant & bar

Sarapiquí: La Quinta Sarapiquí Lodge

2 nights immersed in the tropical rainforest.
Twin/double rooms
Ensuite, Wi-Fi, air con & laundry
2 Swimming pools, restaurant & bar

La Fortuna: Hotel Faro Arenal

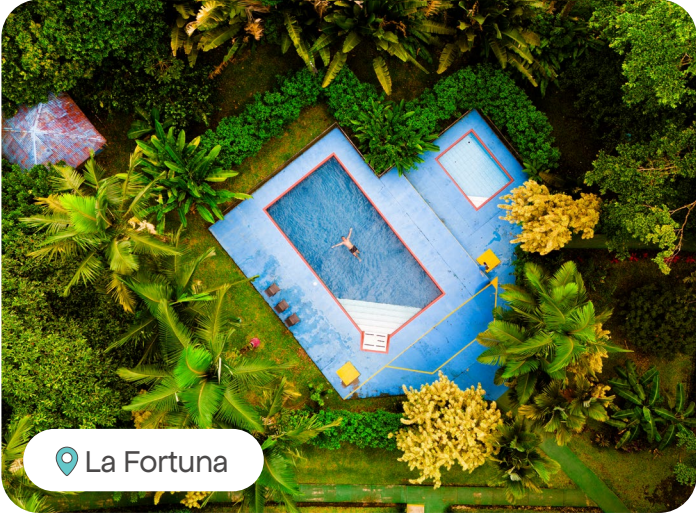
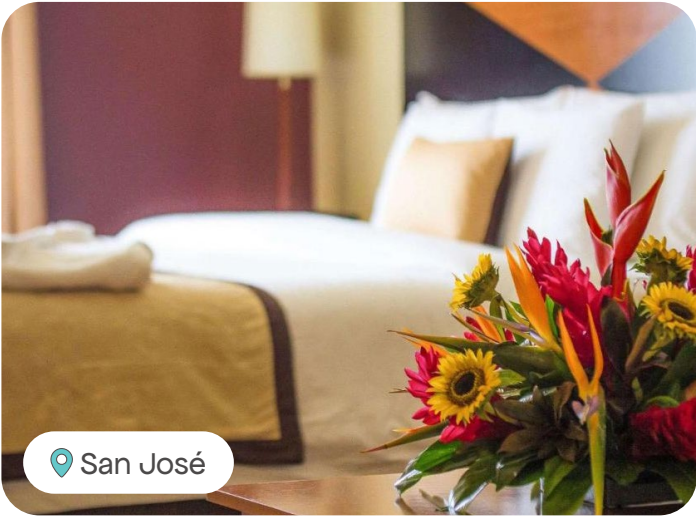
3 nights surrounded by nature, enjoy the tranquility!
Twin/double/triple rooms
Ensuite, Wi-Fi & air con
Swimming pool & restaurant

Samara Beach: Hotel Giada

We also often use: Samara Beach Hotel
3 nights in walking distance from the beach.
Twin/double rooms
Ensuite, Wi-Fi & air con
2 swimming pools

Manuel Antonio: La Comarca River Glamping

2 nights glamping in Quepos.
Twin/double/triple rooms
Ensuite, Wi-Fi & air con



Important Trip Information

Your group

The age range for this tour is 18-40s.
Most of our Costa Rica Adventure groups have between 8 and 14 people, with a maximum of 18.
You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.
You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

Your accommodation

Rooms on these tours are twin/double share. If you are travelling with others, let us know and we will put you together.
If you are travelling solo, we will always place you in a room with someone of the same gender if it's a twin room.
Private rooms are available for most tours, and can be booked on our website or requested by contacting us.
If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.
Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.
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Money

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Travel insurance

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eSIM

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Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

#SMALLCHANGE

SUSTAINABLE TRAVEL

100% CARBON NEUTRAL TOURS

Protecting the Environment

Supporting Local Communities

Cultural Exchange & Education

Animal Welfare

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[Find out more.](#)

Central America

Combo trips with Mexico, Belize,
Guatemala & Costa Rica



Central America Intro

Multi-Country

Adventure

18 Days

Playa del Carmen – Antigua

18 – 40s

Highlights

- Snorkel Belize’s world-renowned barrier reef, the second-largest on the planet
- Step back in time at the ancient ruins of Tikal
- Hike a volcano and witness erupting lava
- Experience an authentic homestay with a local Mayan family
- Swim in the crystal-clear waters of Semuc Champey
- Take in breathtaking views of Lake Atitlán on the Mayan Face (Indian Nose) sunrise hike



Itinerary

Day 1: Arrive in Mexico

Playa del Carmen

Landing in Cancun, we'll meet you at the airport and take you to your hotel in Playa del Carmen. Meet up with everyone in the group and getting excited for what's to come.

Day 2: Chichén Itzá & Cenotes

Playa del Carmen

Today, we're off to check out one of the New 7 Wonders of the World – Chichén Itzá. With a local guide leading the way, we'll uncover the cool myths and awesome sights of these ancient ruins, like the iconic Temple of Kukulcan (or 'El Castillo'), the spooky Platform of the Skulls, and the huge Plaza of a Thousand Columns. Then, get ready to dive into the crystal-clear waters of a stunning cenote, a super cool natural swimming spot hidden in an underground world. *You'll join forces with our Viva Mexico group for the next few days in Mexico.

Day 3: Cozumel Island & Beach Club

Playa del Carmen

Today we're heading across to the island of Cozumel for a Caribbean beach day. After a short ferry ride, we'll arrive at our beachfront beach club, soaking up island vibes from our VIP area. Tonight we'll head back to Playa for dinner and a tequila shot (or two).

Day 4: Lagoon Boat Trip

Bacalar

Hop on the bus as we embark on our adventure south along the Yucatán Peninsula to truly begin this epic trip. Our first destination, Bacalar, is renowned for its stunning, vibrant blue lagoon. Once we check in, we'll experience the lagoon in the best way possible—on a boat ride. As the boat glides across the lagoon, you'll have the chance to cool off in the crystal-clear waters and maybe even raise a beer in celebration.

Days 5-7: Welcome to Belize!

Caye Caulker

We continue south into Belize, home to vibrant Caribbean culture and the world's second-largest barrier reef, before taking a short ferry to Caye Caulker to enjoy the beach and those insta-worthy sunset swing shots. The next day, we snorkel Hol Chan Marine Reserve, spotting colourful fish, vibrant corals and seasonal manatees, followed by irresistible Caribbean cuisine. The next day is yours relax on the beach, visit the famous Split for drinks and music or choose from activities like paddleboarding or snorkelling.

Days 8-9: Arrive in Guatemala

Flores

We say goodbye to island life and cross Belize, stopping in a local Mayan village to prepare a traditional lunch and learn about their history before entering Guatemala and settling into our hotel on the island of Flores. The next day, we head into the northern jungle to explore ancient Tikal, home to the Lost World Pyramid and the Temple of the Grand Jaguar. *Small Change: Visit a Mayan village to prepare a traditional meal together, supporting local families.

Day 10: Candelaria Caves

Cobán

Today we travel south toward the Highlands, breaking up the journey with a visit to the Candelaria Caves—an 80 km system believed in Mayan culture to be a gateway to the underworld. After exploring the depths, we'll continue on to Cobán.

Day 11: Semuc Champey & Local Lunch

Cobán

This morning, a fleet of 4X4s will whisk us into the highlands, navigating winding mountain roads with breathtaking views. We'll hike the final stretch into the jungle to discover a stunning bright blue river cascading into beautiful pools edged with vibrant green algae, before having a local, traditional lunch.

Day 12: Chichicastenango

Panajachel (Lake Atitlán)

This morning, we continue south through the highlands with a stop in lively Chichicastenango, home to one of Central America's largest local markets. Then we head to Panajachel on the shores of Lake Atitlán, which is surrounded by volcanoes.

Day 13: San Juan Homestay

San Juan (Lake Atitlán)

We'll travel by boat to the charming town of San Marcos, known for its laid-back, bohemian vibe and tranquil lakeside reserve. Then we head to San Juan for a local homestay with Mayan families, where over a traditional dinner we'll learn some Mayan phrases and practice our Spanish. *Small Change: Stay with a Mayan family in San Juan, sharing meals, stories, and laughter while directly supporting local households.

Days 14-15: Mayan Face Sunrise Hike

Antigua

We're starting early with a short moonlit hike to the summit of Mayan Face Mountain, where local guides treat us to hot cocoa. After descending, we'll have breakfast with our local families and continue to Antigua. In the morning, you'll have a volcano briefing and a walking tour of this charming colonial town, and in the afternoon enjoy free time to explore! *Small Change: Share breakfast with locals, supporting their community.

Day 16: Volcano Acatenango*

Volcano hike

Lace up those hiking boots, it's time to tackle one of the towering volcanoes we've only admired from afar. The hike is challenging but sure to become a favourite. After several hours, we'll reach the heights of Acatenango, where thinner air and cloud-level views await. As the sun sets, we arrive at basecamp with a breathtaking view of Volcán Fuego, whose fiery, glowing eruptions make for an unforgettable sight. *or chocolate making experience (more info in the FAQs). *Small Change: Tackle a volcano climb guided by local experts, supporting community-led adventure tourism.

Day 17: Antigua Farewell

Antigua

As with any adventure, what goes up must come down. After descending from the volcano, we'll have the chance to freshen up and spend a bit more time exploring the streets of Antigua, revisiting any sights you might have missed. Then, it's time to dress up for a memorable final dinner and drinks in Guatemala.

Day 18: Check Out & Onward Travel

Antigua

It's time to say adios as our incredible 18 day adventure through Central America and Mexico comes to a close. Swap Instagram handles and start planning your reunion—it's not goodbye, just a "see you later"! You can choose to check out and head home, extend your stay in Antigua, or continue exploring Central America. If you need any help with planning your next steps, we're here!

Inclusions

- ✓ Airport Pickup to Our Accom 24/7
- ✓ 17 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Chichén Itzá with Guide
- ✓ Cenote Swimming Entrance
- ✓ Cozumel Island Beach Club
- ✓ Boat Trip on Bacalar Lagoon
- ✓ Snorkelling Trip
- ✓ Mayan Cooking Class
- ✓ Tikal Ruins Entrance & Guide
- ✓ Semuc Champey
- ✓ Local Mayan Lunch
- ✓ Boat Transfer on Lake Atitlán
- ✓ Local Mayan Homestay Experience
- ✓ Mayan Face (Indian Nose) Hike with Guide
- ✓ 2 Full Day Acatenango Volcano Trek with Guide
- ✓ Antigua Walking Tour
- ✓ Meals: 16B, 6L & 2D

Not Included:
Arrival & departure flights, travel insurance, visas & some meals



Where You'll Stay

Central America Intro 18 day trips

Playa del Carmen: Hotel Riviera Caribe Maya

3 nights in a perfect spot to start the trip.

- Twin/double rooms
- Ensuite, Wi-Fi, air con & laundry
- Swimming pool

Bacalar: Hotel Villa Balu

1 night in a boutique hotel by the water.

- Twin/double rooms
- Ensuite, Wi-Fi & air con
- Rooftop terrace

Caye Caulker: The Caye Hotel

3 nights in a hotel a few steps from the beach.

- Twin/double rooms
- Ensuite, Wi-Fi & air con
- Terrace & rooftop pool

Flores: Hotel Peten

2 nights with stunning lake views.

- Twin/double/triple rooms
- Ensuite, Wi-Fi & air con
- Pool with swim-up bar & indoor pool

Cobán: Park Hotel

2 nights in Santa Cruz near Cobán .

- Twin/double/triple rooms
- Ensuite & Wi-Fi
- Gym, swimming pool & multiple restaurants

Panajachel: Hotel Dos Mundos

1 night in a tropical oasis.

- Twin/double/triple rooms
- Ensuite & Wi-Fi
- Swimming pool & restaurant

San Juan: Homestay

1 night staying with a local family.

- Twin/double/triple rooms
- Shared bathrooms & Wi-Fi
- Once in a lifetime experience

Acatenango Volcano Hike: Basecamp

1 night high above the clouds on an inactive volcano.

- Twin/double/triple/quad cabins
- Shared bathrooms
- Sleeping bags & foam mats provided
- Due to the nature of our basecamp, there is no running water or electricity*

Antigua: Villa Colonial

3 nights in a charming colonial-style hotel.

- Twin/double/triple rooms
- Ensuite & Wi-Fi
- Swimming pool & restaurant



Important Trip Information

Your group

The age range for this tour is 18-40s.

Most of our Central America Intro groups have between 10 and 16 people, with a maximum of 22 (sometimes we run bigger groups with 2 group leaders).

You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.

You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

Your accommodation

Rooms on these tours are twin/double & triple share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will always place you in a room with someone of the same gender if it's a twin or triple room.

Private rooms are available for most tours, and can be booked on our website or requested by contacting us.

If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.

Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.

The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

Before & after trip info

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Acatenango Volcano Hike

The Acatenango overnight volcano hike is EPIC but quite challenging, taking up to 7 hours to ascend, and requires a reasonably good level of fitness. The hike involves steep sections and rugged terrain, which can be demanding at high elevations. You will need some warm layers, a waterproof jacket, a good pair of trainers or hiking boots and travel insurance that covers hikes up to 4000m. This is usually an add-on to standard travel insurance. There is a chance that you may be affected by the high altitude, and may experience some mild symptoms related to acute mountain sickness (AMS), such as a headache or feelings of nausea. This is completely normal, however we recommend checking with your GP before travel if you have any concerns prior to your trip regarding travel to altitude, or how high altitude may affect any pre-existing conditions you may have.

The volcano hike is included in the price of the tour, however you can choose not to do it if you don't feel comfortable with it's difficulty. If so please let us know prior to your tour departure and we will provide you alternative accommodation and a traditional chocolate making experience in Antigua for that night and following day as a substitute, at no extra cost.

If you choose to do the hike but do not make it all the way, we will ensure you get safely to alternative accommodation for the night, however this accommodation will be at an extra cost to you as it is on top of the hike costs already incurred by us. If you have any more questions about the hike or alternatives just contact us.

Download the INTRO Travel App before you go!

Apple App Store

Google Play Store

Safety

While there are certain areas within Central America known for crime, these are limited and nowhere near where INTRO goes. Central America is a very popular tourist destination and safe to travel to, with only the need for the usual commonsense precautions we recommend for all our destinations.

At INTRO we have not only chosen the most beautiful and fascinating areas of Central America but also places we know to be safe. Another benefit of travelling Central America as part of a guided group tour.

Money

All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping and onward travel.

The amount of money you'll need depends on the tour you are doing. There's information about how much money you'll need for each tour in our app.

We recommend getting a Wise travel card, which will allow you to pay for things in local currency and avoid getting charged high foreign exchange fees by your bank. [Get a Wise travel card here.](#)

There is no requirement to tip on any INTRO trip. However there is a big tipping culture in Central America, and it is customary and expected that you tip a small amount in most places including bars and restaurants. While we cover all of our local suppliers wages and expenses it is customary for group members to offer a tip to drivers and local guides, if you feel you've had good service. Your group leader can provide more detail on how you can contribute and suggested tip amounts whilst on tour.

There is also a land border exit fee from Mexico to Belize and a land border exit fee from Belize to Guatemala that must be paid in cash.

You can find more info on spending money in our app.

Visas

Visa requirements vary depending your nationality. It's your responsibility to check the visa and entry requirements for the country/s you will be travelling to. There is some information about visas in our app.

We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you'll be travelling to well in advance of your departure.

Travel insurance

Travel insurance is compulsory for all our trips. You'll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)

eSIM

We're giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You'll receive more information on this in your booking confirmation email.

Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

Central America Adventure

Multi-Country Adventure 30 Days Playa del Carmen – San José 18 – 40s

Highlights

- Snorkel Belize’s world-renowned barrier reef, the second-largest on the planet
- Step back in time at the ancient ruins of Tikal
- Hike a volcano and witness erupting lava
- Experience an authentic homestay with a local Mayan family
- Swim in the crystal-clear waters of Semuc Champey
- Take in breathtaking views of Lake Atitlán on the Mayan Face (Indian Nose) sunrise hike
- Learn to cook traditional dishes in a Mayan cooking class
- Unwind in natural volcanic hot springs and discover hidden waterfalls in the rainforest
- Spot incredible wildlife like sea turtles, toucans, monkeys, and sloths
- Relax in the sun and surf in laid-back Pacific coastal towns



Itinerary

Day 1: Arrive in Mexico

Playa del Carmen
Landing in Cancun, we'll meet you at the airport and take you to your hotel in Playa del Carmen. You'll have plenty of time to chill before meeting up with everyone in the group and getting excited for what's to come.

Day 2: Chichén Itzá & Cenotes

Playa del Carmen
Today, we're off to check out one of the New 7 Wonders of the World – Chichén Itzá. With a local guide leading the way, we'll uncover the cool myths and awesome sights of these ancient ruins. Then, get ready to dive into the crystal-clear waters of a stunning cenote, a super cool natural swimming spot hidden in an underground world.

*You'll join forces with our Viva Mexico group for the next few days in Mexico.

Day 3: Cozumel Island & Beach Club

Playa del Carmen
Today we're heading across to the island of Cozumel for a Caribbean beach day. After a short ferry ride, we'll arrive at our beachfront beach club, soaking up island vibes from our VIP area.

Day 4: Boat Trip on Lagoon

Bacalar
Travel south to Bacalar, home to Mexico's stunning blue lagoon. Check in and head out on a boat trip to swim in its crystal-clear waters and take in the vibrant colours of this incredible natural wonder.

Days 5-7: Welcome to Belize!

Caye Caulker
Cross into Belize and ferry to Caye Caulker for pure island vibes. Enjoy sunsets at The Split, snorkel the Hol Chan Marine Reserve, spot colourful fish and (seasonally) manatees, and feast on fresh Caribbean flavours. A full free day lets you beach-hop, dipping in and out of the crystal-clear blue water to cool off, with a cocktail in hand. If lounging in the sun isn't your thing, there are plenty of activities to choose from, like paddleboarding or snorkelling.

Days 8-9: Arrive in Guatemala

Flores
Say goodbye to island life and stop in a Mayan village for a traditional lunch before crossing into Guatemala and arriving in Flores. The next day, explore the incredible jungle city of Tikal, discovering temples with an expert guide. With highlights like the towering Lost World (Mundo Perdido) Pyramid and the iconic Temple of the Grand Jaguar, you'll feel like you're walking in the footsteps of an ancient civilization.

Small Change: Visit a Mayan village to prepare a traditional meal together.

Days 10-11: Candelaria Caves & Jungles

Cobán
Journey into the Guatemalan Highlands, stopping at the impressive Candelaria cave system. Continue to Semuc Champey, where 4x4s and a short hike bring you to its bright blue pools, perfect for swimming and tubing. Then we'll enjoy a local, traditional lunch.

Day 12: Chichicastenango

Panajachel (Lake Atitlán)
Visit the bustling Chichicastenango markets before continuing to Panajachel on Lake Atitlán, surrounded by dramatic volcanic scenery.

Day 13: San Juan Homestay

San Juan (Lake Atitlán)
Cruise across Lake Atitlán to laid-back San Marcos, then continue to San Juan for a warm welcome from local Mayan families and a traditional homestay dinner.
Small Change: Stay with a Mayan family in San Juan, sharing meals, stories, and laughter while directly supporting local households.

Days 14-15: Sunrise Hike

Antigua
Start early with a moonlit climb up Mayan Face Mountain for sunrise views over Lake Atitlán, followed by breakfast with your homestay hosts. Travel to Antigua for a volcano briefing, guided walk and free time to enjoy its colourful colonial streets and cafés.
Small Change: Share breakfast with locals, supporting their community.

Days 16-17: Volcano Acatenango*

Volcano hike & Antigua
Lace up those hiking boots, it's time to tackle one of the towering volcanoes we've only admired from afar. The hike is challenging but sure to become a favourite. After several hours, we'll reach the heights of Acatenango, where thinner air and cloud-level views await. As the sun sets, we arrive at basecamp with a breathtaking view of Volcán Fuego, whose fiery, glowing eruptions make for an unforgettable sight.
*or chocolate making experience (more info in FAQs).
Small Change: Tackle a volcano climb guided by local experts, supporting community-led adventure tourism.

Day 18: Fly to Costa Rica!

San José
After a short included flight we'll land in Costa Rica. Upon landing in San José, you'll have the chance to immerse yourself in a new culture and explore the city, depending on our arrival time. We'll head out for our first dinner in Costa Rica, where you'll have the opportunity to meet some new travel companions and gear up for the next exciting leg of our journey.

Days 19-20: Explore San José & Sarapiquí

San José & Sarapiquí
We explore San José on a guided walking tour before travelling into the lush Sarapiquí lowlands, stopping at the Pierella Butterfly Garden to learn about butterfly breeding and explore the tropical gardens. The day continues with an exciting white-water rafting adventure and included lunch, followed by a leaf-cutter ant tour and a guided night walk to spot nocturnal wildlife.

Days 21-23: Farms, waterfalls & rainforests

La Fortuna
We travel toward La Fortuna with a stop at a local organic family-run farm to learn about fresh produce and enjoy a home-cooked Casado lunch with local coffee. Continuing into the Arenal region, we explore La Fortuna's natural highlights, including a jungle-framed waterfall, and a rainforest walk across hanging bridges with chances to spot wildlife. We finish the day relaxing in natural hot springs beneath the rainforest canopy, with some free time to unwind.

Days 24-26: Beaches & Surfing

Samara
Arrive in Samara and ease into beach life – sun, cocktails, volleyball or simply relaxing by the water. The next day, enjoy a surf lesson with local legends and a lively salsa class before visiting Samara's beaches and a secluded Guanacaste spot. The day after will be your time to swim, relax, or enjoy some beach games.

Days 27-28: Glamping & Wildlife

Manuel Antonio
We head south to the laid-back town of Quepos, stopping for dinner en route and soaking in a beautiful sunset before settling into our glamping for the night. The following day, we explore the spectacular Manuel Antonio National Park, wandering lush jungle trails, spotting sloths and monkeys, and relaxing on its pristine tropical beaches.

Days 29-30: Check Out & Onward Travel

San José
We travel back to San José, stopping for a cacao-making experience to learn about the cacao tree and taste fresh chocolate. In the evening, we enjoy a final dinner and drinks together, celebrating an incredible month of adventure. The next day, it's time to say adios! You can head home, stay on in San José, or continue your travels.

Inclusions

- ✓ Airport Pickup to Our Accom 24/7
- ✓ 17 Nights Accommodation
- ✓ All Transport & Internal Flight
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Chichén Itzá with Guide
- ✓ Cenote Swimming Entrance
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- ✓ Snorkelling Trip
- ✓ Mayan Cooking Class
- ✓ Tikal Ruins Entrance & Guide
- ✓ Semuc Champey
- ✓ Local Mayan Lunch
- ✓ Boat Transfer on Lake Atitlán
- ✓ Local Mayan Homestay Experience
- ✓ Mayan Face (Indian Nose) Hike with Guide
- ✓ 2 Full Day Acatenango Volcano Trek with Guide
- ✓ Antigua & San José Walking Tour
- ✓ Pierella Butterfly Garden Visit
- ✓ White-Water Rafting
- ✓ Night Jungle Walk
- ✓ Local Farm Visit & Lunch
- ✓ Hanging Bridges
- ✓ Natural Hot Springs
- ✓ Secluded Beaches
- ✓ Surf Lesson
- ✓ Salsa Dance Class
- ✓ Manuel Antonio National Park
- ✓ Meals: 28B, 9L & 3D

Not Included:

Arrival & departure flights, travel insurance, visas & some meals

Where You'll Stay

Central America Adventure 30 day trips

Playa del Carmen: Hotel Riviera Caribe Maya

3 nights in a perfect spot to start the trip.

Twin/double rooms
Ensuite, Wi-Fi, air con, laundry & swimming pool

Bacalar: Hotel Villa Balu

1 night in a boutique hotel by the water.

Twin/double rooms
Ensuite, Wi-Fi, air con & rooftop terrace

Caye Caulker: The Caye Hotel

3 nights in a hotel a few steps from the beach.

Twin/double rooms
Ensuite, Wi-Fi, air con, rooftop pool & terrace

Flores: Hotel Peten

2 nights with stunning lake views.

Twin/double/triple rooms
Ensuite, Wi-Fi, air con, pool with swim-up bar & indoor pool

Cobán: Park Hotel

2 nights in Santa Cruz near Cobán.

Twin/double/triple rooms
Ensuite, Wi-Fi, gym, pool & multiple restaurants

Panajachel: Hotel Dos Mundos

1 night in a tropical oasis.

Twin/double/triple rooms
Ensuite, Wi-Fi, swimming pool & restaurant

San Juan: Homestay

1 night staying with a local family.

Twin/double/triple rooms
Shared bathrooms & Wi-Fi

Acatenango Volcano Hike: Basecamp

1 night high above the clouds on an inactive volcano.

Twin/double/triple/quad cabins
Shared bathrooms with sleeping bags & foam mats provided
Due to the nature of our basecamp, there is no running water or electricity

Antigua: Villa Colonial

3 nights in a charming colonial-style hotel.

Twin/double/triple rooms
Ensuite, Wi-Fi, swimming pool & restaurant



San José: Sleep Inn Paseo Las Damas

We also often use: Fleur de Lys Hotel & Hotel Aranjuez

2 nights in the centre of San José.

Twin/double rooms
Ensuite, Wi-Fi, laundry, restaurant & bar

Sarapiquí: La Quinta Sarapiquí Lodge

3 nights surrounded by nature, enjoy the tranquility!

Twin/double rooms
Ensuite, Wi-Fi, air con, 2 swimming pools & restaurant

La Fortuna: Hotel Faro Arenal

2 nights immersed in the tropical rainforest.

Twin/double/triple rooms
Ensuite, Wi-Fi, air con, laundry, swimming pool, restaurant & bar

Samara Beach: Hotel Giada

We also often use: Samara Beach Hotel

3 nights in walking distance from the beach.

Twin/double rooms
Ensuite, Wi-Fi, air con & 2 swimming pools

Manuel Antonio: La Comarca River Glamping

2 nights glamping in Quepos.

Twin/double/triple rooms
Ensuite, Wi-Fi & air con



Important Trip Information

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The age range for this tour is 18–40s.

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Epic Central America

-  Multi-Country
-  Adventure
-  18 – 40s
-  28 Days
-  40 Days
-  Mexico City – Antigua
-  Mexico City – San José

Highlights

- Explore the lively capital of Mexico City and tantalise your taste buds at an authentic mezcal distillery
- Visit the Indigenous communities of San Juan Chamula and experience a family-style breakfast in Zinacantan
- Discover ancient Mayan ruins at the famous archaeological site of Chichén Itzá
- Experience the tropical paradise of Isla Holbox on a boat tour, maybe even spotting wild pink flamingos (seasonal)
- Unwind on blissful white beaches and swim in the secret subterranean worlds of the Yucatán Peninsula
- Cozumel Island visit & beach club
- Snorkel Belize’s world-renowned barrier reef
- Step back in time at the ancient ruins of Tikal
- Embark on an overnight volcano hike
- Experience an authentic homestay with a Mayan family
- Swim in the crystal-clear waters of Semuc Champey
- Take in breathtaking views of Lake Atitlán on the Mayan Face (Indian Nose) sunrise hike
- Learn to cook traditional dishes in a Mayan cooking class
- Unwind in natural volcanic hot springs and discover hidden waterfalls in the rainforest
- Spot incredible wildlife like sea turtles, toucans, monkeys, and sloths
- Relax and surf in laid-back Pacific coastal towns



Itinerary

Days 1-2: Arrive in Mexico City

Mexico City

After arriving in Mexico City, we'll head to the hotel so you can settle in and meet the group. The next day, we'll explore the historic centre and iconic landmarks. Later that night we'll enjoy a traditional Mexican dinner and show.

Days 3-4: Puebla & Oaxaca

Oaxaca

We'll depart for the 'Magic Town' of Puebla to learn its history before continuing to Oaxaca, where we'll check in and explore the lively streets. The next day, we'll dive into Oaxaca's vibrant markets, stunning cathedrals, and authentic local vibe, finishing the evening with more of its delicious eats.

Days 5-7: Valleys & Ancient Culture

Tehuantepec & San Cristobal de las Casas

We'll start with a relaxed morning before visiting a local textile family and mezcal distillery, then continue to Tehuantepec for the night. Next, we'll cruise through Sumidero Canyon spotting wildlife before heading into the mountains to explore San Cristóbal de las Casas. The following day, we'll visit the communities of Zinacantán and San Juan Chamula, then wander the city, enjoy Chiapas coffee, try Pox, and end the day with dinner.

Small Change: Visit a local textile family near San Cristobal, where you'll learn traditional dyeing and weaving techniques firsthand.

Days 8-10: Paradise Awaits

Cancun & Isla Holbox

We'll fly from San Cristobal to Cancun for a quick overnight stay before ferrying to Isla Holbox—pure paradise with sunny beaches and laid-back island vibes. After soaking it all in, we'll spend the next day on a boat tour spotting wildlife before an afternoon of hammock time and a beach BBQ.

Days 11-13: Chichén Itzá, Cenotes & Beach Club

Playa del Carmen

This morning our Mexican adventure takes us to Playa del Carmen, with time to enjoy the beaches, bars, and tacos this hotspot is known for. The next day, we'll explore one of the New 7 Wonders of the World – Chichén Itzá – with a local guide before cooling off in a crystal-clear underground cenote. The next day we're off to the island of Cozumel for a VIP beachfront beach club experience!

Day 14: Boat Trip on Lagoon

Bacalar

Travel south to Bacalar, home to Mexico's stunning blue lagoon. Check in and head out on a boat trip to swim in its crystal-clear waters and take in the vibrant colours of this incredible natural wonder.

Days 15-17: Welcome to Belize!

Caye Caulker

Cross into Belize and ferry to Caye Caulker for pure island vibes. Enjoy sunsets at The Split, snorkel the Hol Chan Marine Reserve, spot colourful fish and (seasonally) manatees, and feast on fresh Caribbean flavours. A full free day lets you beach-hop, dipping in and out of the crystal-clear blue water to cool off, with a cocktail in hand. If lounging in the sun isn't your thing, there are plenty of activities to choose from, like paddleboarding or snorkelling.

Days 18-19: Arrive in Guatemala

Flores

We'll stop in a Mayan village for a traditional lunch before crossing into Guatemala and arriving in Flores. The next day, explore the incredible jungle city of Tikal, discovering temples with an expert guide. With highlights like the towering Lost World Pyramid and the iconic Temple of the Grand Jaguar, you'll feel like you're walking in the footsteps of an ancient civilization.

Small Change: Visit a Mayan village to prepare a traditional meal together, supporting local families.

Days 20-21: Candelaria Caves & Jungles

Cobán

Journey into the Guatemalan Highlands, stopping at the impressive Candelaria cave system. Continue to Semuc Champey, where 4x4s and a short hike bring you to its bright blue pools, perfect for swimming and tubing. Enjoy a traditional, local lunch.

Day 22: Chichicastenango

Panajachel (Lake Atitlán)

Visit the bustling Chichicastenango markets before continuing to Panajachel on Lake Atitlán, surrounded by dramatic volcanic scenery.

Day 23: San Juan Homestay

San Juan (Lake Atitlán)

Cruise across Lake Atitlán to San Marcos, then continue to San Juan for a warm welcome from local Mayan families and a traditional homestay dinner.

Small Change: Stay with a Mayan family in San Juan, sharing meals, stories, and laughter while directly supporting local households.

Days 24-25: Sunrise Hike

Antigua

Start early with a climb up Mayan Face Mountain for sunrise views over Lake Atitlán, followed by breakfast at your homestay. Travel to Antigua for a volcano briefing, guided walk and free time to enjoy its colonial streets.

Small Change: Share breakfast with locals, supporting their community.

Days 26-27: Volcano Acatenango*

Volcano hike & Antigua

It's time to tackle one of the towering volcanoes we've only admired from afar. The hike is challenging but sure to become a favourite. After several hours, we'll reach the heights of Acatenango, where thinner air and cloud-level views await. As the sun sets, we arrive at basecamp with a breathtaking view of Volcán Fuego, whose fiery eruptions make for an unforgettable sight. *or chocolate making experience (more info in FAQs).

Small Change: Tackle a volcano climb guided by local experts, supporting community-led adventure tourism.

Day 28: Fly to Costa Rica!

San José

After a short included flight we'll land in Costa Rica. Depending on our arrival time in San José, you'll have the chance to explore the city. We'll head out for dinner, where you'll get to meet some of your new travel crew.

The 28 day trip finishes in Antigua today.

Days 29-30: Explore San José & Sarapiquí

San José & Sarapiquí

We explore San José on a guided walking tour before travelling into the lush Sarapiquí lowlands, stopping at the Pierella Butterfly Garden to learn about butterfly breeding and explore the tropical gardens. The day continues with an exciting white-water rafting adventure and included lunch, followed by a leaf-cutter ant tour and a guided night walk to spot nocturnal wildlife.

Days 31-33: Farms, waterfalls & rainforests

La Fortuna

We travel toward La Fortuna with a stop at a local organic family-run farm to learn about fresh produce and enjoy a home-cooked Casado lunch with local coffee. Continuing into the Arenal region, we explore La Fortuna's natural highlights, including a jungle-framed waterfall, and a rainforest walk across hanging bridges. We finish the day relaxing in natural hot springs amongst the rainforest, with free time to unwind or seek out more adventure.

Days 34-36: Beaches & Surfing

Samara

Arrive in Samara and ease into beach life – sun, cocktails, volleyball or simply relaxing by the water. The next day, enjoy a surf lesson with local legends and a lively salsa class before visiting Samara's beaches and a secluded Guanacaste spot. The day after will be your time to swim, relax, or enjoy beach games, balancing adventure with downtime in this tropical paradise.

Days 37-38: Glamping & Wildlife

Manuel Antonio

We head to the laid-back town of Quepos, stopping for dinner en route and soaking in the sunset before settling into our glamping for the night. The following day, we explore Manuel Antonio National Park, wandering jungle trails, spotting sloths and monkeys, and relaxing on its tropical beaches.

Days 39-40: Check Out & Onward Travel

San José

We travel back to San José, stopping for a cacao-making experience to learn about the cacao tree and taste fresh chocolate. In the evening, we enjoy a final dinner and drinks together, celebrating an incredible month of adventure. The next day, it's time to say adios! You can head home, stay on in San José, or continue your travels.

28 Day Inclusions

- ✓ Airport Pickup to Our Accom 24/7
- *From Mexico City Airport (MEX) only*
- ✓ 27 Nights Accommodation
- ✓ All Transport & Internal Flights
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Orientation Tours of Mexico City, Oaxaca & San Cristobal
- ✓ Mezcal Distillery Experience
- ✓ Boat Tour of Sumidero Canyon
- ✓ Indigenous Community Visit
- ✓ Family-style breakfast experience in Zinacantán
- ✓ Island Boat Tour of Isla Holbox
- ✓ Natural Pools
- ✓ Pink Flamingos (seasonal)
- ✓ Sandbank Sunrise
- ✓ Chichén Itzá
- ✓ Cenote Swimming Entrance
- ✓ Cozumel Island & Beach Club
- ✓ Boat Trip on Bacalar Lagoon
- ✓ Snorkelling Trip
- ✓ Mayan Cooking Class
- ✓ Tikal Ruins Entrance & Guide
- ✓ Semuc Champey
- ✓ Local Mayan Lunch
- ✓ Boat Transfer on Lake Atitlán
- ✓ Local Mayan Homestay Experience
- ✓ Mayan Face (Indian Nose) Hike with Guide
- ✓ 2 Full Day Acatenango Volcano Trek with Guide
- ✓ Antigua Walking Tour
- ✓ Meals: 24B, 6L & 2D

40 Day Inclusions

- ✓ All 29 Day Inclusions
- ✓ 39 Nights Accommodation
- ✓ San José Walking Tour
- ✓ Pierella Butterfly Garden Visit
- ✓ White-Water Rafting
- ✓ Night Jungle Walk
- ✓ Local Farm Visit & Lunch
- ✓ Hanging Bridges
- ✓ Natural Hot Springs
- ✓ Secluded Beaches
- ✓ Surf Lesson
- ✓ Salsa Dance Class
- ✓ Manuel Antonio National Park
- ✓ Meals: 36B, 9L & 3D

Not Included:

Arrival & departure flights, travel insurance, visas & some meals

Where You’ll Stay

Epic Central America 28 day & 40 day trips

Mexico City: Hotel Benedicta

2 nights in the historic district of Mexico City.

Twin/double/triple rooms

Ensuite, Wi-Fi, laundry, restaurant & bar

Oaxaca: Parador Del Dominico Hotel

2 nights in a perfect location in the heart of the city.

Twin/double rooms

Ensuite, Wi-Fi, air con & restaurant

Tehuantepec: Hotel Calli

1 night in the magical town of Tehuantepec.

Twin/double rooms

Ensuite, Wi-Fi, air con, laundry & swimming pool

San Cristobal de las Casas: Gran Barrio Hotel

2 nights in a pink-lovers dream, right in the centre of the city!

Twin/double/triple rooms

Ensuite, Wi-Fi & outdoor terrace area

Cancun: Ambiance Suites

1 night in a smart, centrally located hotel.

Twin/double rooms

Ensuite, Wi-Fi, air con, laundry & close to restaurants

Isla Holbox: Coconut by ÓOL Hotels

2 nights in a beautiful hotel by the beach.

Twin/double rooms

Ensuite, Wi-Fi, air con & swimming pool

Playa del Carmen: Hotel Riviera Caribe Maya

3 nights in a perfect spot by the sea.

Twin/double rooms

Ensuite, Wi-Fi, air con, laundry & swimming pool

Bacalar: Hotel Villa Balu

1 night in a boutique hotel by the water.

Twin/double rooms

Ensuite, Wi-Fi, air con & rooftop terrace

Caye Caulker: The Caye Hotel

3 nights in a hotel a few steps from the beach.

Twin/double rooms

Ensuite, Wi-Fi, air con, rooftop pool & terrace

Flores: Hotel Peten

2 nights with stunning lake views.

Twin/double/triple rooms

Ensuite, Wi-Fi, air con, pool with swim-up bar & indoor pool



Mexico City

Cobán: Park Hotel

2 nights in Santa Cruz near Cobán.

Twin/double/triple rooms

Ensuite, Wi-Fi, gym, pool & restaurant

Panajachel: Hotel Dos Mundos

1 night in a tropical oasis.

Twin/double/triple rooms

Ensuite, Wi-Fi, swimming pool & restaurant

San Juan: Homestay

1 night staying with a local family.

Twin/double/triple rooms

Shared bathrooms & Wi-Fi

Acatenango Volcano Hike: Basecamp

1 night high above the clouds on an inactive volcano.

Twin/double/triple/quad cabins

Shared bathrooms with sleeping bags & foam mats provided

Due to the nature of our basecamp, there is no running water or electricity

Antigua: Villa Colonial

3 nights in a charming colonial-style hotel.

Twin/double/triple rooms

Ensuite, Wi-Fi, swimming pool & restaurant

San José: Sleep Inn Paseo Las Damas

We also often use: Fleur de Lys Hotel & Hotel Aranjuez

2 nights in the centre of San José.

Twin/double rooms

Ensuite, Wi-Fi, laundry, restaurant & bar

Sarapiquí: La Quinta Sarapiquí Lodge

2 nights immersed in the tropical rainforest.

Twin/double rooms

Ensuite, Wi-Fi, air con, laundry, 2 swimming pools, restaurant & bar

La Fortuna: Hotel Faro Arenal

3 nights surrounded by nature, enjoy the tranquility!

Twin/double/triple rooms

Ensuite, Wi-Fi, air con, swimming pool & restaurant

Samara Beach: Hotel Giada

We also often use: Samara Beach Hotel

3 nights in walking distance from the beach.

Twin/double rooms

Ensuite, Wi-Fi, air con & 2 swimming pools

Manuel Antonio: La Comarca River Glamping

2 nights glamping in Quepos.

Twin/double/triple rooms

Ensuite, Wi-Fi & air con



Cobán

Important Trip Information

Your group

The age range for this tour is 18-40s.

Most of our Epic Central America groups have between 10 and 16 people, with a maximum of 22 (sometimes we run bigger groups with 2 group leaders).

You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.

You will receive a ‘welcome email’ from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

Your accommodation

Rooms on these tours are twin/double & triple share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will always place you in a room with someone of the same gender if it’s a twin or triple room.

Private rooms are available for most tours, and can be booked on our website or requested by contacting us.

If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.

Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.

The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

Before & after trip info

For your specific arrival information, like your airport transfer, as well as what to do after your trip, download our app. If you need to change anything on your booking, please log in to the [Manage My Booking](#) area of our website.

Acatenango Volcano Hike

The Acatenango overnight volcano hike is EPIC but quite challenging, taking up to 7 hours to ascend, and requires a reasonably good level of fitness. The hike involves steep sections and rugged terrain, which can be demanding at high elevations. You will need some warm layers, a waterproof jacket, a good pair of trainers or hiking boots and travel insurance that covers hikes up to 4000m. This is usually an add-on to standard travel insurance. There is a chance that you may be affected by the high altitude, and may experience some mild symptoms related to acute mountain sickness (AMS), such as a headache or feelings of nausea. This is completely normal, however we recommend checking with your GP before travel if you have any concerns prior to your trip regarding travel to altitude, or how high altitude may affect any pre-existing conditions you may have.

The volcano hike is included in the price of the tour, however you can choose not to do it if you don’t feel comfortable with it’s difficulty. If so please let us know prior to your tour departure and we will provide you alternative accommodation and a traditional chocolate making experience in Antigua for that night and following day as a substitute, at no extra cost.

If you choose to do the hike but do not make it all the way, we will ensure you get safely to alternative accommodation for the night, however this accommodation will be at an extra cost to you as it is on top of the hike costs already incurred by us. If you have any more questions about the hike or alternatives just contact us.

Download the INTRO Travel App before you go!

Apple App Store

Google Play Store

Safety

While there are certain areas within Central America known for crime, these are limited and nowhere near where INTRO goes. Central America is a very popular tourist destination and safe to travel to, with only the need for the usual commonsense precautions we recommend for all our destinations.

At INTRO we have not only chosen the most beautiful and fascinating areas of Central America but also places we know to be safe. Another benefit of travelling Central America as part of a guided group tour.

Money

All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping and onward travel.

The amount of money you’ll need depends on the tour you are doing. There’s information about how much money you’ll need for each tour in our app.

We recommend getting a Wise travel card, which will allow you to pay for things in local currency and avoid getting charged high foreign exchange fees by your bank. [Get a Wise travel card here.](#)

There is no requirement to tip on any INTRO trip. However there is a big tipping culture in Central America, and it is customary and expected that you tip a small amount in most places including bars and restaurants. While we cover all of our local suppliers wages and expenses it is customary for group members to offer a tip to drivers and local guides, if you feel you’ve had good service. Your group leader can provide more detail on how you can contribute and suggested tip amounts whilst on tour.

There is also a land border exit fee from Mexico to Belize and a land border exit fee from Belize to Guatemala that must be paid in cash.

You can find more info on spending money in our app.

Visas

Visa requirements vary depending your nationality. It’s your responsibility to check the visa and entry requirements for the country/s you will be travelling to. There is some information about visas in our app.

We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you’ll be travelling to well in advance of your departure.

Travel insurance

Travel insurance is compulsory for all our trips. You’ll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)

eSIM

We’re giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You’ll receive more information on this in your booking confirmation email.

Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.



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#SMALLCHANGE

SUSTAINABLE TRAVEL



**Protecting the
Environment**



**Supporting Local
Communities**



**Cultural Exchange &
Education**



**Animal
Welfare**

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)