

Take the Kids Along



Family Guide Book

El Salvador

By: Marina K. Villatoro
TravelExperta.com





El Salvador

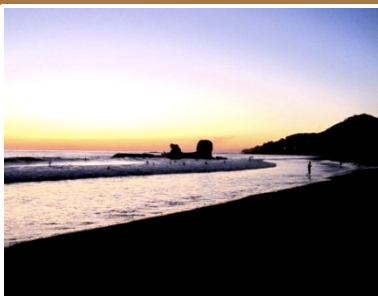
Beach Bumping, Surfing
Lake Tours and Colonial Towns
Welcome to El Salvador

Did you Know:

1. El Salvador literally means "Republic of the Savior".
2. This is the smallest yet most populated country in Central America.
3. This tiny country offers breathtaking views of volcanoes, beaches and mountains all within two hours of each other.
4. There are a number of secluded beaches to explore on the Balsamo Coast.
5. The colonial cowboy town of Suchitoto is definitely a place worth visiting and enjoying a boat tour along Lake Suchitlan.

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My Take On it:

El Salvador has a unique energy that makes you want to stay here forever!

Must Sees

Suchitoto

Suchitoto is a small colonial city in the heart of El Salvador. It is a town filled with cobblestone streets, colorful brick houses, large old churches and a booming central park.

Suchitoto means "Place of Birds and Flowers".

It's famous for its beautiful lake and artisan crafts.

Balsamo Coast Beaches

Playa El Tunco

The town is named El Tunco because of the boulders jutting out of the sea. It is one of El Salvador's dark-sand volcanic beaches. This beach has one of the best breaks in Central America, but is also a perfect spot to learn how to surf.

This is one of the only beach towns with everything within walking distance including hotels, restaurants and surf.

Playa El Sunzal

Sunzal is internationally known for the surfing and black sands. The rocky point forms the right wave that can be surfed up to 273 meters.

The town itself is almost non-existent, but what makes it different is that the hotels and restaurants are on the cliff with incredible views.

Recommended Itinerary

Day 1

Arrive to El Salvador and head directly inland to the Colonial and adorable town of Suchitoto. In less than two hours you'll be enjoying the quaint town and local life while your kids run after pigeons in Suchitoto's central Park.

Day 2

Take a Tour along the Lake and walk tour of Suchitoto.

Day 3

Say good bye and head to the Balsamic coast - 2 hour drive.

Enjoy the sunset, and get a delicious meal in any of the beach front restaurants.

Day 4

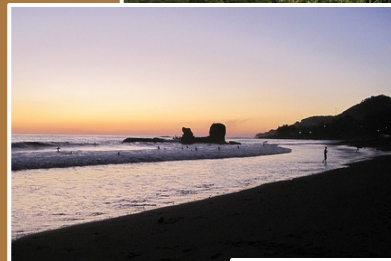
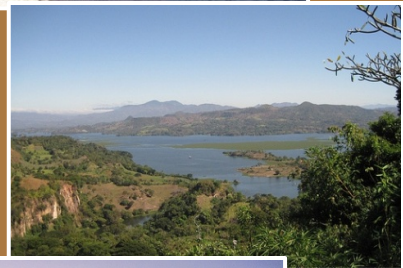
Play on the beach, take boogy board or surf board lessons, play on the beach some more.

Day 5

Arrive early to La Libertad Pier - which is great for watching the fishermen bring in their fresh catch of the day and the hectic local action. Plus, eat some of the most freshest ceviches around!

Day 6

Home Sweet Home



What To Eat

El Salvadorian Food

El Salvador's typical food and drink is a blend of indigenous and Spanish influences. Most dishes are made from maize (corn).

Tortillas and beans are staples. And the coastal areas have great seafood and ceviches.

You can wash your food down with fruit shakes or a local soft drink called Kolashanpan. Coffee is plentiful and always available.

And for mamas and papas who are looking for something stronger, try Tic-tack, the local substitute for rum, made from sugarcane.



Pupusas

The traditional El Salvadorian food!

It's made from thick, hand-made corn tortilla. This is usually filled with a blend of cheeses (quesillo), cooked ground pork meat or refried beans (frijoles refritos).

It is typically served alongside with curtido (lightly fermented cabbage slaw with red chiles and vinegar) and a watery tomato salsa.

Curtido

A spicy, vinegar-based salad made from cabbage, carrots and other veggies typically served with pupusas. Large jars of curtido are kept in restaurants and practically every home.

This cabbage slaw is served with most meals.

Curtido is fermented slightly at a room temperature before serving.

Gallo en Chicha

A traditional chicken dish in El Salvadorian cuisine typically made from rooster. It is a blend of European influences with the Salvadoran ingredients and cooking traditions.

Preparing this dish is complicated and time-consuming that it is usually prepared for special occasions and celebrations.

TIP:

Most restaurants offer it. And is a great intro to local food.



Suchitoto

**Cowboys, Colonial City, Art Mecca of El Salvador
Breathtaking views and Lake Tours
Welcome to Suchitoto**



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Map of Suchitoto





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Did You Know:

1. Suchitoto is a “Náhuatl” word that means “Bird-Flower.”
2. Suchitoto is the last remaining colonial town with cobbled stone streets and colorful houses.
3. Santa Lucia Church, with whitewashed façade, stands overlooking the town's square.
4. Locals of Suchitoto are known for their warmth and friendliness.
5. And they ADORE kids, this will be a great way to break the ice.
6. Suchitoto is known to be the cultural capital of El Salvador because of its deep roots in art and culture.
7. Suchitoto has the best panoramic views of the Lake Suchitlan and the Guazapa volcano.

My Take On It:

Suchitoto has been one of our absolute favorite places to visit!

There is so much to do in this tiny little town:

1. Hang out in Central Park watching the cowboy locals enjoy daily life.
2. You have to take a boat tour on Lake Suchitlan. Head over to bird island and see the thousands of birds that migrate here year after year.
3. Eat at a local Pupuseria.

My son still talks about how great Suchitoto is!

Kid Friendly Hotels



La Posada de Suchitlan

<http://www.laposada.com.sv/>

Address: Final 4a. Calle Poniente, Bo. San José,

Rates: \$80 and up with breakfast

The hotel is set on a hill so if you go to the deck you will get the most amazing views of the nearby Suchitlan Lake. The rooms are gorgeous and are part of a colonial home with an authentic colonial-style decoration. There is also a swimming pool and a playground where children can have a great time.

TIP: Stay in the rooms with the lake views – only!

Los Almendros de San Lorenzo

<http://www.hotelsalvador.com/index.php?id=1&L=1>

Address: 4A, Calle Poniente next to PNC

Rates: \$90 and up with breakfast

The hotel is an ancient hacienda which has been entirely restored in great detail with a central patio surrounded by open hallways, a grand living room area and a bar. The rooms are luxurious and amazingly decorated. You will feel you are walking into a photo shoot of Architectural Digest.

TIP: The hotel is full of antiques. Parents with small kids be careful. You don't want to be paying for a 400 year old art work.

Hotel Las Puertas de Suchitoto

<http://www.laspuertassuchitoto.com/>

Address: 2 Ave. Norte y Ave. 15 de Septiembre,

Rates: \$90 and up with breakfast

The hotel is smack dab in the center of town overlooking the park. The building is a house from the early XIX century. You'll be close to restaurants and shops, but won't have the amazing lake.

TIP: It can get pretty loud due to the action in Central Park.

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- Secret Spots to Explore
- Insider Tips and So Much More!

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Your Family

Take the Kids Along!



El Salvador

Family Guide Book

Fun Info & Disclosure

Time is so precious. Especially when it comes to planning your family vacation. So why waste it on looking through hundreds of websites (most of them outdated) and reading through 300 page guidebooks that barely touch upon **REAL family travel and kid friendly** places? With our family's hours of researching and personally experiencing each location, hotel and tour I hope this book will help you with your trip and give you more time to do what you really love - being with your kids and getting them excited for the new adventure!

Each hotel and tour has been tested and approved by my family. We love the local and most authentic experiences from boutique, locally owned hotels to the most typical, and educational tours!

The guide specifically stays away from restaurant recommendations because traveling with kids takes on a whole different feel and many kids are either picky eaters or don't like to sit through a fancy dinner.

What the guide (and I) do recommend and **highly promote** is eating (or at least trying) local cuisines. The guide helps you navigate through the most common cuisines of each country and region. And most importantly to get the kids excited about experiencing new foods!

Now it's time to have some SERIOUS fun!



Happy Travels,

Marina K. Villatoro and The Villatoro Family

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