



GROUP TRAVEL
CAE 2134

SABOR!!!!

Gourmet journey to Mexico 17 days / 16 nights

The Mexican food is so diverse and steeped full of traditions that UNESCO declared it an Intangible Cultural Heritage of Humanity. In addition, that is not just thrilled to interesting blends of ingredients that lead to exquisite delicacy but also the aromas and flavors that delight any connoisseur. A real attack to the senses!

During this tour, you can prepare a Mole de Puebla (a type of meat stew), try Pozole (soup with meat and corn sprouts), the Carnitas de Michoacan (pork strips) or the Tlayudas de Oaxaca (toasted and refilled corn tortillas) in Mexico. And you will have a variety of sauces and tortillas always on the table. The ancient Indian traditions remain alive in the Mexican Gastronomy: The barbacoa (barbecue) of goat or lamb, the Tacos of Maguey worms with Guacamole and tamales with beans are some examples. On the other side stands the combination of Spanish, Arabic and French influences.

*We bring you closer to these traditions and "Sabores" of Mexican cuisine, with experienced leaders from the selected hotels or experts in the places you will be visiting. They will explain to you the origins of mexican gastronomy, since the times of the Mayas and Aztecs, the influence of the spanish conquest as well as the changes the mexican cuisine experimented during the years as Republic. Visit and learn the mexican gastronomy in Mexico DF, Puebla, Oaxaca, Veracruz, Villahermosa, Palenque, Campeche, Mérida and the Riviera Maya. Then you can enjoy an incredible **ALL INCLUSIVE** holiday on the beach in the Riviera Maya.*

DAY 1 (Thursday) INTERNATIONAL FLIGHT TO MEXICO

Departure to Mexico City. Upon arrival in Mexico City, one of the highest capital cities in Latin America (2,200 m.a.s.l.), transfer to the hotel and room distribution. Overnight.

DAY 2 (Friday) MEXICO DF

After breakfast, city tour of the unique attractions of the city: Plaza de la Constitucion, known as the Zocalo, the Cathedral (the largest religious monument in the country) and the Palacio Nacional with its famous frescoes of Diego Rivera and other national artists. Lunch at the Xochimilco Park known as "floating colors" with mariachi music. The market - "Mercado de Xochimilco" - is probably one of the most colorful, densest and loudest in the world. In the afternoon visit of the Anthropological Museum to see one of the world's finest permanent collections of Mesoamerica. We will place particular emphasis on the anthropology department. Thereafter we offer a lecture on the Mayan civilization. Back to hotel. First contact with the Mexican gastronomy at the hotel. You will participate in the preparation of the most famous delicacies of the country: TACOS and ANTOJITOS with tasting at dinner. **(B) (L) (D)**.

DAY 3 (Saturday) MEXICO DF - MALINALCO (with lessons on pre-Hispanic cuisine)

Breakfast at hotel. Culinary trip to Malinalco (about 2 h) In this unique hands-on experience connected to the prehispanic past, you learn how Mexico has perfumed the world with vanilla and other gifts such as tomato, chile, etc. The tour includes a visit to the local market. We will also hear a funny historical and ethnogastronomic lecture (traditions, rituals, ingredients, cooking styles and kitchen utensils) accompanied by a pre-Hispanic drink. Cooking lessons at the Convent (Augustinian Monastery) of the Divino Salvador from the 17th Century, built where once a training centre of the highest class of the Aztec warriors was. The menu is a typical soup from the mixture of Millpa: prickly pear, pumpkin heads, corncob, jitomate, epazote (ragweed). You will get "Mezcal" holy water of the region. Back to Mexico to the hotel. Overnight. **(B) (L)**

**PRICE PER PERSON
EN DOUBLE OCCUPANCY**

USD 4.112.- EUR 3.390.-

**Surplus single room
USD 737.- EUR 608.-**

GROUP DEPARTURES

2021	2022
30 Sept	14 Apr
21 Okt	05 May
	25 Aug
	08 Sept

Due to the complexity of the tour, we will depart with a minimum of 6 persons

INCLUSIONS

- ✦ Scheduled flight from Cancun to Mexico DF
- ✦ Airport and security charges
- ✦ Private transfers, excursions and tour with a English tour guide
- ✦ 17 nights in 4**** hotels including breakfast
- ✦ 10 lunches and 4 dinners, including
- ✦ 4 days ALL INCLUSIVE
- ✦ 6 classes to the Mexican gastronomy with tasting in Mexico City, Puebla (2x), Veracruz, Campeche and Merida.
- ✦ All excursions mentioned in the program, including two Indian markets to purchase fresh product for the demonstrations.
- ✦ 6 City tours/walking tours in Mexico City, Puebla, Oaxaca, San Cristobal de las Casas, Campeche and Merida.
- ✦ 4 days swim fun in Cancun.
- ✦ All entrance fees to museums or archaeological sites
- ✦ Two lectures on the tastes and traditions of Mexico 24 h. support (Hotline)

NOT INCLUDED

- International and domestic flights
- Meals and drinks and other services not mentioned in the program.
- Tips for tour guides, drivers and porters.
- Personal expenses





DAY 4 (Sunday) MEXICO CITY - TEOTIHUACAN - PUEBLA

In the morning trip to Teotihuacan, the "Sit of Gods". There we will see the Temple of Quetzalcoatl, the Sun and the Moon Pyramids. From there we have the best view of the huge city. After the tour, visit an obsidian workshop where you can buy local handicraft. Later on, introduction to the Maguey (Agave Americana), used in Mexico for the production of pulque. The pulque is considered Mexican national drink. This alcoholic drink is milky and contains about 2 to 6 vol-% alcohol. Then we will see one "Horno de barbacoa" (a kind of barbecue) and we learn how to prepare a typical barbecue. Lunch with barbecue. We continue to Puebla to our hotel. (about 3 hours). Room distribution and free time for private activities. Overnight. **(B) (L)**



DAY 5 (Monday) PUEBLA

Breakfast. Morning city tour of Puebla, with the main attractions. Transfer to the Meson de la Sacristía where our next cooking class is. The chef tells us how to prepare our next delicacy: El Mole Poblano. Mole is a name for several sauces of Mexican cuisine and dishes based on this sauce. One of the most famous dishes is the mole poblano, where the sauce is cooked and served with turkey. Degustation. Rest of the day is at leisure. You can just walk around the city, go shopping or enjoy the hotel facilities. Overnight **(B) (L)**



DAY 6 (Tuesday) PUEBLA - VERACRUZ

Breakfast at hotel. Departure for Veracruz (275km, 2h 54m), the most important Atlantic port on Mexico's Gulf of Mexico. En route, we will visit the villages of Perote y Jalapa. In Perote, we visit the most historically significant building built in the city in the 18th Century, the fort of San Carlos. It originally served to protect the connection from Veracruz, the main port on the Gulf to the capital. From 1949 to 2007, there was a prison and now is a museum. After lunch at Perote, continue to Jalapa (Xalapa), the capital of the State of Veracruz. The old town with its narrow streets, plazas and brightly painted houses still shows the image of a Spanish colonial city. The specialties of the region are the raw ham and lamb. Arrival in Veracruz and registration at the hotel. Then you have free time for private activities. We recommend a visit to the harbor or the beach. **(B) (L)**



DAY 7 (Wednesday) VERACRUZ

Breakfast at the hotel. Today we visit the fish market at the harbour. There, we will buy the right ingredients for our next culinary demonstration. On our way back to the hotel, we will take a break at the Gran Cafe 'La Parroquia' where we can taste a typical café con leche. Before dinner, the chef shows us one of the specialties of Veracruz. Degustation during the dinner. Overnight. **(B) (D)**

DAY 8 (Thursday) VERA CRUZ - VILLAHERMOSA

Breakfast at the hotel. Today we drive to Villahermosa (470km, 4h 54m). En route, we visit the Salto de Eyipantla, a beautiful cascade located on the Rio Grande de Catemaco approximately 40 m wide and 50 meters high. Lunch at a restaurant where we can eat the typical dishes of the Comida Chiapaneca (specialities of the State of Chiapas). Arrival in the city and panoramic tour before heading to the hotel. **(B) (L)**



DAY 9 (Friday) VILLAHERMOSA - AGUA AZUL - PALENQUE

After breakfast at the hotel, drive to Palenque (152km 2h 5m). En route, we stop at the Agua Azul Cascades. If the weather cooperates, we can swim for a while. At noon, we eat fried fish in a palapa (simple restaurant next to the cascade). Continue to Palenque to our hotel. **(B) (L)**

DAY 10 (Saturday) PALENQUE - CAMPECHE

Breakfast at hotel. Visit to the Mayan temple complex at Palenque, the center of the Mayan high culture in the rainforest. Palace, pyramid grave, Sun Temple, North Temple and many new excavations. Lunch in the hotel restaurant with a beautiful view at the Chacamax River. Continue along the Gulf coast to Campeche, capital of the State of



DAY 11 (Sunday) CAMPECHE - UXMAL - MERIDA

Breakfast at the hotel. Campeche was founded in 1540 by Spanish conquistadores as San Francisco de Campeche atop the pre-existing Maya city of Can Pech. The city retains many of the old colonial Spanish city walls and fortifications which protected the city (not always successfully) from pirates and buccaneers. It was declared a World Heritage Site in 1997. In the morning, we will start a panoramic city tour with visit to the bastions of the well-preserved fortress walls, visit of the fort, the colonial buildings, the Cathedral and the Zocalo. Continue to the archaeological zone of Uxmal, a typical example of the classic and post classic Maya period (2h 30m). It is considered one of the most important archaeological sites of Maya culture, along with *Palenque*, *Chichén*, and *Calakmul* in Mexico, *Caracol* and *Xunantunich* in Belize, and *Tikal* in Guatemala. It is located in the Puuc region of the eastern Yucatan Peninsula, and is considered one of the Maya cities most representative of the region's dominant architectural style. It has been designated a UNESCO World Heritage Site in recognition of its significance. Visit the main buildings of Uxmal: pyramid of the fortune-teller, the palace of the governor and the Cuadrilátero de las Monjas (the nuns square). Lunch at a typical restaurant in Muna. Menu of the day: "Pollo pibil", a typical dish of the Yucatan cuisine, based on chicken meat marinated in achiote (Achiote) wrapped in banana leaves and cooked in an earth hole, covered with stones and coal. The word Pibil describes this cooking method. The tour continues to Merida, Yucatan's colonial capital, known as the White City (La Ciudad Blanca). Arrival and registration at the hotel **(B) (L)**

DAY 12 (Monday) MERIDA

After breakfast, city tour visiting the Cathedral, the Governor's Palace, City Hall and the House of Montejo. Transfer to the regional Tianguis (market) where we are going to buy the necessary ingredients for our next and final demonstration on this gastronomic journey. Lunch with wine tasting. In the afternoon, you can enjoy the facility of the Hacienda Misne, one of the most beautiful hacienda (country estate) of the area. **(B) (L)**

DAY 13 (Tuesday) MERIDA - CHICHEN ITZÁ - RIVIERA MAYA

Breakfast at hotel. Early morning departure to Chichen Itza (120 km), a large pre-Columbian city built by the Maya people of the Terminal Classic period. and visit the shrine: Mayan and Toltec buildings, temple pyramid of Kukulcan (el Castillo), Warriors temple, Ball Court, cenote. We will continue with our trip to the Riviera Maya on the Caribbean coast. Arrival at the hotel with **ALL INCLUSIVE** and registration. You can plan some visits or activities such as Tulúm, an archeological center at the shores of the Caribbean or spend the whole day in Xcaret, a thematic park with an exceptional show with Mexican music and dances at the end of the day. Or you can end your day (and tour) with a special dinner aboard a pirate ship. Do you need help? Your guide in Cancún will help you to take the right decision. **(B) (D)**.

DAY 14 (Wednesday) - DAY 16 (Friday) CANCUN

You deserve it! The whole day is at leisure. Appetite for sand and beach? Or another cultural excursion? Go ahead! Go swimming, diving, relaxing ... make your day today, a journey that you will never forget. Overnight. **(B) (L) (D)**

DAY 17 (Saturday) CANCUN - MEXICO DF AIRPORT

Breakfast at the hotel. Day at leisure. You can enjoy the hotel facilities, perform your last shopping or just relax at the beach. At the given time, transfer to the airport for your flight from Cancun for the connecting flight back home or extension of your holidays. End of our services **(B)**

(B) Breakfast **(L)** Lunch **(D)** Dinner

