

Index

- A**
- Acatenango, Volcán 105
 - accommodations 307-8, *see also individual locations*
 - useful phrases 335
 - activities 308-9, *see also individual activities*
 - Agua Caliente 248
 - Agua, Volcán 104-5
 - Aguacatán 189
 - Aguateca 302
 - air travel 320-2, 323
 - alcohol 57-8
 - All Saints' Day 11
 - Almolonga 175
 - ambulance services, *see inside front cover*
 - Anguiatú 233
 - animals 64, *see also individual animals*
 - Antigua 94-120, **96-7**
 - accommodations 108-12
 - drinking 115
 - entertainment 115-16
 - food 112-14
 - history 95
 - safety 101
 - shopping 116
 - sights 101-4
 - tourist information 100
 - transport 116-17
 - Apparition of the Archangel Michael 178
 - Arbenz, Colonel Jacobo 37
 - Arcas 283
 - archeological sites
 - Aguateca 302
 - Cancuén 228
 - Ceibal 300-1, **301**
 - Copán Site (Honduras) 236-42, **240**
 - El Baúl Hilltop Site 200
 - El Chal 285
 - El Mirador 306
 - El Zotz 305
 - Ixcun 285
 - Iximché 123-4
 - Ixlú 285
 - Ixtontón 285
 - K'umarcaaj 155-6
 - La Joyanca 304
 - Laguna Petexbatún 301
 - Machaquilá 285
 - Mixco Viejo 82, 215
 - Monte Alto 203
 - Parque Arqueológico Abaj Takalik 197-8
 - Parque Arqueológico Kaminaljuyú 78
 - Piedras Negras 304-5
 - Quiriguá 249-51
 - Río Azul 305-6
 - Santa Lucía Cotzumalguapa 199-202, **201**
 - Tayazal 282-3
 - Tikal 52, 288-96, **290-1**
 - Uaxactún 296-7, **297**
 - Wajxaklajunh 189
 - Yaxhá 297-8
 - Zaculeu 181-2
 - architecture 51-2
 - Arco de Santa Catalina 102
 - area codes, *see inside front cover*
 - Área de Protección Especial Punta de Manabique 67
 - Arévalo, Juan José 37
 - Arévalo, Marco Vinicio Cerezo 39
 - arts 50-4
 - architecture 51-2
 - literature 50
 - music 50-1
 - Tz'utujil oil painting 142
 - weaving 52-4
 - ATMs 315
 - Autosafari Chapín 203-4
- B**
- Balneario Cecilinda 224
 - Balneario Chio 224
 - Balneario Chulamar 204
 - Balneario Las Islas 224
 - Balneario Likín 204
 - Banco de Guatemala 78
 - banks 315
 - opening hours 309
 - bargaining 316
 - Barillas 189
 - Barrios, Justo Rufino 36
 - bars 58
 - bathrooms 317
 - beaches 25, 199
 - bicycle travel, *see cycling*
 - Bilbao Stones 202
 - biosphere reserves 65, 66-7, **66**
 - Refugio Bocas del Polochic 256
 - Reserva de Biosfera Maya 67, 271
 - Reserva de Biosfera Sierra de las Minas 67, 256
 - biotopes 65, 66-7, **66**
 - Biotopo Cerro Cahuí 67, 285-6
 - Biotopo del Quetzal (Biotopo Mario Dary Rivera) 67, 215-16
 - Biotopo Monterrico-Hawaii 67, 206
 - Biotopo San Miguel La Palotada 67
 - birds 64
 - bird-watching 64, 309
 - El Perú 303-4
 - El Remate 286
 - Tikal 294
 - boat travel, *see also river tours*
 - around Guatemala 324
 - to/from Guatemala 323
 - books 21, 22, *see also literature*
 - birds 64
 - environment 68, 69
 - food 57
 - health 327
 - history 35, 36, 37, 39
 - Maya, the 28, 29, 32, 33, 49, 52, 53, 150
 - mythology 48
 - religion 49
 - border crossings
 - Anguiatú 233
 - Bethel 298
 - Ciudad Tecún Umán 191
 - Copán 237-8
 - El Carmen 191
 - Taxisco 209
 - bus travel 200
 - around Guatemala 324, 325
 - to/from Guatemala 322-3
 - business hours 58, 309
- C**
- Cabrera, Manuel Estrada 36
 - Cakchiquel people, *see Kaqchiquel people*
 - calendar, Mayan 31, 32

- camping 308
 canoeing 309, *see also* kayaking
 Copán Ruinas 248
 El Remate 285
 Livingston 263
 Punta de Manbique 261
 Reserva de Biosfera Sierra de las Minas 256
 Cancuén 228
 car travel
 around Guatemala 324-5
 rental 325
 to/from Guatemala 322-3
 cardamom 216
 Carrera, Rafael 36
 Casa MIMA 77
 Casa Popenoe 104
 Catedral de Santiago 101-2
 Catedral Metropolitana 77-8
 caves
 Cueva de las Minas 235
 Cuevas de B'ombi'l Pek 227
 Cuevas de Candelaria 227-8
 Grutas Actun-Can 283
 Grutas de Lanquín 224-5
 Grutas Rey Marcos 224
 caving 308
 Ceibal 300-1, **301**
 cell phones 316
 Central & Eastern Guatemala 211-67, **212**
 Centro Cultural Metropolitano 77
 Cerro de la Cruz 104
 Champerico 198
 Chelemhá 68
 Chiantla 185
 Chicabal, Volcán 180
 Chicago 199
 Chichicastenango 11, 149-55, **151**, 11
 chicle 278
 children, travel with 81, 309, 339-40
 health 332-3
 Chiquimula 229-31, **230**
 Chiquimulilla 209
 Chiquistepeque 199
 Chisec 227
 chocolate 56-7
 Christianity 47
 Ciudad Tecún Umán 191
 Ciudad Vieja 118-19
 climate 19, 309
 climbing, *see* hiking
 clothing
 appropriate for travelers 44
 traditional Mayan 52-4, 138
 Coatepeque 194
 Cobán 216-23, **218**
 accommodations 221-2
 entertainment 222-3
 food 222
 sights 219
 tours 220
 transport 223
 coffee 56-7, 217, 316
 fair trade 220
 Nueva Alianza 198
 plantations 119
cofradías 154
 Colegio de San Jerónimo 103
 consulates 312-13
 Copán Ruinas (Honduras) 242-8, **237**, **244**
 accommodations 245-6
 entertainment 247
 food 246-7
 sights 243-4
 transport 247-8
 Copán site (Honduras) 236-42, **237**, **240**
 costs 19-20, *see also inside front cover*
 food 58
 courses 309-10, *see also* language
 courses
 cooking 105-6
 dance 309
 weaving 310-12
 credit cards 315
 crime 194
 Cristo de Esquipulas Festival 234
 Cruz Quemado, Volcán 209
 Cuatro Caminos 161
 Cubulco 215
 Cueva de las Minas 235
 Cuevas de B'ombi'l Pek 227
 Cuevas de Candelaria 227-8
 culture 42-54
 arts 50-4
 customs 43
 etiquette 44, 59, 315
 food 55-62
 population 44-6
 religion 47-9
 sport 46-7
 women's issues 49-50
 customs regulations 310
 cycling 308, 323-4
 Antigua 105
 El Remate 286
 Panajachel 129
 Quetzaltenango 168
D
 dangers 310-12
 deep vein thrombosis (DVT) 327
 dengue fever 328
 departmental boundaries 45, **45**
 departure tax 322
 Día de la Independencia 11
 digital photography 315
 disabilities, travelers with 318
 diving
 Panajachel 129
 Santa Cruz La Laguna 148
 Dos Pilas 302-3
 drinks 56-8
 driving, *see* car travel
 DVDs 308
 DVT (Deep Vein Thrombosis) 327
E
 earthquakes 37, 63
 economy 43-4
 ecotourism, 68, 227, 248, 274, 303, *see also* environment
 education 51
 El Baúl Hilltop Site 200
 El Boquerón 256-7
 El Carmen 191
 El Castillo de San Felipe 254-5
 El Chal 285
 El Estor 255-6
 El Hato 118
 El Mirador 185, 282-3, 306
 El Palmar Viejo 177
 El Perú 303-4
 El Petén 268-306, **270**
 El Remate 285-8
 El Zotz 305
 electricity 308
 email services 314
 embassies 312-13
 emergencies, *see inside front cover*
 useful phrases 337
 environment 63-9
 books 68, 69
 internet resources 66, 68
 issues 65-9
 organizations 68
 parks & protected areas 65, 66, **66**
 wildlife 64-5

000 Map pages

000 Photograph pages

Escuintla 203
 Esquipulas 233-6, **234**
 Estación Biológica Las Guacamayas
 304
 Estadio Nacional Mateo Flores 78
 Estanzuela 229
 etiquette 44, 59, 315
 events, *see* festivals
 exchange rates, *see inside front cover*

F

Feast of the Immaculate
 Conception 152
 Feria del Barrilete Gigante 120
 Feria Titular de San Miguel Arcángel
 178
 festivals 313, *see also individual
 festivals*
 Antigua 107-8
 Chichicastenango 152-3
 Huehuetenango 182
 Momostenango 180
 Nebaj 159
 Panajachel 130
 Quetzaltenango 169
 San Andrés Xecul 178
 Todos Santos Cuchumatán 187
 Zunil 175
 Festival of San Simón 175
 Festival of Santa Catarina Alejandrí,
 175
 Festival Tradicional de Danza 178
 Fiesta de la Virgen de la Asunción
 224
 Fiesta de Santo Tomás 152
 Fiestas de Concepción 182
 films 39, 42, 51
 Finca El Cisne 248
 Finca El Paraíso 255
 Finca Ixobel 269
 Finca San Lorenzo 214
 Finca Santa Margarita 219
 Finca Tatin 267
 fishing 47, 204, 205
 Flores 272-82, **276**
 food 55-62, 313
 books 57
 costs 58
 internet resources 55, 56, 58, 59
 useful phrases 59-60
 vegetarian travelers 59
 football (soccer) 46
 Fray Bartolomé de Las Casas 226
 Fuego, Volcán 104
 Fuentes Georginas 176

G

Gálvez, Mariano 36
 gangs 194
 Garífuna National Day 11
 gay travelers 313-14
 geography 63
 geology 63
 Gracias a Dios 189
 Grutas Actun-Can 283
 Grutas de Lanquín 224-5
 Grutas Rey Marcos 224
 Guatemala City 70-93, **72-3**
 accommodations 81-5
 drinking 87-8
 entertainment 88-90
 food 85-7
 history 71
 safety 76
 shopping 90
 sights 76-9
 tourist information 76
 tours 79-81
 transport 90-2

H

health 326-33
 books 327
 insurance 326
 internet resources 59, 326
 services 328
 traditional medicine 332
 useful phrases 336-7
 water 332
 Highlands 121-89, **122**
 hiking 162, 165, 166-7, 308, *see also*
 volcanoes
 Antigua 104-5
 Nebaj 159
 Panajachel 129
 Quetzaltenango 166-8
 history 28-41
 Archaic period 28
 books 35, 36, 37, 39
 Classic period 29-30
 Colonial period 31-3
 independence 33-5
 Maya, the 13-16
 Peace Accords 40
 Postclassic period 30
 Preclassic period 28-9
 Spanish Conquest 30-1
 US involvement 34-5
 hitching 325
 holidays 19, 314
 homestays 308

horse riding 308
 Antigua 105
 El Remate 286
 Panajachel 129
 Unicornio Azul 185
 hot springs 118, 176, 248
 Huehuetenango 181-4, **182**
 Huelga de Dolores 77
 human rights issues 39
 internet resources 40, 41
 hurricanes 63, 139

I

Iglesia de San Francisco 102-3
 Iglesia de Santo Tomás 150-1
 Iglesia y Convento de la Recolectión 103
 Iglesia y Convento de Nuestra señora
 de La Merced 102
 Iglesia y Convento de Santa Clara 103
 Iglesia y Convento de Santo Domingo
 103
 immigration issues 303
 indigenous languages 15, 45-6,
 340-2, **46**
 insurance
 health 326-33
 travel 314
 vehicle 322, 325
 internet access 314
 internet resources 22
 environment 66, 68
 government advisory 311
 health 59, 326
 human rights issues 40, 41
 indigenous languages 44
 Mayan people 31
 recipes 55, 56, 58, 59
 sports 47
 textiles 54
 women's issues 50
 Ipala, Volcán de 231-2
 itineraries 4, 23-7, **4**, **23-7**
 Itzá people 30, 34, 269, 273, 284
 Ixcun 285
 Iximché 123-4
 Ixlú 285
 Iztapa 204

J

jade 116, 316
 Jaibalito 148
 Jalapa 232-3
 Jardín Botánico 79
 jet lag 327-8
 Jocotenango 117-18

K

- Kaqchiquel (Cakchiquel) people 30, 31, 45, 95, 123, 125, 149
 kayaking 309, *see also* canoeing
 El Remate 286
 Panajachel 129
 Kekchí people, *see* Q'eqchi' people
 K'iche' (Quiché) people 30, 45, 149, 155, 156
 language 340-1
 kites 120
 K'umarcaaj 155-6

L

- La Aurora Zoo 79
 La Democracia 202-3
la escoba 38
 La Joyanca 304
 La Mesilla 189
 ladinos 42, 44
 Lago de Amatitlán 82, 210
 Lago de Atitlán 123-49, **124**, 6
 Lago de Izabal 251
 Lago de Petén Itzá 272, **273**
 Laguna Chicabal 180-1
 Laguna Magdalena 185
 Laguna Petenchel 283
 Laguna Petexbatún 301
 Lagunas de Sepalau 227
 language 334-42
 food glossary 60-2
 glossary 343-5
 indigenous 15, 45-6, 340-2, **46**
 language courses 309
 Antigua 106-7
 Cobán 220
 Copán Ruinas (Honduras) 244
 Huehuetenango 182
 Monterrico 206
 Nebaj 159
 Panajachel 129-30
 Quetzaltenango 168-9
 San Andrés 283
 San Pedro La Laguna 143
 Todos Santos Cuchumatán 186-7
 Las Capuchinas 103
 Las Conchas 226-7
 Las Pirámides meditation centre 146
 leather goods 316
 legal matters 314
 Leishmaniasis 330
 lesbian travelers 313-14

- literature 21, 22, 50, *see also* books
 Livingston 11, 261-6, **263**
 accommodations 264-5
 drinking 265-6
 entertainment 266
 food 265
 sights 262
 tours 263-4
 transport 266
 Los Arcos 214
 Los Huistas 189
 Los Riscos 179
 Los Siete Altares 262
 Los Vahos 174-5

M

- Maam, Rilaj 140
 macadamia nuts 119
 Macanché 288
 Machaquilá 272, 285
 magazines 308
 malaria 329
 Mam people 30, 45, 181
 language 341-2
 Mapa en Relieve 78
 maps 315
 marimbas 50
 Mariscos 257
 markets 58
 masks 316
 Maximón 140
 Mayan people
 architecture 51-2
 books 28, 29, 32, 33, 49, 52, 53, 150
 calendar 31, 32
 counting system 31
 decoration 29
 history 13-16
 internet resources 31
 languages 15, 45-6, 340, **46**
 recreation 30
 religion 13-16, 47-9, 152
 traditional dress 52-4, 138, 5, 14, 16
 Mazatenango 198
 measures 308, *see also* inside front cover
 medical services 328, *see also* health
 Melchor de Mencos 298
 Menchú, Rigoberta 38
 Mercado Central 78
 Mercado de Artesanías 79
 metric conversions, *see* inside front cover
 minibuses 324, 325
 Mixco Viejo 82, 215
 mobile phones 316
 Momostenango 179-80
 money 19-20, 315, *see also* inside front cover
 Monte Alto 203
 Monterrico 204-8
 Montt, General Efraín Ríos 38
 Monumento a Landívar 104
 Morazán, Francisco 35-6
 mosquito bites 287, 331-2
 motion sickness 327-8
 motorcycle travel
 around Guatemala 324-5
 rental 325
 to/from Guatemala 322-3
 Municipalidad de Guatemala 78
 Museo Comunitario Rabinal Achí' 214
 Museo Cultura Cotzumalguapa 201-2
 Museo de Arqueología y Etnología 195-6
 Museo de Arte Colonial 102
 Museo de Escultura 242
 Museo de Historia Natural 79
 Museo de los Niños 79
 Museo de Paleontología, Arqueología y Geología Ingeniero Roberto Woolfolk Sarvia 229
 Museo de Santiago 102
 Museo del Hermano Pedro 102-3
 Museo del Libro Antiguo 102
 Museo El Baúl 201
 Museo El Príncipe Maya 220
 Museo Ixche 78
 Museo Katinamit 224
 Museo Lacustre Atitlán 129
 Museo Maya Tzutujil 142
 Museo Militar 155
 Museo Miraflores 79
 Museo Nacional de Arqueología y Etnología 79
 Museo Nacional de Arte Moderno 79
 Museo Nacional de Historia 78
 Museo Nacional de Historia Natural Jorge Ibarra 79
 Museo Popol Vuh 79
 Museo Raúl Vásquez 129
 Museo Regional (Chichicastenango) 152
 Museo Regional de Arqueología 202
 Museo Santa Barbara 282
 Museo Tz'unun Ya' 142

- music 50-1
 Garífuna 262, 266
 trova 89
- N**
 Naj Tunich 272
 national parks 65, 66-7, **66**
 Parque Nacional Grutas de Lanquín 67
 Parque Nacional Laguna del Tigre 67
 Parque Nacional Laguna Lachuá 67, 228
 Parque Nacional Las Victorias 219
 Parque Nacional Mirador-Río Azul 67
 Parque Nacional Río Dulce 67
 Parque Nacional Tikal 67
 nature reserves 65, 66, **66**
 Área de Protección Especial Punta de Manabique 67
 Parque Hawaii 206
 Refugio Bocas del Polochic 67, 256
 Refugio de Vida Silvestre Petexbatún 67
 Reserva Natural Atitlán 129
 Nebaj 158-61
 Nentón 189
 newspapers 308
 Ni'tun Ecologde 284
 Nueva Alianza 198
- O**
 Octava de Santiago 180
 Onchocerciasis (river blindness) 331
 orchids 219
- P**
 Pacaya, Volcán 104
 Pacific Slope 190-210, **192**
 Palacio de Justicia 78
 Palacio de los Capitanes 101
 Palacio del Ayuntamiento 102
 Parque Nacional de la Cultura 276
 Panajachel 125-36, **126-7**
 accommodations 130-3
 activities 129
 drinking 134
 entertainment 134-5
 festivals 130
 food 133-4
 shopping 135
 sights 129
 tours 130
 transport 135-6
 paragliding 9, 147
 parks 65, **66** *see also* biosphere reserves, biotopes, national parks, nature reserves
 Parque Acuático Xocomil 197
 Parque Arqueológico Abaj Takalik 197-8
 Parque Arqueológico Kaminaljuyú 78
 Parque Centroamérica 165
 Parque Chatun 235
 Parque Chuiraxamolo 137
 Parque de Diversiones Xetulul 197
 Parque Hawaii 206
 Parque Nacional Grutas de Lanquín 67
 Parque Nacional Laguna del Tigre 67
 Parque Nacional Laguna Lachuá 67, 228
 Parque Nacional Las Victorias 219
 Parque Nacional Mirador-Río Azul 67
 Parque Nacional Río Dulce 67
 Parque Nacional Tikal 67
 Parque Natural Canopy Calderas 82
 Parque Natural Ixpanpajul 285
 Pascual Abaj 152-3
 passports 318
 Pastores 117
 phonecards 316
 photography 315
 pickpocketing 310-12
 pickups (transport) 324
 Piedras Negras 304-5
 planning 19-22, *see also* itineraries
 plants 64-5
 Playa Blanca 262
 Playa Quehueche 262
 police services, *see inside front cover*
 Poptún 269-72
 population 44-6
 postal services 315
 Puerto Barrios 257-60, **258**
 Puerto San José 204
 Punta De Manabique 260-1
- Q**
 Q'eqchi' (Kekchi) people 45, 227, 261
 Quema del Diablo 152
 quetzals 215
 Quetzaltenango 161-74, **163, 164**
 accommodations 169-71
 drinking 172-3
 entertainment 173
 festivals 169
 food 171-2
 history 161
 sights 165
 tourist information 165
 tours 169
 transport 173-4
 Quetzaltepeque, Volcán de 233
 Quiché 149-60
 Quiché people, *see* K'iche' people
 Quiriguá 249-51, **250**
- R**
 rabies 329-30
 Rabinal 214
 rafting 309, 9
 Río Cahabón 225
 Río Chiquibul 274
 Río Naranjo 194
 Railway Museum 77
 rain forests 286
 Refugio Bocas del Polochic 67, 256
 Refugio de Vida Silvestre Petexbatún 67
 religion 47-9
 books 49
 Christianity 47
cofradías 154
 Mayan 47-9, 152
 Reserva de Biosfera Maya 67, 271
 Reserva de Biosfera Sierra de las Minas 67, 256
 Reserva Natural Atitlán 129
 restaurants 58
 Retalhuleu 195-7, **195**
 Rilaj Maam 140
 Río Azul 305-6
 Río Dulce 251-4, 7, 9
 Río Hondo 228-9
 river blindness (Onchocerciasis) 331
 river tours, *see also* canoeing, kayaking, rafting
 Río Dulcé 264
 Río Quehueche 263
 river travel 323
 road rules, *see* car travel
 rum 57
- S**
 Sacapulas 157
 Sacatepéquez 11
 safari parks 203
 safety 194, 310-12

- sailing 9, 309
 Salamá 213-14
 Salcajá 177
 San Andrés 283
 San Andrés Xecul 177-8
 San Antonio 117
 San Antonio Aguas Calientes 119
 San Antonio Palopó 137
 San Cristóbal Verapaz 223
 San Felipe 117
 San Francisco El Alto 178-9
 San Jerónimo 214
 San José 284-5
 San Juan Chamelco 224
 San Juan Comalapa 119
 San Juan del Obispo 117
 San Juan La Laguna 146
 San Juan Sacatepéquez 82
 San Lorenzo El Tejar 118
 San Lucas Tolimán 137
 San Marcos La Laguna 146-8
 San Mateo Ixtatán 188-9
 San Miguel Chicaj 214
 San Pedro La Laguna 141-5
 San Pedro, Volcán 142
 San Simón 140
 Santa Catarina Palopó 136-7
 Santa Cruz del Quiché 155-7
 Santa Cruz La Laguna 148-9
 Santa Elena 272-82, **275**
 Santa Eulalia 188
 Santa Lucía Cotzumalguapa
 199-202, **201**
 Santa María de Jesús 117
 Santa María, Volcán 166
 Santa Rita de Copán 248
 Santiago Atitlán 137-41
 Santiago Sacatepéquez 120
 Santiaguito, Volcán 166
 Santo Tomás, Volcán 176
 Sayaxché 299-300
 scams 312
 scarlet macaws 303-4
 sea travel 323
 Semana Santa 107-8, **10**
 Semuc Champey 7, 225-6, **6**
 Serrano, Jorge 39
 shipping 316
 shopping 316
 business hours 309
 useful phrases 338
- shuttle minibuses 325
 Sipacate 199, 203
 snakes 64
 snake bites 332
 soccer 46
 solo travelers 316
 Sololá 125
 Soloma 187-8
 Spanish Conquest 30-1
 spelunking, *see* caves, caving
 sports 46-7
 steam baths 174-5, 249
 Sumpango 120
 surfing 25, 203
- T**
 Tactic 224
 Tajumulco, Volcán 166
talachas 77
 taxes 322
 taxis 325
 Tayazal 282-3
 Tecpán 123-5
 Tecuamburro 210
 telephone services 316
 Templo El Calvario 219
 textiles 52-4, 138, 316, **5, 14, 16**
 internet resources 54
 Museo Ixche 78
 Nebaj 160
 Salcajá 177
 San Antonio Aguas Calientes
 119
 San Cristóbal Verapaz 223
 Santa Catarina Palopó 136
 Santiago Atitlán 137-8
 Totonicapán 178
 theft 310-12
 Tikal 288-96, **290-1, 12**
 Tilapita 191-3, 199
 time 317
 tipping 59, 315
 Todos Santos Cuchumatán
 185-7
 toilets 317
 Tortugario Monterrico 206
 Totonicapán 11, 178, **10**
 festivals & events 178
 tourist information 318
 tours, *see also* fishing, river tours
 Antigua 107
 Guatemala City 79-81
 Livingston 263-4
 Panajachel 130
 Quetzaltenango 169
- traditional medicine 332
 transport 320-5
 around Guatemala 323-5
 to/from Guatemala 320-3
 useful phrases 338-9
 travel insurance 314
 trekking, *see* hiking
trova 89
 Tulate 198
 turtles 206, 207
 TV 308
 Tz'utujil oil painting 142
 Tz'utujil people 30, 123, 125, 137,
 139
- U**
 Uaxactún 296-7, **297**
 Ubico, Jorge 36-7
 Unicornio Azul 185
 United Fruit Company 36, 37,
 252
 Universidad de San Carlos 102
 Uspantán 157-8
- V**
 vacations 19, 314
 vaccinations 327
 Valle Dorado 229
 vegetarian travelers 59
 Victores, General Oscar Humberto
 Mejía 39
 video systems 308, 315
 visas 318
 Vivero Verapaz 219
 volcanoes 63, 66-7, 125, **66**
 Acatenango 105
 Agua 104-5
 Chicabal 180
 Cruz Quemado 209
 Fuego 104
 Ipala 231-2
 Pacaya 104
 Quetzaltepeque 233
 San Pedro 142
 Santa María 166
 Santiaguito 166
 Santo Tomás 176
 Tajumulco 166
 Tecuamburro 210
 Zunil 176
 volunteering 65, 319
 Antigua 101
 Chiquistepeque 199
 Flores 274
 Quetzaltenango 319

Quetzaltenango 168
Santa Cruz La Laguna 148

W

Wajxaklajunh 189
walking, *see* hiking
water 332
weather 19, 309
weaving 52-4, *see also* textiles
weights 308

wildlife 64-5
 refuges 65, 66
 viewing 309
women in Guatemala 49-50
women travelers 318-19
 health 332-3
work 319

X

Xela, *see* Quetzaltenango

Y

Yaxhá 68, 297-8

Z

Zacapa 229
Zaculeu 181-2
zip lining 82, 129, 137, 285
zoos 79
Zunil 175-6
Zunil, Volcán 176