



Welcome to El Salvador

Discovering the Tom Thumb
of the Americas

The Land of
Volcanoes,
Surf, and
Smiles



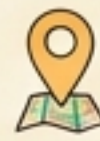
The Volcanoes

The Capital

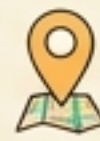
The Ocean

The 40-Minute Magic

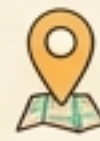
El Salvador is a small, **beautiful** country in Central America. Because it is small, you can easily travel **between** different regions.



South of the capital, you can surf in the warm Pacific Ocean.



San Salvador is located in the **center** of the country.



Just 40 minutes **north** of the city, you can climb a tall volcano.

A Safe and Welcoming Destination



Top Safety Rating

The United States gives El Salvador a Level 1 safety **rating**—the same as Switzerland or Japan.



Friendly Locals

Salvadorans are famous for their **hospitality** and are very **welcoming** to tourists.



Modern Travel

The country has excellent roads, strong 4G internet, and new tourism **infrastructure**.





The Surf Capital of Central America



- **Warm** tropical water all year round.
- **Consistent** waves that are perfect for surfing.
- Famous beaches like El Zonte offer a **relaxed** and **bohemian** atmosphere.
- Beautiful, dark **black sand** created by ancient volcanoes.



Volcanic Heights



Santa Ana Volcano (Ilamatepec).

A challenging two-hour **hike** takes you to the top. Inside the deep **crater**, there is a bright **sulfuric** lake.



Lake Coatepeque.

A massive volcanic **caldera**. Between June and August, natural algae sometimes turn the water a brilliant, clear **turquoise**.

Which Destination is Right for You?

	The Surf Coast (El Tunco)	The Cloud Forest (Apaneca)
The Weather	Hot and sunny	Cool and misty
The Vibe	Energetic and loud	Quiet and peaceful
Best Activity	Riding large ocean waves	Hiking near green waterfalls
Must-Try Drink	Fresh fruit smoothies	Hot , high-altitude coffee

The Flower Route (Ruta de las Flores)

A winding road through the western highlands connects six colorful towns.



Juayúa: Famous for a giant weekend food **festival** and the Seven Waterfalls.

Concepción de Ataco: Known for its **cobblestone** streets and beautiful, painted **murals** on every wall.

Apaneca: The highest town in El Salvador, surrounded by rich coffee **plantations**.

History Frozen in Time

The Ancient World

Joya de Cerén

Known as the Pompeii of the Americas. In 660 A.D., a volcano erupted and perfectly **preserved** an everyday Mayan farming village under thick **ash**.

The Colonial Era

Suchitoto: The Colonial Era

Founded in 1528. This town looks exactly like it did in the past, with beautiful white churches, **antique** houses, and traditional indigo (blue) dye workshops.

The Anatomy of a Pupusa

The National Dish of El Salvador

Masa: A thick, handmade dough made from corn or rice.

Curtido: A tangy, pickled cabbage salad.

The Filling: A mix of melted cheese, refried beans, ground pork (chicharrón), and loroco (an edible green flower).

Salsa: A fresh, mild red tomato sauce.



Beyond the Pupusa



Yuca Frita. Thick, golden pieces of cassava root, deep-fried until **crunchy**. It is usually served with small pieces of pork.



Panes con Gallina. A traditional, **festive** sandwich. Soft bread is completely **stuffed** with slow-cooked chicken, vegetables, and rich gravy.



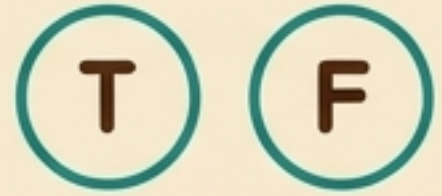
Specialty Coffee. El Salvador grows world-class coffee beans in its **high-altitude** mountains. The coffee is famous for its smooth, sweet, and chocolatey flavor.

The Journey in Brief

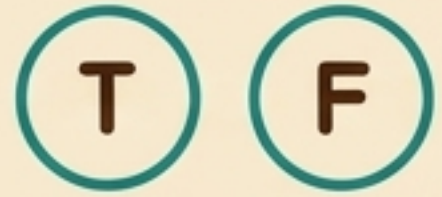
El Salvador is a small nation experiencing a massive transformation. It combines the safety and infrastructure of a modern destination with rich, untouched traditions. In just a few days, a traveler can **surf the warm waves** of the Pacific coast, hike to the sulfur crater of the **Santa Ana volcano**, and explore ancient **Mayan villages** preserved in ash. Welcoming locals and vibrant gastronomy—led by the famous **pupusa**—make this ‘Tom Thumb of the Americas’ a truly unforgettable destination.

Knowledge Check: True or False

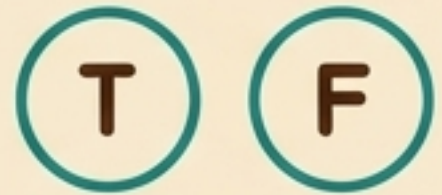
The United States currently gives **El Salvador** a Level 1 safety rating.



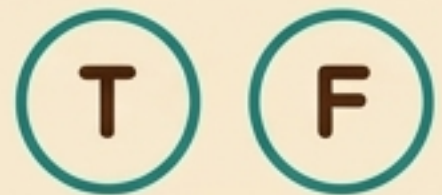
Lake Coatepeque is a saltwater ocean bay.



Joya de Cerén is a modern city built in the 1900s.



A **pupusa** is traditionally eaten with pickled cabbage called **curtido**.



Knowledge Check: Short Answer

Question 1: What natural event perfectly preserved the ancient Mayan village of **Joya de Cerén**?

Question 3: If you want to see colorful **street murals** and drink high-altitude coffee, which region should you visit?

Question 2: Name two of the ingredients commonly used inside the filling of a **pupusa**.

Answer Key

True / False

- ✓ **True** (It is ranked alongside **Switzerland** and **Japan**).
- ✓ **False** (It is a **freshwater volcanic caldera**).
- ✓ **False** (It is an ancient **Mayan village** from 660 A.D.).
- ✓ **True** (It is served with **curtido** and tomato **salsa**).

Short Answer

- ✓ A **volcanic eruption** (covered the town in **ash**).
- ✓ **Cheese, refried beans, pork** (chicharrón), or **loroco**.
- ✓ **The Flower Route** (Ruta de las Flores).



Your Adventure Awaits

Over to you: If you had 72 hours to explore El Salvador, what would you do first? Would you **hike a volcano**, **surf a wave**, or **eat a pupusa**?

End of Journal.
See you in El
Salvador!