

## THE FAMILY COPPOLA HIDEAWAYS

### Central America

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## LA LANCHA – 2023/4 ACTIVITIES & ADVENTURES

### HORSEBACK RIDE

Your ride will take place on a neighboring 70 acre farm adjacent to La Lancha, through hilly pastoral land used for cattle ranching until the fields give way to the lush tropical forests that hug the hillsides overlooking Lake Petén Itzá. As you ride along, your guide will point out medicinal plants and small overgrown Maya ruins that bear witness to the region's ancient inhabitants.

Duration: Approx. 3 hours

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Moderate

### SUNSET HORSEBACK RIDE

Your ride starts on a neighboring 70 acre farm adjacent to La Lancha, and takes you through hilly pastoral land, fields and hillsides overlooking Lake Petén Itzá. The birding in the late afternoon is excellent and as you reach your vantage point you will be amazed by the stunning sunset and scenery. There's time to enjoy a bottle of Bianco or Rosso from our Coppola Winery before lazily riding back to La Lancha for dinner.

Duration: Approx. 3.5 hours

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Moderate

### SUNSET CRUISE ON LAKE PETÉN ITZÁ

Join us for a 1.5 hour sunset boat cruise on the astonishing, emerald green Lake Peten Itza. Sunsets around the lakeside are nothing short of spectacular with wonderful viewpoints. Watch the sun disappearing into the forest canopy while sipping a glass of our very own Francis Ford Coppola wine, and nibbling on local snacks such as local sausages, cheese, olives, and brochettes.

Departs: 5:00 pm      Returns: 6:30 pm

\*Total Travel time - 1.5 hours Boat

Level of Difficulty: Easy

### FAMILY AND FRIENDS EVENING CRUISE

Take an amazing sunset boat cruising aboard our *La Lancha (The Boat)* and enjoy an adventurous ride on the emerald green Lago Peten Itza. Watch the spectacular sunset amongst our pristine jungle canopies; while sipping a cocktail and savoring an appetizing tidbits dish. Boat Captain and a waiter accompanies you.

Departs: 5:00 pm      Returns: 6:30 pm

\*Total travel time - 1.5 hour Boat

Level of Difficulty: Easy

### **BIRDWATCHING AT CERRO CAHUI**

Experience early birdwatching at sunrise at this pristine wildlife reserve just a few minutes down the road. The reserve has some great trails through the rainforest, some leading up mountains which afford spectacular views of the lake surrounding areas.

Departs: 6:00 am Returns: 9:00 am

\*Total travel time- 40 min drive

Attire: Shorts/Long pants, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Easy to Moderate

### **LAKE PETÉN ITZÁ & FLORES TOUR**

Explore the flora, fauna and culture of Lake Petén Itzá by boat. Guests depart La Lancha's private dock along with the captain and guide. Stops en route to Flores include the lake-side communities of San Jose and Santa Barbara where you'll see ancient artifacts and visit a small but fascinating museum. Continue on to the island town of Flores to explore the narrow cobbled streets and take a visit to the Cathedral. After lunch there's time to shop for local arts and crafts. As your boat slowly returns to La Lancha there's time to enjoy the bird life along the lake shore.

Departs: 10:00 am Returns: 3:00 pm

\*Total travel time - 2 hours Boat

Attire: Shorts, t-shirt, bug spray, sunscreen, tennis, sandals.

Level of Difficulty: Easy

### **EXPLORING FLORES ISLAND ON OWN- BY BOAT**

If you are on a leisure day and are looking at something to do on your own timing- we offer our direct boat rides from our hotel's dock to the Flores Island dock whereby you can take your time to sight see the cobblestone streets, appreciate amazing lake views, shop for arts and crafts & textiles, have a nice lunch or grab a drink on the lakeside or on one of the many terrace bars along the island's shores.

Departs: Optional

\*Total travel time - 2 hours Boat

Attire: Shorts, t-shirt, bug spray, sunscreen, tennis, sandals.

Level of Difficulty: Easy

### **JUNGLE AND FARM LAND TOURING ON A CLASSIC CAR OR UTV MULE**

A perfect activity for those seeking both adventure and nature. Here, you will get to hop on a classic 1940's Dodge Power Wagon OR you may choose to ride a UTV Mule to ride along some pasture land and make way into the lush green rainforest and admire the many amazing lake view points. In this unique farm, you will also have the opportunity to sightsee many bird species, goats, horses and cattle. The farm is located just across the road from our property.

Departs: 3:30pm Returns: 6:30pm

Includes- Classic car or UTV mule, Guide, a bottle Coppola wine & snacks, water.

Age limit- 5 and above

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis shoes.

Level of Difficulty: Easy

## **TIKAL**

Perhaps the most visually stunning and impressive of all Maya sites, Tikal's five monolithic temples pierce the jungle canopy (Temple IV reaching a height of almost 230 feet) and ancient plazas, stelae and ball courts tell of a rich and powerful history when Tikal's population reached almost 100,000. By the beginning of the Classic Period (AD 250) Tikal was competing for regional domination with Uaxactún and Calakmul, and later Tikal was briefly conquered and subjugated by a powerful alliance of Caracol and Calakmul between AD 562 and AD 682. From AD 682 onwards Tikal flourished again under Lord Ah Cacau, and continued to dominate the region into the 9th Century. Today the site is justifiably recognized as one of the archeological wonders of the Americas. Its unspoiled jungle setting within the Tikal National Park makes it a paradise for birders, nature lovers and amateur archaeologists.

Departs: Optional (early departure recommended) Duration: Approximately 6 hrs

\*Total travel time - 2 hour drive

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Moderate

## **TIKAL SUNRISE TOUR**

We invite you to join us on the 4-hour "Tikal Sunrise Experience." The sunrise tour is something you will never forget. Throughout the tour, we will speak about Maya History, Archeology, and nature. We begin the tour hiking through the park in the darkness and listening to the sounds of the jungle waking up. We then climb Temple IV, the Double Headed Serpent Temple "Serpiente Bicefala" and the largest in Pre-Columbian America. While on top of the Mayan ruin built thousands of years ago, we contemplate the peacefulness and mysteriousness of the morning mist, in the dense forest of Guatemala, and the sounds of tropical birds and animals starting their day. This tour is not to be missed.

Departs: 3:00 am Returns: 9:00 am

\*Total travel time - 2 hour drive

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Moderate

## **TIKAL SUNSET TOUR**

This tour offers special access to the magical Maya site of Tikal at sunset. It allows guests to enjoy the tranquility of the site and to marvel at the special 'sense of place' that the majestic temples, spacious courtyards and towering forest canopy creates. The silence is frequently punctured by the eerie call of howler monkeys and it's easy to let your imagination step back in time and imagine causeways bustling with life and shamans' holding court atop the monolithic limestone temples. As night closes in you'll walk back along forest trails enchanted by this truly unique experience.

Departs: 2:00 pm Returns: 7:30 pm

\*Total travel time - 2 hour drive

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Easy-to-medium hiking and climbing is optional.

## **MYSTIC TIKAL**

Experience a full day tour of ancient Tikal in the company of mystical Shaman Aj Kin. Aj Kin

is roughly translated as 'the day keeper' and he studied the ways of the ancients from his grandparents. This mystical tour of Tikal will introduce you to the fascinating world of Maya culture and beliefs. Starting as an archaeological tour you will be led through the veil of time to experience the citadel's most sacred and atmospheric sites. Your tour will culminate in a sacred ceremony where time and man become 'one'.

Departs: Optional

Duration: Approx. 6 hours

\*Total travel time - 2 hour drive

Attire: Long pants, t-shirt, bug spray, sunscreen, tennis/hiking shoes.

Level of Difficulty: Easy

### **YAXHÁ & TOPOXTE**

The important ceremonial center of Yaxhá is located between the two lakes of Yaxhá and Sacnab. Upon arrival we board a "Lancha" (motorized canoe) to visit Topoxte, a site with a long occupational history that became a Late Classic outpost of Yaxhá before being abandoned by 900 AD. The site was later reoccupied by the Maya K'owoj in AD 1350 becoming the largest Post Classic Maya site in the Petén. Topoxte was finally abandoned in AD1450. Formerly sited on an island the ruins are now located on a peninsula due to lower water levels. After lunch, we will explore Yaxhá, an important Maya site and recent location of the US 'Survivor' TV series. Yaxhá has over 500 structures, including 40 stelae, 2 ball courts and 9 temple pyramids. Structures at Yaxhá show the influence of Teotihuacan and Plaza 'C' has the only twin-pyramid complex outside of Tikal which gives an insight into Yaxhá's political allegiances. We will end the tour atop temple 216 to view the jungle and lakes of Yaxhá and Sacnab.

Departs: 8:00 am

Returns: 2:00 pm

\*Total travel time - 3 hour drive & 30 min boat ride

Attire: Long pants, t-shirt, bug spray, sunscreen, tennis/hiking shoes.

Level of Difficulty: Moderate

### **YAXHÁ AT SUNSET**

Depart from La Lancha at 2pm and drive east through rolling countryside and small farming villages toward the Belizean border. On arrival there is time for a guided tour of the ancient Maya site of Yaxhá set on the banks of the beautiful Yaxhá lagoon. Yaxhá is an important Maya site dating from the preclassic period when it is believed the merchant warriors of Teotihuacan exerted considerable control over the site. As the sun silently slips below the horizon you'll enjoy the sunset from atop temple 216 with panoramic views of both lakes or the Temple of the Red Hand Prints.

Departs: 2:00 pm

Returns: 8:00 pm

\*Total travel time - 3 hour drive

Attire: Long pants, t-shirt, bug spray, sunscreen, tennis/hiking shoes.

Level of Difficulty: Moderate

### **UAXACTÚN**

Located just 2 hours' drive from La Lancha the history of Uaxactún lies entwined with its near neighbor and greatest rival Tikal. The two sites entered the Classic period as equals in size and power. Stelae 9 shows the site's earliest recorded date yet by AD 378 Great Jaguar Paw, the ruler of Tikal waged a new kind of warfare taught by their allies from Teotihuacan

and conquered Uaxactún. While excavating the site Archaeologists discovered remarkable late preclassic sculptures and elaborately decorated temple platforms which feature large plaster masks representing the sacred living Mountain, the Witz Monster. The grounds of the site are lovingly maintained and the on-site museum contains a wonderful collection of unique artifacts.

Departs: 7:00 am                      Returns: 4:00 pm

\*Total travel time - 3 hour drive

Attire: Long pants, t-shirt, bug spray, sunscreen, tennis/hiking shoes. Level of Difficulty:  
MODERATE

## **CEIBAL**

The impressive ruins of Ceibal lie on an important trade route linking the Petén Lowlands of Guatemala with the Caribbean coast and Mexico. We travel by vehicle to the banks of the Pasión River, and then take a scenic boat trip to the isolated yet well maintained Maya site of Ceibal. Ceibal is located just inland on a large bend in the river. It's a beautifully landscaped, partially excavated site comprising three main 'groups' occupying different hill tops. The site enjoyed an extremely long period of occupation from the Early Classic period through to the Terminal Classic period, when it enjoyed a hiatus when other cities in the region were in decline or abandoned. Due to the exceptionally hard stone used at the site there are well-preserved ornate stelae located around the two main plazas. Numerous stelae depict events after the Classic Maya collapse of the Petexbatún kingdom.

Monuments at the site are varied in time period and style with some showing influences from non-Maya cultures of central Mexico and the Gulf Coast. Once we have visited the site we'll return to Sayaxche and our vehicles via the Petexbatún lagoon home to turtles, crocodiles, otters and a large variety of birds.

Departs: 7:00 am                      Returns: 5:00 pm

\*Total travel time - 5 hour drive & 2 hours boat ride

Attire: Long pant, long-sleeved shirt, bug spray, sunscreen, hiking shoes

Level of Difficulty: Moderate to High

## **AGUATECA**

The trip to Aguateca is an exciting full day adventure combining nature and archaeology. We depart early and drive just over two hours to the river port town of Sayaxche on the River La Pasión. From here we board a motorized boat for the three hour trip downstream to the ruins of Aguateca. Dos Pilas and later Aguateca were capitals of the dynasty founded in AD 645 by a prince from Tikal. It is here at Aguateca that the rulers of the Petexbatún kingdom made their last stand after fleeing Dos Pilas. The enemy remains an enigma, possibly the rulers of nearby Tamarindito an ex-vassal state or raiders of Putún Maya from modern day Tabasco State in Mexico. Aguateca is a fortified Maya city located close to Dos Pilas on a plateau overlooking the river. Surrounded by steep escarpments and a sheer sided 200 ft deep chasm the inhabitants also erected wooden palisades and managed to defend the city for about 50 years after the collapse of Dos Pilas until around AD 790 when they were overrun and the city was abandoned.

Departs: 7:00 am                      Returns: 5:00 pm

\*Total travel time - 5 hour drive & 2 hours boat ride

Attire: Long pant, long-sleeved shirt, bug spray, sunscreen, hiking shoes

Level of Difficulty: Moderate to High

### **IXPANPAJUL SKYWAY BY BOAT**

Your boat will depart from La Lancha's private dock and head across Lake Petén Itzá. En-route to Flores there's time to enjoy the beautiful scenery, flora and fauna. A vehicle is awaiting you at the boat dock in Flores and you're soon driving through the countryside to Ixpanpajul. The Skyway is a six suspension bridge complex that provides the opportunity to explore the different strata of the rainforest. There is also a zipline for the adventurous. The canopy walkway suspension bridges and trails require a medium level of fitness as the trails are occasionally steep and humidity can be high under the forest canopy. On the way back you'll have time for a short stop in Flores where there's time to explore the steep cobbled streets, visit the Cathedral or shop for fabrics, arts and crafts.

Departs: 9.30am

Returns: 2.30pm

Duration: Approx. 5 hours

Attire: Long pant, t-shirt, bug spray, sunscreen, tennis/hiking shoes

Level of Difficulty: Easy-to-medium hiking and climbing is required.

### **SPANISH LANGUAGE CLASSES**

Travel, Learn and unwind- The adequate place to learn Spanish.

Language Level: Intermediate Level Spanish Classes:

We bring to you experienced teachers from Mundo Maya Spanish School, which has been opened since July 2000 for travelers around the world with desire to learn Spanish abroad in Central America especially in the northern region of Guatemala, Peten near the Maya Kingdom Tikal.

This is a local project in the Maya Itza community named San Jose Peten Guatemala. This project has an ecological and cultural impact. The arrival of travelers into the nearby communities around Lake Peten Itza has been benefiting the local economy by providing better economic alternatives and resources to protect the Maya rainforest and keep our Guatemalan cultures alive.

Includes: Teachers transportation from nearby town, writing utensils, beverages, 3 hours session for 2 days. Please book classes one day in advance.

### **HELICOPTER TOURS TO EL MIRADOR**

El Mirador Helicopter tour is one of the best helicopter adventures offered in Guatemala. This amazing flight delivers spectacular aerial views of Lake Peten Itza, the island of Flores, El Mirador archaeological site, as well as the surrounding exotic Mayan jungle. Guests will experience a landing within the lost city of El Mirador along with a guided tour of the famous Mayan site. You will be able to explore the architecture and magnificence of El Mirador.

Time: Departs La Lancha at 7:45am, for a 45 min drive to Flores International Airport. The helicopter departs at 9am from the helipad at Flores Airport. Guests return to La Lancha around 4:30pm

Includes: Bilingual guide, picnic lunch, water, R/T road transfers from hotel -helipad-hotel.

Attire: long pants, long sleeves shirts, hat or cap, tennis or comfortable shoes (no sandals), cameras and binoculars. Passport not needed. Important to note: To book, this activity must be paid in advance. Guests will also need to provide full names and weight in pounds.