Trekonda

Sololá · Altiplano · Guatemala

Lago de Atitlán

Traveler's guide

A caldera lake at 1,562 m ringed by the Atitlán, Tolimán and San Pedro volcanoes and by Tz'utujil and Kaqchikel towns, for dawn paddles, the Indian Nose sunrise and weaving cooperatives.

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Nature

At 1,562 m, Lake Atitlán fills the caldera left by a huge eruption about 80,000 years ago. It is about 18 km long, covers some 130 km² and is more than 300 m deep. The Atitlán, Tolimán and San Pedro volcanoes, all over 3,000 m, rise above its southern shore. Its towns are home to Tz'utujil and Kaqchikel Maya communities that keep their language, dress and backstrap-loom weaving. From mid-morning a wind called the Xocomil often whips up rough water.



Activities

- Kayaking or paddleboarding early in the morning, while the water is calm and before the Xocomil picks up
- Sunrise hike up the Indian Nose (Rostro Maya) above San Juan La Laguna: departure around 4 am and 30 to 45 min of walking from the trailhead
- Climb of San Pedro volcano (3,020 m) from San Pedro La Laguna, with registration at the park and a local guide: 5 to 8 h return, best started at dawn
- Tz'utujil weaving cooperatives in San Juan La Laguna, working with native cotton, dyes from seeds, leaves and bark, and the backstrap loom
- Boat to Santiago Atitlán, the largest Tz'utujil town, with its colonial church, market and the cofradía house that keeps Maximón
- Tandem paragliding over Panajachel and altitude scuba diving with PADI centres

When to go

November to April is the dry season, with clear mornings for volcano views. From May to October it rains mostly in the afternoon and at night. Whatever the season, go out on the water in the morning, as the Xocomil can make the lake very rough in the afternoon, and start volcano climbs early, since the summits usually cloud over before noon.

How to get there

The nearest airport is La Aurora (GUA) in Guatemala City; tourist shuttles take 3 h to 3 h 30 to Panajachel. From Antigua the trip takes 2 h 30 to 3 h. By public bus, ride to Los Encuentros and change for Sololá and Panajachel. From the Panajachel docks, public boats cross to San Pedro, San Juan, Santiago Atitlán and the other lakeside towns.

Activities in this destination

Hiking & trekking · Volcano · Rafting & hydrospeed · Boat trips, canoe & kayak · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Local & indigenous culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family & inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling · Wildlife & whale watching · City & walking tours · Birdwatching · Fly & sport fishing

Experiences

No experiences published in Lago de Atitlán yet Are you a guide here? Create your free profile and be the first to appear.

Guides

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Photo gallery



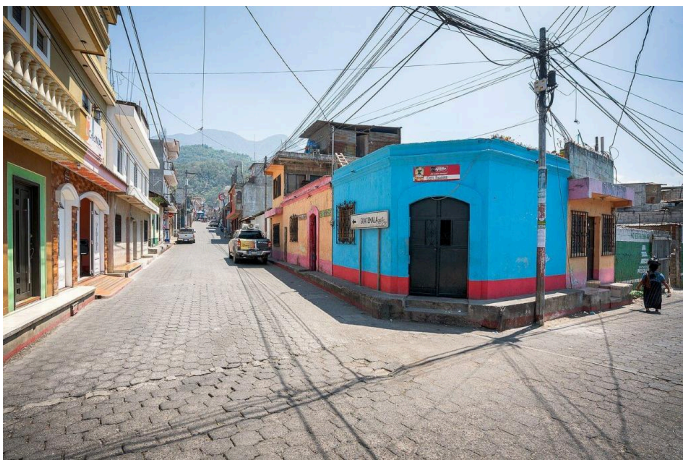
Kayak en el lago de Atitlán · Chad Davis · CC BY-SA 2.0 · Wikimedia Commons



San Pedro La Laguna y el lago desde el Rostro Maya · Charlie Marchant · CC BY 2.0 · Wikimedia Commons

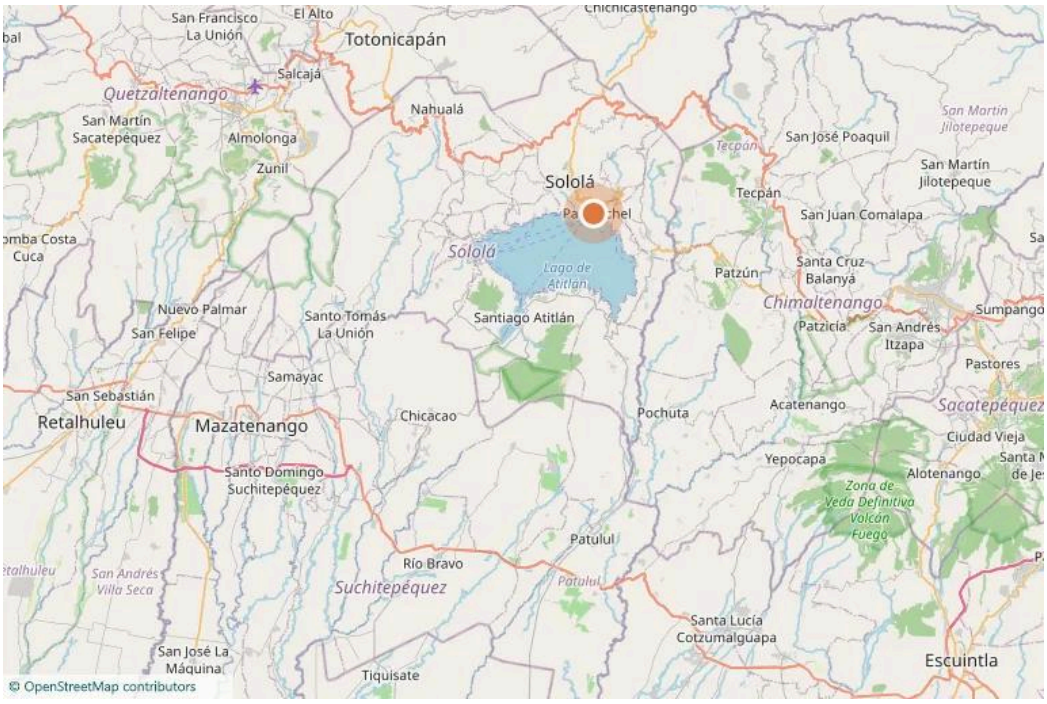


Mural en San Juan La Laguna · lamblukas · CC BY 4.0 · Wikimedia Commons



Calle de Santiago Atitlán · Chad Davis · CC BY-SA 2.0 · Wikimedia Commons

Map · Lago de Atitlán



14.7406, -91.1594 · Directions in Google Maps

How to book with a local guide

Choose your experience → Request your date → Experience Lago de Atitlán

Send your request and the guide contacts you directly with availability and price.

https://www.trekonda.com/en/experiencias/lago-atitlan

Contact platform: each guide provides the service.