



GUATEFLOW GATHERING 2024

Yeahhh, welcome to the GuateFlow Gathering 2024! ✨😄🌴🌋🔥

Please fill in your details on our website asap, by clicking on the button below

QUESTION FORM



ARRIVAL

Start of the retreat: 15th of February. Check-in at Eagle's Nest is starting at 13:30. We'll have an introduction meeting at 7 pm at Eagle's Nest, but we will start to gather there from 5 pm on.

Eagle's Nest Atitlán; Lake Atitlán, San Marcos La Laguna

[See travel info in the FAQ](#)

WHAT TO BRING

- All the props you'll need for the workshops. If you don't have some of the props, please note in the form to borrow them.
- If you have also; fire & LED props.
- A yoga mat if you prefer to use your own, there are mats to borrow.
- Earplugs, eye mask and mosquito spray





CLOTHING

- Comfortable clothes you can easily move in. Long pants to follow the floorwork workshops.
- Swimwear and sunscreen
- Fire-spinning-proof clothing (all-natural materials like cotton, linen, or hemp)
- If you want to do the hike afterwards, bring hiking shoes and warm clothing.

WHAT IS INCLUDED

- Bed linen and towels are included
- Soap and shampoo
- 3 meals per day and drinks included
- there's a shared kitchen and fridge that you can also use

END OF THE RETREAT

The retreat ends on the 25th of February. After breakfast, the check-out is at 10:30 am.



IN THE MOUNTAINS

San Marcos is at 1600 meters altitude. And to get to the accommodations, will be another few hundred meters up. That means everything is steep! It's the easiest to take a backpack instead of a suitcase, as there will be some walking to get to the accommodation from where the tuktuks can come.

THE REST PAYMENT

An invoice for the rest payment will be sent a month in advance of the start of the retreat. The rest payment is due at the start, and can be paid by credit card or bank transfer.



ACATENANGO & FUEGO VOLCANO HIKE

Optional post-retreat Acatenango & Fuego Volcano Hike

Join us for a guided overnight volcano hike to one of the most spectacular volcanoes on the planet - or in fact two, Acatenango and Fuego!

The two volcanoes sit next to each other. Acatenango is a perfect observation spot to see Fuego, which erupts every few minutes and offers a real fire show. If weather permits, we can also hike on the side of Fuego and watch eruptions from even closer distance.

We will leave San Marcos in the early morning of 26th and first visit Antigua where we'll be briefed, get additional hiking clothes (in case you need to borrow a jacket for instance) and get into our shuttle to the trailhead. We'll spend the night in a camp near the top of Acatenango. Tents, mats, sleeping bags and food will be provided.

Just before the sunrise, we will hike to the top of Acatenango and watch an incredible sunrise. After getting down and arriving back to Antigua we will have a few hours to explore this historical city before getting on our shuttle back to San Marcos. You may also opt to use this opportunity of getting to Antigua and stay there after the hike (the Guatemala City airport is an hour away from Antigua *depends on traffic). The price of this is around 65\$ including the transportation from San Marcos and back. Please mind that the possibility of this climb is a subject to weather conditions (but weather is generally good in this time of a year).

DETAILS:

- START: early morning of the 26th of February
- END: beginning of the afternoon on the 27th (exact time can't be guaranteed)
- TIP: stay one night in Antigua before getting your plane back on the 28th

[BUY YOUR HIKE TICKET HERE](#)

ANY QUESTIONS?

Have a look at the FAQ

or contact us at WhatsApp +336 3456 0233

FAQ

MESSAGE FROM EAGLE'S NEST;

Hola

We are so excited that you will be staying at Eagle's Nest. Welcome to our magical place of healing! You'll be nestled in the beautiful mountain with panoramic views of Lake Atitlán, volcanoes, and surrounding villages. Being in nature means you may come into contact with insects occasionally, and you'll have the unique experience of using a compost toilet and an outdoor shower that both feature breathtaking views.

Your stay with us includes three nutritious meals (mostly vegetarian, although we usually offer vegan options and occasionally, meat) at our onsite cafe and attendance to all our yoga classes, workshops and events. You can check out what's coming up here: Events - Eagle's Nest Atitlán (eaglesnestatitlan.com)

*You can come with the group shuttle if you arrive on the 15th, so you'll be all together and there's no need to search or arrange tuktuks etc.

When you get to San Marcos centre, you can take a tuk tuk to the entrance on the principal street. You will need to walk about 10 minutes from this entrance to get to Eagle's Nest reception, so we recommend packing light if you can. If you booked a room in Starry Mountain, take the tuctuc until a little further (the road ends 100m further by the cemetery) and walk ahead 50 meters then up the path up the hill to the left (4 minutes to Start mountain). It's usually 10 GTQ per person from downtown San Marcos or 20 GTQ per person if you bring suitcases. If you have heavy luggage, you can hire a tuk tuk driver to carry it for you.

Our reception desk is manned from 8:00am to 8:00pm. If you need to arrive outside these hours, please let us know in advance.

Check-in: any time between 1:30pm and 7:30pm

Check-out: 10:30am

Access door code to Eagle's Nest outside reception hours: 9999#

Eagles Nest Residents WiFi password: magicianshere

Trusted tuk tuk driver numbers:

Jeremy +502-3334-6225

Sebastian +502-3828-3993

Juan +502-4313-9315

Jorge +502-3272-7340

Hasta pronto! Can't wait to have you here with us :)

Sincerely,

The team at Eagle's Nest