

THE FAMILY COPPOLA HIDEAWAYS

Central America

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LA LANCHA – 2019 ACTIVITIES & ADVENTURES

ACTIVITIES

SUNSET HORSEBACK RIDE

Your ride will take place on a neighboring 70 acre farm adjacent to La Lancha. The ride will take you 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. 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 (Normal 3 hours horseback riding tours can also be arranged, but would not include wine)

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

Level of Difficulty: Moderate to High

BIRDWATCHING AT CERRO CAHUI

Experience birdwatching during the first hours of the day at our nearby Nature reserve Cerro Cahui. Fans of our feathered-friends should rely upon the knowledge of our experienced guides to help identify different species and learn more about their habitats.

Duration: Approx. 3.5 - 4 hours

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 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.

Duration: Approx. 4 -5 hours

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

Level of Difficulty: Moderate

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's 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.

Duration: Approx. 4 hours

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

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

IXPANPAJUL SKYWAY & FLORES BY LAND

Experience the joy of swinging through the treetops at Ixpanpajul Natural Park! Walk over spectacular suspension bridges and twisting paths on a skyway and then zipline into the jungle canopy. You'll observe nature from a bird's-eye-view in Guatemala's splendid Petén forest, which shelters a wide variety of plants, trees and animals. Right after this activity a ten minute drive will take you to the Island of Flores, where you will admire native architecture. Meet friendly locals, savor authentic Guatemalan dishes and shop for local textiles and wooden crafts.

Duration: Approx. 6 hours

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

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

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 Uaxactun 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.

Duration: Approx. 6 hours

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

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 witnessing 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.

Duration: Approx. 6 hours

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

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.

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 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 citadels most sacred and atmospheric sites. Your tour will culminate in a sacred ceremony where time and man become 'one'.

Duration: Approx. 6 hours

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

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

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. Formally 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.

Duration: Approx. 6 hours

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

Level of Difficulty: Moderate hiking and climbing is optional.

YAXHÁ AT SUNSET

Depart from La Lancha at 1pm 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 pre-Classic 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.

Duration: Approx. 6 hours

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

Level of Difficulty: Moderate hiking and climbing is optional

UAXACTÚN

Located just 2 hours' drive from La Lancha the history of Uaxactún lies entwined with its near neighbour 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 preclassical sculptures and elaborately decorated temple platforms with 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.

Duration: Approx. 8 hours

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 comprised of 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, otter and a large variety of birds.

Duration: Approx. 9 hours

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 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 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 over run and the city was abandoned.

Duration: Approx. 9 hours

Attire: Long pant, long-sleeved shirt, bug spray, sunscreen, hiking shoes
Level of Difficulty: Moderate to High

EL MIRADOR

Helicopter Tours to El Mirador are offered upon request. Please check directly with concierge at the Front Desk.