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## FREQUENTLY ASKED QUESTIONS

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Please take some time to read information on our website – including Useful Information;

<http://www.monterricoadventure.com/useful-info/>

However, we include some answers to Frequently Asked Questions below;

**Q: Is there vegetarian food in Guatemala?**

**A: Yes, but there aren't many options. At local restaurants, vegetarians can get by on rice, beans, eggs, and veggies. In cities and more touristy areas, there are typically more restaurants serving vegetarian meals.**

**Q: Is there good seafood?**

**A: Guatemala does have good seafood. It's bordered by the Pacific Ocean and Caribbean Sea, so this probably isn't very surprising.**

**Q: Is the food the same throughout the country?**

**A: Although the food is similar in many parts of Guatemala, there are regional differences. Most Guatemalan food relies on meat, corn, beans, and tortillas. Cities have more food choices, especially in places like Guatemala City and Antigua, where there are a number of international restaurants.**

Along the Caribbean coast, the cuisine tends to be spicier. A 'tapado' is a seafood stew made with coconut milk and plantains. Coastal areas also serve ceviche (raw fish cooked with lime juice), fried fish, and camarones (shrimp).

Guatemalan food relies heavily on rice, corn, beans, meat, and tortillas. It's hearty and satisfying. Cities like Guatemala City and Antigua have good restaurants and ample options, including international cuisine. Local restaurants usually have more simple fare, with grilled or fried meat, beans, eggs, and tortillas. These ingredients are often used for breakfast, lunch, and dinner.

**Q: Do they do deserts?**

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**A:** Although you'll find cake shops and bakeries throughout the country, Guatemala doesn't have a sophisticated dessert scene. Like other places in Central America, flan is big here, and often comes in flavors like caramel and coconut. 'Tres leches' cake is also popular.

**Q:** What kind of alcoholic beverages are available?

**A:** The most common type of beer in Guatemala is Gallo, which is brewed by the Cervecería Centroamericana in Guatemala City. Other beers made by this brewery include Moza (a dark beer), Monte Carlo (a pilsner), and Dorada Draft.

Zacapa Centario is a rum made in eastern Guatemala. This is a popular rum that has even won international awards. In rural parts of Guatemala, you may be able to find local moonshine, which is known as guaro or aguardiente.

At upscale hotels, bars, and restaurants you'll be able to find imported beers, wine, and liquor. Local watering holes will have a more limited selection.

**Q:** Are there many insects in Guatemala?

**A:** Guatemala is a tropical country and does have bugs. It is, however, not as bad as you might think, and with the proper amount of protection you will be fine.

Mosquitos are most plentiful during the rainy season — during this time of year be sure to protect yourself using bug spray, long-sleeved shirts, and long-sleeved pants. Sleeping in rooms with screens over the windows and/or mosquito netting is also a good idea. Rural regions, especially in lowland coastal areas, tend to have more mosquitos than the highlands.

**Q:** Do I need an adaptor for my electronics?

**A:** Most outlets in Guatemala are 110 volts, the same as are found in the United States, Canada, and Mexico. If you're coming from one of these countries you won't need to bring an adaptor.

**Q:** What is internet access like?

**A:** Internet access is available throughout Guatemala, especially in cities and tourist destinations. It's easy to find a place to check your email or update your blog. The hourly rates are usually around \$1–2. Hotels often have wireless Internet access.

**Q:** Is it safe for women travelling alone?

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**A: Guatemalan men (especially ladinos) are often dominated by a ‘machismo’ mindset and can be chauvinistic. Solo female travellers may receive unwanted attention in the form of catcalls, horn honking, and whistling.**

**The best tactic is to simply ignore this. As a preventative measure, it's a good idea to dress conservatively and try to stick to the main tourist destinations.**

**Guatemala also has tons of foreign visitors, so it isn't necessary to travel alone if you don't want to — it's easy to make friends at hostels, hotels, restaurants, and bars. Take cabs after dark whenever possible.**

**Q: What about LGBT+ travellers?**

**A: Guatemala's machismo culture can make things challenging. In general, Guatemalans are not used to seeing same sex couples, as homosexuality is not widely accepted in Guatemala. Things may be beginning to change, however, especially with the international media portraying more diversity in TV and movies. It really just depends on the individuals you encounter. Guatemala City has a growing Pride movement, and there are a number of mixed bars in Zona 1.**

**However you may want to refrain from overt mutual affection while in public, as it may attract unwanted attention. It's more acceptable to be openly affectionate in a larger city, but in rural areas it's best to adopt a more conservative approach.**

**Q: What about hurricanes and earthquakes?**

**A: Guatemala is bordered by two oceans and does occasionally experience the effects of tropical storms. However, hurricanes rarely hit Guatemala directly. They sometimes pass by the coast and bring heavy rains for a few days.**

**Guatemala lies in a major fault zone and does have earthquakes. Travelers should be aware of the possibility of experiencing an earthquake, but they should not expect it. Earthquakes are still rare on a day-to-day basis.**

**Q: Can I expect to see wildlife in Guatemala?**

**A: Yes. Guatemala has an incredible amount of biodiversity. In fact, fourteen of the 38 Holdridge Life Zones are found here.**

**What will you see? That depends on where you go and what time of year it is. In general, you have a great chance of spotting a range of birds. Guatemala is home to over 700 different species of birds, the most spectacular of which are the resplendent quetzal and Petén ocellated turkey. A number of large cats also live**

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here, including the jaguar, jaguarundi, puma and margay, although you'll need loads of luck to spot one of these elusive critters.

Monkeys are often seen in Guatemala. You might hear the cry of howler monkeys or see spider monkeys playing in the trees. Smaller animals are often easy to spot, including white-nosed coatis and kinkajous.

Along Guatemala's Pacific and Caribbean coast's it's possible to spot sea turtles, most notably in the town of Monterrico.

Finally, there are lots of reptiles and amphibians in Guatemala. These include crocodiles and the red-eyed tree frog. It's especially important to be on the lookout for snakes when you're hiking, as there are a number of deadly snakes that live in Guatemala. These include fer-de-lances, coral snakes, and tropical ratlesnakes.

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