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GREENDEX

It seems like everyone's going green and eco these days, but how can you know which businesses are really ecofriendly and which are simply jumping on the sustainable bandwagon?

The following listings have all been selected by this book's authors because they demonstrate an active sustainable-tourism policy. Some are involved in conservation or environmental education, and many are owned and operated by local and indigenous operators, thereby helping to support regional identity and culture.

We define sustainable tourism in three ways:

Environmental – minimizes negative environmental impacts and, where possible, makes positive contributions.

Socio-cultural – respects culture and traditions and fosters authentic interaction and greater understanding between travelers and hosts.

Economic – has financial benefits for the host community and operates on the principles of fair trade.

We want to keep developing our sustainable-tourism content. If you think we've omitted someone who should be listed here, or if you disagree with our choices, contact us at www.lonelyplanet.com/feedback. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel.

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MAP LEGEND

ROUTES

	Primary		Tunnel
	Secondary		Pedestrian Overpass
	Tertiary		Walking Tour
	Lane		Walking Tour Detour
	Under Construction		Walking Trail
	Unsealed Road		Walking Path
	One-Way Street		Track
	Mall/Steps		

TRANSPORT

	Ferry		Rail (Underground)
	Metro		Tram
	Rail		

HYDROGRAPHY

	River, Creek		Reef
	Intermittent River		Canal
	Swamp		Water
	Mangrove		Mudflats

BOUNDARIES

	International State, Provincial Marine Park		Regional, Suburb
			Ancient Wall Cliff

AREA FEATURES

	Airport		Land
	Area of Interest		Mall
	Beach, Desert		Market
	Building		Park
	Campus		Reservation
	Cemetery, Christian Forest		Sports
			Urban

POPULATION

	CAPITAL (NATIONAL)		CAPITAL (STATE)
	Large City		Medium City
	Small City		Town, Village

SYMBOLS

Sights/Activities	Drinking	Information
	Entertainment	
	Shopping	
	Sleeping	
	Transport	
Eating		

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













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HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order. For details of map symbols, see the Map Legend on the last page of this book.

 telephone	 child-friendly
 opening hours	 apt
 parking available	 d
 air-con available	 dm
 internet available	 r
 wi-fi access	 s
 swimming pool	 ste
 wheelchair access	 tr
 good vegetarian selection	

EXCHANGE RATES

Prices in this book are quoted in Guatemalan quetzals (Q) unless otherwise stated. 1 quetzal (Q) = 100 centavos.

For current exchange rates see www.xe.com.

Australia	A\$1	Q7.45
Canada	C\$1	Q7.90
Euro zone	€1	Q10.75
Japan	¥100	Q8.65
New Zealand	NZ\$1	Q5.70
UK	UK£1	Q12.25
US	US\$1	Q8.00

PRICE RANGES

	Sleeping	Eating
Budget	<Q150	<Q40
Midrange	Q150-400	Q40-70
Top end	>Q400	>Q70

Accommodation prices in this book are full price in high season and include bathroom. Eating prices indicate the average cost of a main dish. Exceptions are noted in specific listings.

LONELY PLANET INDEX

1L gas (petrol)	Q8
1L bottled water	Q10
Bottle of Gallo beer	Q15
<i>Chuchito</i> (corn dough filled with spicy meat)	Q5
Souvenir T-shirt	Q50

For additional price information, see Getting Started.

BUSINESS HOURS

Banks 9am-5pm Mon-Fri, 9am-1pm Sat




Restaurants 7am-11pm (many close Sunday)

Shops 8.30am-noon & 2-6pm Mon-Sat

Exceptions are noted in specific listings.

TELEPHONE

To dial listings in this book from outside Guatemala, dial the international access code, the country code, then the number. Guatemala has no regional, area or city codes; just dial the same eight-digit number from anywhere in the country.

Guatemala country code	 502
International access code	 00
International collect calls	 147120
Domestic collect calls	 147110
Ambulance	 125, 128
Fire	 122, 123
Police	 120
Asistir (24hr tourist information & assistance)	 1500

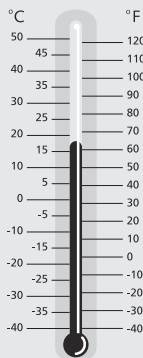
PHRASES

Hello.	<i>Hola.</i>
Goodbye.	<i>Adiós.</i>
Please.	<i>Por favor.</i>
Thank you.	<i>Gracias.</i>

CONVERSIONS

1in = 2.54cm
1cm = 0.39in
1m = 3.3ft = 1.1yd
1ft = 0.3m
1km = 0.62 miles
1 mile = 1.6km
1kg = 2.2lb
1lb = 0.45kg
1g = 0.04oz
1oz = 28g

1 imperial gallon = 4.55L
1L = 0.26 US gallons
1 US gallon = 3.8L
1L = 0.22 imperial gallons



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