

Mexico Mayan Explorer

Trip Code: MME

Version: MME Mexico Mayan Explorer



CULTURE



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Visit the Mayan wonders of Chichen Itza, Teotihuacan, Uxmal, Palenque and many smaller ruins on our journey
- See the best of Mexico City, Puebla, and Oaxaca as well as sightseeing in San Cristobal, Campeche and Merida
- Walk between the dramatic volcanoes of Itzaccihuatl and Popocatepetl on the 'Paso de Cortes'

- Explore the magnificent Sumidero Canyon and Lakes of Montebello by boat and on foot
- Experience the Pueblos Mancomunados ecotourism project in the Sierra Norte Mountains

AT A GLANCE

- 3 days walking
- 11 days sightseeing
- Max altitude 3960m
- Join at Mexico City, Ends Cancun

ACCOMMODATIONS & MEALS

- 15 Breakfasts
- 3 Dinners
- 8 nights Hotel
- 7 nights Hotel with swimming pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Travel from Mexico City to Yucatan on this active discovery of Mexico's colourful culture, vibrant cuisine and stunning natural landscapes; from temples to tacos, sacred cenotes and smoking volcanic peaks; this magical Mayan Adventure will satisfy your wanderlust as well as your taste buds!

Mexico's bustling capital is the obvious starting point for our immersion into the cultures and history of this fascinating part of the world. This part of Mesoamerica being a cradle for ancient civilisations from the Olmec, Maya, Aztecs and on to the later Spanish Colonisers.

Here we experience not only stunning ancient sites, such as the colossal ruins of Teotihuacan, but also begin our journey into the world of Mexican Cuisine, a theme strongly (and tastily) woven throughout this itinerary. Heading to the mountains we visit the delightful town of Puebla and hike the Paso de Cortes for impressive views of the nearby volcanos (Iztaccihuatl and Popocatepetl) before sampling the region's specialities in a renowned family-run eatery.

Next up is another UNESCO World Heritage city of Oaxaca, where we marvel at the colourful architecture, before heading back in to the hills to visit the Pueblos Mancomunados - a unique community-led ecotourism project in the Sierra Norte Mountains.

Our journey then takes us, via a splash in the Pacific Ocean at Playa Cangrejo, deep into the Chiapas region and a boat trip down the impressive Sumidero Canyon. Winding up into the highlands we reach the town of San Cristobal, famed for its temperate climate and colonial architecture. We delve further into nature with a day's walk around the Lagunas de Montebello, close to the border with Guatemala, before heading north on to Campeche and Yucatan.

The final leg of our journey has us travelling through one of the most important regions of world history, densely packed with ruins of ancient cities, temples, strategic ports and sacred sites. We dive in to this history exploring the different types of Mayan architecture from 'Puuc Style', advanced astronomical and geometric designs, and intricate carvings and hieroglyphs. We visit Palenque, Edzna, Uxmal and one of the '7 New Wonders of the World' at Chichen Itza. Interweaved with these sites we visit the towns of Campeche and Merida, this time sampling the distinct but equally delicious 'Comida Yucatan' with another hand-picked traditional food experience.

Our journey ends at the beach resort of Cancun, where there is opportunity to extend your holiday for some well-earned relaxation in either Cancun or Playa del Carmen.

Is this holiday for you?

Whilst this holiday is not overly demanding from a hiking or trekking perspective it is a fast-paced and adventure packed itinerary, making the most of our 16 days in Mexico. Inevitably when covering this distance there will be some longer driving days as we move from one region to another, these are undertaken on a comfortable, air-conditioned, Mercedes Sprinter minibus or similar. The accommodation level on this holiday is of a good standard, all in close proximity to the sites we are visiting and many of the hotels also having swimming pools.

There are 3 specific walking days, undertaken at moderate and high altitudes of up to 3900m. The focus of these days are the sights, views and communities we travel through rather than their difficulty. The design of the itinerary allows these walks to be opted out of if required. We also have guided walking tours of the many sites and cities visited on this itinerary, so expect plenty of time on your feet!

Itinerary

Version: MME Mexico Mayan Explorer

DAY 1

Arrive Mexico City.

Arrive to Mexico City, a transfer to the group hotel in the city centre is included.



Accommodation
Hotel

DAY 2

Mexico City; City Tour, Chapultepec Park and dinner at Cafe de Tacuba.

Welcome to Mexico City! At 2200m and flanked by mountains on all sides this high altitude capital has been a melting pot of cultures from the early Aztecs, through the colonial Spanish times to the modern day metropolis it now is. With our local guide we undertake a city tour of the historic centre including the presidential palace, a stroll through the huge 'Zocalo' (Main Square) and the impressive Metropolitan Cathedral. We then go on to explore the castle and grounds of Chapultepec Park housing the museum of Natural History. We also take in the Museum of Anthropology, where we can discover the history of the civilisations of the Olmec, Toltec, Aztecs and Maya before our journey through their former lands. We finish our day in the city at the Cafe de Tacuba, which has been serving typical Mexican home cuisine for over 100 years. Why not try its famous desert, 'estilo Tacuba' (hot chocolate), as the perfect way to round off the day.

Meals: **B D**



Accommodation
Hotel

DAY 3

Teotihuacan guided tour.

This morning we set out to explore one of Mexico's most important and impressive archaeological sites, the huge pyramid complex of Teotihuacan. Built between 250 BC and 700 AD, predating the Aztecs by 1000 years, its population in its heyday was over 125,000, making it one of the most populous metropolises in the ancient world and certainly the largest in the Americas. Highlights include the 1km

long 'Avenue to the Dead' and the Pyramids of the Sun and Moon, the 3rd and 4th largest pyramids in the world. We spend the day exploring the site with an expert guide. On our return to Mexico City (approx. 1 hour drive each way) we visit the Basilicas Guadalupe before returning to our hotel for the evening.

Meals: **B**



Accommodation
Hotel

DAY 4

Drive to Puebla; Paso de Cortes day hike.

After breakfast we leave Mexico City and head towards the mountains. We drive for around 2 hours to the 'Paso de Cortes'. At an altitude of 3,700m it is the starting point of our walk traversing the slopes of the Iztaccihuatl Volcano ('The Sleeping Women', 5200m). The trail leads to the 'La Joya' viewpoint at 3,960m. We take the ascent slowly enjoying several stops and incredible views of Popocatepetl (5,452m), the 'Smoking Mountain'.

Returning to our vehicle we descend to the picturesque city of Puebla, known for its colonial architecture, ornate churches, and world-famous cuisine, including the iconic dish of Mole Poblano. Tonight we have the chance to sample some of this local fare with a visit to a traditional Mexican Restaurant that specialises in local produce and recipes passed down by the original families of Puebla. A feast for the senses, the walls are adorned with stunning murals that depict Puebla's rich history and traditions. When admired alongside the local 'Mezcal' and 'Tequila' these murals are said to become 'very lively', either way it is sure to make for a memorable culinary experience.

Meals: **B D**



Accommodation
Hotel



Ascent
300M



Descent
300M



Time
3 - 4 hours walking



Distance
8KM

DAY 5

Puebla Sightseeing. Transfer to Oaxaca de Juarez; Oaxaca City Tour.

This morning we explore the UNESCO World Heritage city of Puebla, you'll quickly notice the city's striking colonial architecture adorned with vibrant and colourful 'Talavera' tiles. Each tile tells a story of Puebla's cultural heritage. The city's main sites are not far from the lively Zocalo and can be easily explored on foot. The magnificent cathedral and the enchanting Plaza de la Constitución - one of the most beautiful squares in Mexico - are among the must-visit highlights of Puebla. After our tour we will drive south east (approx. 5-6 hours) to another World Heritage City, Oaxaca de Juarez.

During a tour of the centre of Oaxaca, you will experience one of the most beautiful colonial towns of Mexico. Situated in the Valle Central, Oaxaca is part of the tropics, but owing to its altitude (1,500 m), the average temperature is a pleasant 21°C. Stroll the old cobbled streets, and do not neglect to visit - besides the magnificent church of Santo Domingo de Guzmán and the ever-bustling Zócalo - one of the many colourful markets.

Meals: **B**



Accommodation
Hotel

DAY 6

Oaxaca; Pueblos Mancomunados Community Hiking.

Today we visit an intriguing and inspiring sustainable tourism project high in the mountains above Oaxaca, where we are treated to picturesque walking routes, delicious food and an insight into the Zapotec culture, all while directly supporting the local community.

The 'Pueblos Mancomunados' is a commonwealth of eight remote villages, set high in the Sierra Norte of Oaxaca. Historically this collective have pooled land and natural resources, sharing profits from forestry and farming activities. More recently they have set up a uniquely collective ecotourism project offering hiking routes, adventure activities and accommodation to travellers looking for something different. The enterprise employs over 100 local people and income from tourism is shared throughout the communities, making it an excellent example of community-led sustainable tourism.

Over 100km of hiking trails wind their way through pine forests to rocky viewpoints, hidden caves and stunning waterfalls. Set around 3,000m, we walk one of these trails linking the communities of Cuajimoloyas and Latuvi, leading over highland meadows and little brooks across the land of the cooperative. We have opportunity to sample one of the village restaurants before returning to our hotel in Oaxaca for the evening.

Meals: **B**



Accommodation
Hotel



Time
4-5 hours walking



Distance
16KM

DAY 7

Drive to Tehuantepec. Stop off at Monte Alban and mezcal tasting in Santiago Matatlan

Today we have a long drive (approx. 6 hours) to the city of Tehuantepec. On the way we enjoy a stop at Monte Alban; this intriguing and magnificently situated set of ruins were home to the Zapotec and

Mixtec people. The ruins sit atop an artificially flattened hilltop and are surrounded by a circle of terraces, houses, temples and tombs on the slopes of the hill. In Monte Albans heyday (500-800 AD) the centre is said to have in-habited close to 50,000 residents.

We then stop at the small village of Santiago Matatlan and visit a mezcal distillery - this famous Mexican spirit is made from the flesh of agave and always contains more than 40% alcohol - no mescal tasting is complete, of course, without the famous worm (gusano del maguey) - which strictly speaking, is a caterpillar!

Meals: **B**

**Accommodation**

Hotel with swimming pool

DAY 8**Drive to San Cristobal de las Casas; Sumidero Canyon boat trip.**

Today is a second transfer day as we make our way east into the Chiapas region. As we travel from Oaxaca to Chiapas, we experience a remarkable change in landscape. Oaxaca's rugged terrain is characterised by mountains, canyons, and valleys, while Chiapas is home to dense rainforests, waterfalls, and lush green hills.

We experience this new environment first-hand with a spectacular boat ride down the magnificent Sumidero Canyon. Set in a gorge with steep 1000m cliffs, the canyon only became navigable when the Rio Grijalva was damned in 1981. The now protected deep and serene waters are home to a plethora of wildlife including spider monkeys, toucans, pelicans and even an occasional crocodile basking on the rocky shores.

After our visit to the canyon we continue on to San Cristobal; set in the mountains at 2100m it offers another pleasant climate after our time in the heat at sea level. We check in to our hotel where we will spend the next two nights. Total driving time approx. 6 hours.

Meals: **B**

**Accommodation**

Hotel

DAY 9**El Chiflon waterfalls walk**

This hike takes us to the heart of Chiapas, to the Cascada El Chiflon, the largest and most beautiful waterfall in Chiapas. To see the highest waterfall we take a picturesque walk of 1.3km on small steps and

pathways. El Chiflon is ideal to relax - walking alongside the enchanting turquoise blue water.

Meals: **B**


 Accommodation Hotel	 Ascent 200M	 Descent 200M	 Time 2-3 hours walking	 Distance 5KM
---	---	--	--	--

DAY 10

Drive to Palenque; Discover the Olmec Sculptures of La Venta Park

Today we continue our journey north out of the mountains. We make an interesting stop on our way at 'La Venta Park', home to 32 monumental sculptures left by the 'Olmec Civilization'. Weighing over 30 tonnes and 2 metres high, the colossal heads of basalt and granite are best known. We continue on (total drive time 6 hours) to the town of Palenque, where we check in to our hotel ready for tomorrow's day of exploration.

Meals: **B**

 Accommodation Hotel with swimming pool

DAY 11

Palenque Tour and Roberto Barrios Waterfalls.

Today we delve deeper into Mayan history with a visit to one of Mexico's most impressive UNESCO World Heritage Sites. Palenque is an ancient Mayan city, which was inhabited from about 100 BC until its decline around 800 AD. The site features pyramids, temples, and palaces that are intricately decorated with carvings and reliefs, said to be some of the finest examples the Mayans produced.

The most famous structure in Palenque is the Temple of the Inscriptions, which is known for its elaborate hieroglyphic texts. With our expert guide we also visit the Grand Palace, Temple of the Sun and North Temple. We then take a short walk into the 'Jungle of Palenque' to discover the 'Templo Olvidado' (Lost/ Forgotten Temple). As we explore the ruins, we'll also come across hidden waterfalls, exotic birds, and other varied wildlife.

After fully exploring Palenque we drive (1 hour) to the sweeping waterfalls of 'Roberto Barrios'. Hidden in the subtropical jungle of Chiapas we find various terraces of charming water cascades along several hundred metres of beautiful flora. The turquoise-blue water and untouched nature invite you to bathe in the small rock pools. We return to our hotel in Palenque for the evening.

Meals: **B**

**Accommodation**Hotel with swimming pool

DAY 12**Ruins of Edzna; on to Campeche**

Heading north (approx. 6 hour drive) we travel to the state of Campeche where we discover another important Mayan site, Edzna. The most notable structure at Edzna is the five-tiered Great Acropolis, which stands at an impressive 40 metres. Steep stone stairs lead to the top of the Great Acropolis with panoramic views of the surrounding jungle and other ruins. Other notable structures at the site include the Temple of the Masks, which features intricate carvings and decorative stucco masks, and the Plaza of the Columns, a large open area that was once used for important ceremonies and events. After our visit, we continue on to the city of Campeche, another UNESCO World Heritage Site, awarded its status for its historic fortified old town. A fine example of a harbour town from the Spanish colonial period and a pleasant place to spend an evening and sample its plentiful culinary choices.

Meals: **B****Accommodation**Hotel with swimming pool

DAY 13**Campeche to Uxmal; Uxmal Sound and Lights Show**

Today we drive for around 3 hours in total to the archaeological site of Uxmal, with some stops along the way: Kabah, one of the most spectacular sites of 'Puuc Style' Mayan architecture, and Santa Elena, a small Mayan village where it is possible to get an insight into everyday life of the Maya. In the evening, we experience the impressive Sound & Light Show in the ruins of Uxmal. Before the tremendous background of the Pyramid of the Magician, you set out on a virtual journey back into the Mayan world. Accompanied by sound and light effects, the history of a fascinating civilization is told. We spend the night at a hotel around 2km from Uxmal.

Meals: **B****Accommodation**Hotel with swimming pool

DAY 14

Chocantes Caves; on to Merida, Yucatan.

Today we head for the colonial capital of Yucatan, Merida (Total drive time 2 hours). On the way we stop at the Chocantes Caves, a fabulous karst landscape in Tekax. We will explore the caves with an experienced guide, admiring impressive stalactite and stalagmite formations. Continuing on to Merida we have a chance to experience this delightful city on a walking tour taking in the cathedral, Palacio Municipal and the Casa de Montejo. e. In the evening we include a meal in the historic centre of Merida, serving the best quality Yucatan Cuisine. Observe the cooks while they are preparing the colourful culinarian delicacies and don't miss the fresh tortillas - they are simply delicious. The spinach-like Chaya leaves, which the Mayas appreciated many centuries ago, are a special ingredient in some of the dishes and drinks.

Meals: **B D**



Accommodation

Hotel with swimming pool

DAY 15

Merida to Chichen Itza; Stops at Izamal and Cenote Yokdzonot

Today we head East on the final leg of our journey across the Yucatan Peninsula and arrive at perhaps one of the most spectacular archaeological sites in the world, ready for a day's visit tomorrow (total journey time 3.5 hours). On our way we stop at Izamal, the 'City of Hills', one of the oldest towns in Yucatan. We then continue on to 'Cenote Yokdzonot', a water-filled sinkhole characterised by 18m vertical walls that in many places are almost hidden by what seems to be curtains of thick mangrove roots. The site is run by a community cooperative who also run a small restaurant where you can enjoy a traditional lunch. We continue the short distance to our hotel in close proximity to the ruins of Chichen Itza.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 16

Visit to Chichen Itza Archaeological Site; Transfer to Cancun Airport; Depart

Designated one of the 'New 7 Wonders of the World' we have saved the most iconic and perhaps most impressive Mayan site until last. Staying just 5 minute's walk from the rear entrance to the site, we have opportunity to explore the grounds before the majority of visitors arrive to make the most of this special experience. To date, only around 30 of the many buildings buried and overgrown by the jungle have been uncovered and restored. 'El Castillo' (The Castle) is the largest and most famous of these, dominating the centre of the site. Intricate sculptures of plumed serpents run down the sides of the

temple, aligning on the autumn and spring equinoxes to create an illusion of a feathered serpent 'crawling' down the temple - a nod to the Mayan Deity Kukuclan who the temple is devoted to. We explore the grounds fully with our expert guide, making for a fitting end to our journey through these Mayan lands.

After lunch, we drive (3 hours) to Cancun airport where the holiday ends. Additional nights in Cancun are available on request.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Nicaragua Lakes and Volcanoes

- Discover the charming historic cities of Granada and Leon
- Explore Lake Nicaragua and its 365 islets by boat
- Volcano hikes on Mombacho, Masaya, Cerro Negro and Ometepe Island
- Canoe through the San Juan River Biosphere Reserve
- Enjoy fascinating tropical wildlife on nature walks with expert naturalist guides

13 days from
US\$3,130 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- A single timed airport transfers on arrival and departure
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned unless specified as 'optional'

What's not Included

- Travel Insurance
- Departure Taxes (if applicable)
- Airport transfers other than group transfers
- Some meals as described in the Meal Plan
- Tips
- Any additional activities/excursions indicated as optional
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Mexico City.

A single timed group transfer is provided on day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer to Cancun Airport for flights departing no earlier than 1600.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts and 3 dinners are included in the holiday price. All lunches and most dinners, where you will have opportunity to select from local restaurants or eat in your hotel, are not included. You should budget US\$10 - \$20 per meal for these non-included meals.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Mexican food is a cuisine that is beloved worldwide for its bold and complex flavours, vibrant colours, and diverse range of dishes. Some of the most popular Mexican dishes include tacos, burritos, enchiladas, and tamales, which are all made with a variety of fresh and spicy ingredients such as chillies, tomatoes, coriander, and cumin. Mexican food also heavily features staples like rice, beans, and tortillas, which are often used as a base for many of the dishes. Whether you're looking for something savoury, spicy, or sweet, Mexican Cuisine has something to offer for every palate.

Such an important part of Mexican Culture, our itinerary explores the history and tastes of Mexican food with included meals in hand-picked traditional restaurants in Mexico City, Puebla and Merida. As well as this, there are numerous other opportunities to immerse yourself in the cuisine as we travel through regions famed for local delicacies and fresh, local produce.

Accommodation

All nights on this holiday are in good quality hotels, 7 of which have swimming pools. The hotels have been selected for their central locations when in cities - usually situated in the historic centres. When visiting the archeological sites such as Palenque, Uxmal and Chichen Itza we stay in selected hotels in close proximity to the sites, often allowing early access to the sites before most visitors arrive from the larger cities and touristic areas.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be accompanied by a professional and qualified tour leader.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

In addition to your budget allowance for non-included meals, we estimate that US\$150-300 will be sufficient to cover your requirements including incidental expenses such as tips for drivers, local guides and helpers. There is no need to purchase local currency (Pesos) prior to travelling. It is possible to withdraw your money in local currency from ATMs in Mexico City and all major towns and most restaurants in Mexico City will accept credit cards. If you are bringing your travel money with you we recommend you bring it in the form of US dollars in cash as this provides for the easiest exchange.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your tour leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group. For full groups we advise around \$40-50 per person total and have a available some smaller denomination pesos to tip for meals and other services.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

There is no restriction on the weight of your luggage other than that imposed by your airline. A soft bag with wheels or a trek bag is ideal for this holiday, in addition to a small day pack for the walks where you will need to carry personal items such as clothing, food and water.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Visa Mexico

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Mexico is the Peso.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an adventure holiday by getting some additional exercise. The fitter you are, the more enjoyable you will find the experience. Regular hiking in hill country is the best preparation but running, cycling and swimming are also good.

Climate

The climate in southern Mexico and the Yucatan Peninsula is predominantly tropical, with high temperatures and humidity year-round. Mexico City, Puebla, and Oaxaca experience a subtropical highland climate, which means they have mild temperatures with dry and sunny winters, and rainy summers. Chiapas, on the other hand, has a tropical climate with high humidity and frequent rain, particularly from May to October. The Yucatan Peninsula has a hot and humid tropical climate, with high temperatures all year round and a distinct rainy season from June to October.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- "The Maya" by Michael D. Coe - This book provides a comprehensive introduction to the history and culture of the Maya civilization, one of the most fascinating and influential civilizations of ancient Mesoamerica. The author, a renowned Maya scholar, offers a vivid and accessible account of the Maya's social, political, and religious life, as well as their art, architecture, and science.
- "The People's Guide to Mexico" by Carl Franz, Lorena Havens, and Steve Rogers - This classic guidebook is a must-read for anyone interested in traveling to Mexico, offering practical advice and insider tips on everything from navigating public transportation to sampling local cuisine. The book covers a wide range of destinations, including the Yucatan Peninsula, and provides insights into the country's history, culture, and people.
- "Mexican Mosaic: A Brief History of Mexico" by John W. Sherman - This book provides a concise and engaging overview of Mexican history, from pre-Columbian times to the present day. The author examines key events and trends that have shaped Mexico's development, including the rise and fall of the Aztec and Maya empires, the Spanish conquest, the Mexican Revolution, and the country's ongoing struggles with poverty, inequality, and corruption.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Socks & underwear

- Trekking trousers
- Shorts
- Shirts / T-shirts / Tops
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Lightweight waterproof overtrousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack
- Dry bags
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2(we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent (DEET)
- Small travel towel
- Small padlock (to lock your bag)
- Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Travel clothes
- Sandals for casual wear and evenings
- Swimwear (for Hotel pools and beach)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining at the hotel in Mexico City. A transfer is included from Mexico City Airport. The holidays ends in Cancun. A transfers from Chichen Itza to Cancun Airport is included.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Mexico City. Outbound flights will usually depart from the UK in the morning arriving mid-afternoon on the same day (Day 1 of the Land Only itinerary). Return flights will depart Cancun in the afternoon of the last day of the itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE?

On this unique adventure holiday we discover the best of Mexico's Southern States and Yucatan Peninsula, exploring a mix of Mayan Wonders, heritage towns and the country's famous cuisine. In a KE twist on a classic journey we also hike into the hills for stunning volcanic vistas, lush natural landscapes and visit sustainable community tourism projects.

Please Note This document was downloaded on 27/07/2024 and the trip is subject to change