



# Steph's Quick Budget Fact Sheet

## Guatemala - Río Dulce (Fronteras)

### Quick Facts

- ✓ **Capital:** Guatemala City
- ✓ **Language:** Spanish, 21 Maya languages, Xinca, Garifuna.
- ✓ **Population:** ± 315,000 (Izabal Dept)
- ✓ **Square km:** ± 9038 (Izabal Dept)
- ✓ **Currency:** Quetzales
- ✓ **Country code:** +502
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:** 110 (police) / 123 (fire) / 120 (ambulance)
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / Yellow fever / DTP / Malaria prevention



### History Recap Over 1 Drink

[Maya culture](#). 1523-24: Spanish colonize Mayas. 1821: Independent → joins Mexican empire. '23: Part of United Provinces of Central America. '39: Fully independent. '44-65: Dictator Carrera. '73: Pres Rufino-1931: Ubico-'44: Arevalo-'51: Arbenz. '54: US backed coup: Castillo (because: Arbenz's nationalization of plantations of United Fruit Company). '60: Start Civil War: Genocide Mayas/violations human rights → 200,000 killed/disappeared. '63: Assassination Castillo → Peralta. '66: Pres Mendez-'70: Arena → eliminate left-wingers: 50,000+ deaths. '76: 27000 killed by earthquake. '81: 11000 killed by death squads & soldiers in response to growing anti-government guerrilla activity. '82: Military coup Rios Mont. '83: Coup Mejia Victores: Amnesty for guerrillas. '85: Pres Cerezo Arevalo-'91: Serrano Elias: Diplomatic relations restored with Belize (territorial claims) → '93: Pres Carpio. '94: Peace talks government & rebels. '95: Rebels ceasefire. Human rights abuses. '96: Pres Arzu → peace agreement with rebels, ending 36 years of civil war. 2000: Pres Portillo (corrupt). '03: Pres Berger. Free trade agreement with US (+ES/Nica/Hond). '04: Army cuts. Compensation paid to Civil War victims. '05: Stan tropical storm, hundreds killed. '07: Pres Colom. '10: Pacaya erupts. Drugs trafficking. '15: Pres Maldonado.

### Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry												
Wet/Hurricane												
Best												
Budget												

Altitude: 28m. Climate: Tropical, very hot.

### Bucket List For Free

- ☺ Swim, kayak or sail down the beautiful Río Dulce.
- ☺ Inevitably you will end up walking the giant bridge. Bring your camera, the views are fantastic.
- ☺ Free live music at [Sundog Cafe](#).
- ☺ Try some new local fruits at the dirt-cheap Fronteras market.
- ☺ From Livingston: Hike to the Seven Altars waterfalls.
- ☺ Beaches: Playa Blanca (Livingston), Playa Sand Bay (Puerto Barrios).

### Worth The Extra \$€¥

- 👍 Take a boat trip down to Livingston: Nice scenery!
- 👍 Visit Castillo de San Felipe.
- 👍 Maya ruins: [Quiriguá](#).
- 👍 Hot springs waterfall at Finca Paraíso (Take collective from Fronteras market to El Estor).

The Earth Becomes My Throne

## Festivals

- ☼ Independence Day: 15-Sep.
- ☼ Revolution 1944 Day: 20-Oct.
- ☼ Garifuna Day Livingston: 25-28-Nov
- ☼ [Salt Assault Fest.](#)

## Budget Bites

- ⌘ Market: Along Frontera's main street.
- ⌘ Supermarket: Dispensa Familiar.
- ⌘ Guatemala's streetfood & cheap *comedores*: Pepián (meat stew), pupusas (corn tortillas filled with cheese or meat), elote (corn), tacos, garnachas / tostadas (fried tortillas with meat and salad), rellenitos (plantains stuffed with beans), tamales (stuffed corn dough), bunuelos (sweet), salshichas (sausage), chicharones (pork), cheveres (hot dogs), hamburgers, chile releno, mango with lime, ceviche, kilos of fried chicken, enchilada. Everything served with beans and guacamole.

## Next?

- ➔ In Guatemala: Livingston, Tikal, Semuc Champey.
- ➔ International destinations closeby: Belize, Honduras, Mexico, El Salvador.

## Sleep Cheap

- ❖ Hotel y Restaurante Backpackers, +50279305169, under bridge.
- ❖ Casa Perico, +50279305666 / +50259090721, Río Dulce.
- ❖ Instead, go [Couchsurfing](#) (on a boat) or [house-sitting](#)! Also check [WorkAway](#).

## Nights Best Spent

- ◆ Sundog Café, along Frontera's waterfront.

## Mama Said

- ☠ Watch your bag, buy a lock. Don't flash your valuables.
- ☠ Avoid walking around alone at night. Violence happens mainly on and around the big bridge.
- ☠ Narcotraficking is big in Guatemala and most murders are related to drugs trade. In short: Don't get involved.
- ☠ Don't leave your boat unlocked or anchored. Piracy happens in Guatemala.
- ☠ Bring bug spray!

## Free-Riding?

- Within the small centre everything is walkable. Biking is possible with a rental bike, but not recommended in the chaotic traffic.
- Taxi's are quite overpriced and unnecessary during the day.
- Within the town tuktuk's are the main transport.
- Buses head to Poptún, Flores, San Salvador (El Salvador) and San Pedro Sula (Honduras). Many buses go to Guatemala City. Minibuses leave to Morales, Puerto Barrios and El Estor. More expensive shuttles are available to Lanquin/Semuc Champey.
- Lancha-boats to Livingston leave from the new dock (it's cheaper from Puerto Barrios).

Tip: Download the Triposo Guatemala app for offline maps and landmark descriptions & more, or load Google Maps when you have wifi and leave it open, you will still be able to use it offline.