

Mexico Mayan Explorer

Trip Code: MME

Version: MME 2026 - 17 day itinerary



CULTURE



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Visit iconic Mayan sites of Teotihuacan, Uxmal, Palenque and Chichen Itza
- See the best of Mexico City, Puebla, and Oaxaca as well as sightseeing in San Cristobal, Campeche and Merida
- Hike in La Malinche National Park, rural Oaxaca and Cascada El Chiflon in Chiapas
- Experience the Pueblos Mancomunados ecotourism project in the Sierra Norte Mountains

- Explore the magnificent Sumidero Canyon by boat and on foot
- **New for 2026** - Now 17 days our standard itinerary includes an authentic Mexican cookery class in Oaxaca whilst our *October Special* will enjoy a day at the 'Day of the Dead' festivities.

AT A GLANCE

- 3 days walking
- 11 days sightseeing
- Cookery Class
- Max altitude 3690m
- Join at Mexico, Ends Cancun

ACCOMMODATIONS & MEALS

- 16 Breakfasts
- 1 Lunch
- 2 Dinners
- 7 nights Hotel with swimming pool
- 9 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Step into the heart of Mexico on an unforgettable journey through its most iconic cities, ancient ruins, lush landscapes, and vibrant cultures. From the bustling energy of Mexico City to the mystical ruins of Chichén Itzá, this curated itinerary offers a seamless blend of history, nature, and authentic local experiences.

Explore the architectural wonders of colonial towns like Puebla and Oaxaca, hike through Zapotec highlands and jungle waterfalls, stand in awe before the mighty pyramids of Teotihuacán and Palenque, all whilst immersing in the colourful traditions of indigenous communities. Along the way, savour traditional flavours at historic restaurants, witness sacred rituals, and walk in the footsteps of ancient civilizations.

Whether you're gazing up at volcanic peaks, wandering centuries-old streets, or cooling off in hidden cenotes, every moment of this trip reveals a different layer of Mexico's extraordinary heritage. Our extraordinary journey ends on the Caribbean coast in Cancún, with the option to extend your stay and unwind by the sea.

Culture, cuisine, and natural beauty—this is Mexico like you've never experienced it before.

NEW FOR 2026 - 17 day Itinerary

Our standard departures include an additional day and night in Oaxaca to experience an authentic Mexican Cookery Class and hike to the waterfalls at Hierve el Agua, one of Oaxaca's geological wonders.

On our October Special departure clients will experience the Day of the Dead festivities, with a full day in Oaxaca to join the festivities and learn about the traditions of the 'Día de Los Muertos'. View [Day of the Dead Special](#) departure.

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 time 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 in a comfortable, air-conditioned modern vehicle. 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 3,300m which requires a good level of fitness. The focus of these days are the sights, views and communities we travel through . 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! Many of the archeological sites have uneven terrain, steep stairs and unpaved pathways.

Itinerary

Version: MME 2026 - 17 day itinerary

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 passing by the presidential palace before 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

Hike in La Malinche National Park. Drive to Puebla.

After breakfast, we depart from Mexico City and journey towards the mountains to La Malinche National Park. La Malinche, also known as Matlalcuéyatl or Malintzin, is a dormant volcano standing at 4,461 metres above sea level, making it the sixth highest mountain in Mexico. Our guide will select the trail based on the group's abilities and weather conditions, with the goal of reaching a scenic viewpoint at 3,300 metres. Along the hike, we will encounter the diverse flora and fauna, including a variety of herbs and the captivating sight of hummingbirds in their natural habitat.

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**



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 head south east to our next destination, and another World Heritage City, Oaxaca de Juarez. (Journey time: 5

to 6hrs).

On arrival we will check into our hotel and then set off on our sightseeing tour off Oaxaca, 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 (1500m), the average temperature is a pleasant 21°C. Strolling through the old cobbled streets, we will visit the magnificent church of Santo Domingo de Guzmán and the ever-bustling Zócalo - one of the many colourful markets.

In the evening we will head out to a local restaurant for an evening meal.

Meals: **B**



Accommodation
Hotel

DAY 6

Cooking class with Zapotecan lady cook in the surroundings of Oaxaca.

Today's experience begins with a short visit to the local market, located just five minutes away. During the visit, we will take the opportunity to select and purchase fresh regional products, which we will later use to prepare sauces and tortillas. Back in the kitchen, we will start with the preparation of various sauces, exploring different methods, types of chillies, textures, and flavours. Next, we will learn how to make tortillas from scratch: discovering the ideal dough texture, proper pressing technique, and the perfect cooking time. To conclude, we will enjoy a tasting of everything we have prepared.

After lunch, we'll journey into the mountains near Mitla (approx. 70 km transfer). Our adventure begins in the small community of Xaaga, where we set off on scenic forest trails through the Sierra Madre. The hike offers sweeping views and a chance to experience the region's rugged natural beauty, ultimately leading us to one of Oaxaca's most fascinating geological wonders: Hierve el Agua.

At the entrance, you'll find a handful of local craft stalls, small restaurants, and changing rooms. From there, the landscape opens up to reveal two dramatic rock formations that resemble waterfalls frozen in time. These are not actually made of water, but of minerals-mostly calcium carbonate-deposited over thousands of years by the slow trickle of mineral-rich spring water flowing down the cliffs. The result is a stunning illusion of petrified cascades, with one drop reaching nearly 30 meters (98 feet) into the valley below.

At the top of the formation, natural spring-fed pools offer a place to unwind. You'll have time to soak in the warm, mineral-rich waters while taking in breathtaking views of the surrounding mountains-a perfect end to a rewarding hike.

We will head back to our hotel in Oaxaca late afternoon and head out to a local restaurant for a meal.

Meals: **B L**



Accommodation
Hotel



Time
1 - 2 hrs walking

DAY 7

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 100 km of hiking trails wind their way through pine forests to rocky viewpoints, hidden caves and stunning waterfalls. Set around 3000 metres, 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
5 - 6 hrs walking



Distance
16KM

DAY 8

Explore Monte Albán and the heart of Mezcal Country. Overnight Salina Cruz.

We begin our day with a drive of approximate 1 hour to reach Monte Albán, the ancient capital of the Zapotec and later the Mixtec civilizations. Perched dramatically on an artificially levelled hilltop, the ruins are surrounded by a series of terraces, temples, tombs, and residential areas that once housed the common people. At its peak, between 500 and 800 AD, Monte Albán is believed to have been home to around 50,000 inhabitants.

Continuing our journey we make a stop in the small village of Santiago Matatlán, known as the "World Capital of Mezcal." Here, we'll visit a traditional mezcal distillery and learn how this iconic Mexican spirit is made. Mezcal is distilled from the heart of the agave plant - called the piña - after it blooms for the first time. The leaves are removed, the heart is cooked, ground, fermented, and then distilled multiple times.

A proper mezcal tasting wouldn't be complete without trying it with the famous gusano del maguey - a caterpillar traditionally found in the agave plant!

After the tour and tasting session we continue on to our next overnight stop at Salina Cruz. (Approximately 3 hour drive).

Meals: **B**

**Accommodation**

Hotel with swimming pool

DAY 9**Drive to San Cristobal de las Casas; Sumidero Canyon boat trip.**

After breakfast we depart Salina Cruz for a scenic drive into the lush highlands of Chiapas, arriving in the colonial town of Chiapa de Corzo. From here, we'll enjoy an unforgettable boat trip through the dramatic Sumidero Canyon, where the Río Grijalva winds between towering limestone cliffs reaching up to 1,000 metres. Along the way, marvel at cascading waterfalls, dense tropical vegetation, and the chance to spot wildlife such as crocodiles, toucans, pelicans, and herons. After the boat tour, take time to stroll through Chiapa de Corzo's charming zócalo, with its historic Mudejar-style fountain and artisan markets.

In the afternoon, our journey continues into the highlands to the picturesque town of San Cristóbal de las Casas, nestled at 2,133 metres above sea level. Upon arrival, take a guided walk through its beautifully preserved historic centre, beginning at the lively central square and continuing to the Cathedral and the magnificent Iglesia del Convento Santo Domingo, known for its intricate pink façade. With its colonial charm, cool mountain air, and rich indigenous culture, San Cristóbal offers a perfect setting to relax and explore.

Total driving time approx. 6 hours.

Meals: **B**

**Accommodation**

Hotel

DAY 10**Day trip to hike to 'Cascada El Chiflon' - the highest waterfall in Chiapas.**

Today we will head further into the heart of Chiapas, to the Cascada El Chiflón, the largest and most beautiful waterfall in Chiapas. To see the highest of the falls, we will take a picturesque walk of approximately 1.3 km (0.8 mi.) on small steps and pathways. El Chiflón is ideal to relax - and enjoy walking alongside the turquoise blue water. We return to San Cristobal de La Casas where you can spend time

exploring or relaxing by the hotel pool.

Meals: **B**



Accommodation
Hotel



Ascent
200M



Descent
200M



Time
2 hours walking



Distance
5KM

DAY 11

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 12

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 13**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 14**Campeche to the archaeological site of Uxmal via Kabah and Santa Elena.**

Today we drive for around 3 hours in total to the archaeological site of Uxmal, making several stops along the way. Our first stop is at Kabah, one of the most spectacular sites of 'Puuc Style'. It is thought to have been affiliated to Uxmal as they were once linked by a *sacbé* (Mayan causeway). Kabah is primarily famous for its Palace of the Masks, a structure 46 metres long. The western façade of the building is completely covered with about 250 masks of the rain god Chaac, with archaeologists supposing their number to have once been nearly 450.

We will then continue onto our next stop at Santa Elena, a small Mayan village of slightly more than 4,000 people. It once served the archaeologists John Lloyd Stephens and Frederick Catherwood as a basis for their visits of the surrounding ruined sites, where they made their famous drawings. During their stay, they also studied the traditions and way of living of the people - much has stayed as it was: the construction of Mayan houses, the traditional cuisine, and many rites and customs. We will get some insight into the everyday life of the Mayan families in this village.

A final 16km drive takes us to onto Uxmal our final destination for the day. Here we will immerse ourselves in the history of the late Classic Maya period. The name Uxmal means "built three times." Built around 600 to 950 AD, the meaning of many buildings has not yet been fully unravelled. The site is impressive with its decorated façades, vast terraces, squares, columns, and archways. Transfer to hotel, located

approximately 2km from Uxmal.

** For those that choose it is possible to experience a Sound & Light Show in the ruins of Uxmal in the evening. A virtual journey back into the Mayan world, accompanied by sound and light effects, telling the history of this fascinating civilization (in Spanish). Optional.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 15

Uxmal to Merida, Yucatan via the Grutas Chocantes caves.

After breakfast, we'll head to Mérida, the colonial capital of Yucatán (total drive time: 2 hours). Along the way, we'll stop at the base of a hill near Tekax, known as the "City of Forests." A short uphill hike takes us to a stunning panoramic viewpoint overlooking the desert thorn forest of Yucatán. Continuing on, we arrive at the entrance to the Grutas Chocantes - one of the most extraordinary cave systems in Mexico. Beneath the surface, whimsical stalactite formations hang from the ceiling like giant curtains, and shimmering cascades of calcium carbonate spread across the walls and floor, earning the cave its nickname, the "Crystal Grotto."

Archaeological finds, including broken clay vessels, cave paintings, and traces of ancient campfires, suggest that the cave was once used by the Maya.

From Tekax we continue our journey to Merida, where we have a chance to experience this delightful city on a walking tour. The city charms visitors with its narrow streets, colonial architecture, and romantic horse-drawn carriages. Spanish and French influences are visible throughout - Paseo de Montejo, for instance, was inspired by the Champs-Élysées. Highlights of the tour include the cathedral, Palacio Municipal, and Casa de Montejo, birthplace of the city's founder. If time allows we can also visit the Museum of the Mayan world which acquaints visitors with the roots of the Yucatec people (entrance fee not included).

In the evening we will head for dinner at t La Chaya Maya, a renowned restaurant in Mérida's historic centre. Here you will get to enjoy authentic Yucatán cuisine in a colonial setting, whilst watching the cooks prepare colourful local dishes. Don't miss the fresh tortillas - they're an absolute must. Many recipes feature chaya leaves, a spinach-like plant prized by the Maya for centuries.

Meals: **B D**



Accommodation

Hotel with swimming pool

DAY 16**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 17**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**

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 2 dinners are included in the holiday price. For meals not included you will have opportunity to select from local restaurants or eat in your hotel. You should budget US\$10 - \$30 per meal for these non-included meals.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking 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, 6 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via <https://esta.cbp.dhs.gov>, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US\$40 (as of 30/09/25). Travellers who have not registered before their trip are likely to be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK 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>. Other nationalities should consult their local embassy or consular office.

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: <http://london.usembassy.gov/niv/apply.html>)

Visa Mexico

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

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 before 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 directly 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.

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)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

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 18/04/2026 and the trip is subject to change