



## Tour Name

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Holy Guatemole! Food & Market Tour (departing from Antigua)

## Tour City

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Antigua

## Tour Snapshot

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Discover some of the best cuisine in central America before the rest of the world hears about it! Our delectable tour will introduce you to indigenous ingredients once cultivated by the ancient Mayans. Learn how these flavours blend with colonial Spanish cuisine to create inspirational national dishes that rival Guatemala's more famous neighbours. Factor in a visit to the colourful local market, a tasting of (arguably) the world's best coffee alongside a glut of stunning architecture and we have a recipe for a tasty and truly memorable day.

### Highlights

- Explore one of Central America's biggest and most vibrant markets and sample some of Guatemala's freshest produce
- Enjoy lunch in a traditional *comedore* loved by locals
- Drink the best coffee of your life, made from one of the world's premium coffee beans
- Discover the old town with a local who will share stories about the city, its people and their fascinating food culture

Inclusions: Local English-speaking guide, roundtrip transportation from Antigua, snacks and samples, 2 rounds of dishes at a local diner, fruit smoothie or coffee.

Exclusions: Drinks at lunch, additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

### **Schedule details**

- Duration: 4 hours
- Meeting point:  
La Antigua Guatemala Santa Catarina Arch (5<sup>th</sup> Avenue North and 2<sup>nd</sup> Street North).  
View on [Google Maps](#).
- Find the exact meeting point with what3words: [///umbrellas.aquatics.cuddled](https://www.what3words.com/umbrellas.aquatics.cuddled)
- Starting time: 8.30 AM
- Ending point:  
La Antigua Central Plaza, 4 Avenida Norte esquina 4ta Calle Oriente.

### **Full Itinerary**

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After picking you up in Antigua we will whisk you off to Guatemala City (about an hour's drive) where our tour will start in the old city centre.

We will take a stroll along the famous La Sexta Avenida, to soak up the Latin vibe given off by the street performers, artists, and vendors that dot the street. This area has been totally revitalised in recent years and it is here we will see some of the city's most magnificent buildings, including the Police Headquarters.

Time for breakfast now and our first foodie stop is a real favourite amongst locals, a bakery that boasts some inspired local creations. Enjoy a traditional baked snack with a cup of rich, smooth coffee or a delicious fruit smoothie.

Our energy levels sufficiently boosted, we will continue our walk, passing a dizzying mix of stunning Art Deco architecture, old houses, and modern high rises, arriving at the iconic Portal of Commerce and main Plaza of Guatemala City for a photo op.

Then we are off to explore the riot of colour and noise that is the Mercado Centrale, one of central America's largest markets. We will chat with local food vendors who will offer us some of Guatemala's most delectable fresh produce to try.

Next we will make a stop for lunch in one of the most famous Guatemalan *comedores* located in the food court of the market. Here we will introduce you to some incredible dishes that proudly utilise the classic staples of Guatemalan cooking: corn, chili, and beans.

Afterwards you'll have plenty of time to get lost in the shops and be tempted by the amazing variety of handicrafts and colourful textiles on offer.

Our last stop will be at one of the charming coffee shops in the old centre, where you will try one of the world's premium coffee beans and quite possibly the best coffee of your life! A dessert made with authentic Guatemalan ingredients accompanies your liquid black gold.

We will then make our way back to Antigua with happy stomachs and a head full of treasured memories. Remember to ask your local guide for the inside track on what to see and do next during your Guatemalan adventure.

*Staying right in Guatemala City? No problem, you can [book this tour without the pick-up from Antigua](#).*

### **Additional information**

**Inclusions:** Local English-speaking guide, roundtrip transportation from Antigua, snacks and samples, 2 rounds of dishes at a local diner, fruit smoothie or coffee.

**Exclusions:** Drinks at lunch, additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

**Dress standard:** Comfortable walking shoes are recommended for this tour, and please bring a raincoat or umbrella in the rainy season. Much of this tour will take place during the hottest part of the day, so dress accordingly.

**Your Trip:** For your Urban Adventure you will be in a small group of a maximum of 12 people.

**Confirmation of booking:** If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Closure of sites: The centre of Guatemala City is also the centre of the country's political, religious, and civil powers. As such, this tour will not run during the Easter season and on national holidays. Protests may also take place in the city and we will cancel the tour in those cases, for safety reasons.

Child Policy: Travellers under 18 years of age are not permitted to join this tour.

### **Dietary Notes**

We will do our best to cater to dietary restrictions, however, please note that we may not be able to accommodate at all the stops on the tour. If you have any dietary needs, please let us know ahead of time. You can do so in the 'Additional information' box at checkout, or by emailing us at [info@antiguaurbanadventures.com](mailto:info@antiguaurbanadventures.com).

### **Local contact**

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