La Democracia a town located in the highlands of western Guatemala. While it is situated only 167 miles (269 km) from Antigua, the trip takes at least 7 hours due to the condition of the roads. The members of the cooperative are spread throughout the mountainous surroundings. Due to the terrain, many coffee plants are situated at inclines that boggle the mind when thinking about the work that must be done during the harvest. Land prices within this region are much lower, making owning more land within reach for the farmers.

The cooperative membership is approximately 50/50 men and women. Some of the coffee harvested and produced by the women is made available separately. Due to the difficulty for men to find jobs in Huehuetenango to support their families, and large-scale migration north, many women have stepped up to the challenge – which is a big milestone in a culture that values men above women.

**VARIETALS**: Bourbon, Catuai, Caturra and Maragogype  
**ALTITUDE**: 4,300-5,600 ft (1,300-1,700 m)  
**NUMBER OF MEMBERS**: 124  
**REGION**: Huehue Highlands  
**FLAVOR NOTES**: Sweet, just a hint of floral and citrus, smooth full-bodied with a chocolate after note.

Perhaps the most remote and rough areas in Guatemala, this region has proven to constantly deliver great flavor and character. Elevation is felt immediately as one reaches the city of Huehuetenango. A high range of mountains, nourished by warm winds that blow from the vast Tehuantepec Plains in Mexico, allow for great coffee to be nurtured without frost at these elevated altitudes.