

*MYSTICISM and
COSMOVISION: SOUL
OF DEEP MEXICO..*



EXPERIENCES AND TRADITIONS

HEARING



MEGA
INTERNATIONAL
DMC

LOCATION

OAXACA

COMMUNITY TOURISM

- + The 7 colors of corn (02 days).
- + Try and feel Latuvi (03 days).
- + Sustainable Experience (02 days).
- + Oaxaca total (07 days).
- + Inheritance of a Living Earth (03 days).
- + Mystical Experiences (05 days).

FESTIVITIES

- + Day of the dead.
- + Pantheons.
- + Comparsas.

WOMEN TRAVELING WITH THEM.

- + Magic hands.
- + Mezcaleras and looms.
- + Walk with me (02 days).
- + Women of the Sun (02 days).
- + Coffee aroma (02 days).



Mexico is a country full of cultural diversity, it has more than 50 Native Peoples located throughout the national territory. Syncretism, identity, cosmovision and gastronomy are some of the aspects that enrich and make Mexico a **UNIQUE** destination.



MECA
INTERNATIONAL
DMC

OAXACA



COMMUNITY TOURISM



Translation results According to a report by the United Nations Food and Agriculture Organization, the rural population in Mexico represents 23% of the total population and the active participation of women accounts for about 18%. These data tell us the importance of putting the rural sector on the public and private agenda and, on the other hand, show us the hard work that women do every day for the advancement of their communities.

Tourism, without a doubt, is a great tool to achieve the development of localities. Good planning and practice of this activity can achieve significant economic growth and will undoubtedly help and promote the preservation of the biocultural environment where it is carried out.

Highlights

- ① Meeting with agents of change.
- ① Total immersion in rural spaces.
- ① Connection with nature.
- ① Unique cultural experiences.



Mexico is a multicolored map that keeps in its corners, the worldview, rituals and customs of ancient peoples. GRUPO MECA invites you to know the real Mexico, the one that happens every day between agaves, mountains, smoke, fire, water and smiles. Visit these places and discover why like Mexico, there are not two.

THE 7 COLOURS OF CORN



The northern sierra of Oaxaca has a special charm, here, the colors appear. Live a gastronomic and agricultural tour of 02 days, where you can testify that the Oaxacan ingenuity has no limits compared to corn.

You will know the origin and traditional process of cultivation of Creole organic corn, the importance of its knowledge and the relationship it has with the land and the community. An ingredient that gives meaning to the daily and ceremonial life of the people. Corn is not considered one thing, but one more element of the Earth, it could be compared to wind, fire, sun and water, it was the food base of Mesoamerican communities and to the day of today, it continues to have great cultural and spiritual value. You will know the origin and traditional process of cultivation of Creole organic corn, the importance of its knowledge and the relationship it has with the land and the community. An ingredient that gives meaning to the daily and ceremonial life of the people. Corn is not considered one thing, but one more element of the Earth, it could be compared to wind, fire, sun and water, it was the food base of Mesoamerican communities and to the day of today, it continues to have great cultural and spiritual value.

Highlights

- Discover the importance of corn in the Zapotec culture.
- Try the versatility of corn in different dishes.
- Be one with the host community.
- Learn about the transformation process of corn, from the cob to the tortilla.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

Includes: Transportation + access to the ecotourism project + Includes: Transportation + access to the ecotourism project + traveler's insurance + guided tour of corn growing areas + talks on the importance of corn + gastronomic workshops with local families + gastronomic sample + night of bonfire and legends + 01 night of lodging in a cabin + round trip + local guides + bilingual host. Food: 04 food per person. Operates: All year round. Private service Min 02 / Max 10. Duration: 02 days / 01 night. Difficulty: Basic. Language: Spanish / English. Suggested minimum age: For greater enjoyment, it is recommended that children travel from the age of 10. Suggestion: Bring sun protection + comfortable clothing and warm coat + fly repellent + sweater / windbreaker + raincoat + sunglasses + hat or cap + things for personal use. NOT Includes: Extra food, additional drinks, personal expenses and tips.

THE 7 COLOURS OF CORN

ITINERARIO



1st day

You will depart from the city of Oaxaca to the community of La Nevería, the youngest and smallest of the Mancomunados Towns, it owes its name to the activity its first settlers dedicated themselves to at the end of the 19th century. Upon arrival in the community, you will have a talk with one of the local inhabitants to learn about the importance of corn within the Zapotec culture, later you will take a walk through the main growing areas accompanied by a local guide. In the afternoon, you will visit different local families and learn about the shelling process and the so-called: Sunset of the nixtamal. Finally, you will enjoy a night of bonfire and legends. * Overnight in cabins in the community



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

2nd day

In the morning you will visit again at local families and you will have a traditional cooking workshop, you will witness how each corn is incorporated into the gastronomy to make different dishes such as tortillas, tamales, atole, yellow and much more. Later, you will see an exhibition of the different grains of corn and the dishes that were prepared with each grain, you will live with local families and taste the prepared dishes. After lunch, you will return to Oaxaca City.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

TRY AND FEEL LATUVI



Latuvi's gastronomic culture is manifested in each of its customs, smells and textures. You will immerse yourself in a sea of unique flavors, know the origin and variety of the gastronomic products of this region, You will know the traditional methods of preparation and you will taste dishes that will allow you to know a cuisine with a star. Whatever you choose, you will always find the stamp and flavor of this land: A sensory experience.

Highlights

- ☉ Make a delicious traditional bread and accompany it with a tasty chocolate.
- ☉ Walk the trails of Latuvi and learn about the productive cycles of the community
- ☉ Fruit harvest
- ☉ Be captivated by the nature that surrounds this Zapotec community.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

Includes: Transportation + access to the ecotourism project + traveler's insurance + Serrano bread and jams workshop + night of bonfire and legends + 02 night of lodging in a cabin + transportation + local guides + bilingual host. Food: 06 food per person. Operates: All year round. Private service Min 02 / Max 10. Duration: 03 days / 02 nights. Difficulty: Intermediate. Good physical condition is required. Language: Spanish / English. Suggested minimum age: For greater enjoyment, it is recommended that children travel from the age of 10. Suggestion: Bring sunscreen + comfortable clothing and brigadora + fly repellent + sweater / windbreaker + raincoat + sunglasses + hat or cap + things for personal use. NOT Includes: Additional food, extra drinks, personal expenses and tips.

TRY AND FEEL LATUVI



1st day

You will leave the city of Oaxaca at 09:00 am for the community of Latuvi, which in Zapotec means "rolled leaf", this picturesque community offers its visitors endless flavors, smells and textures. Upon arrival, you will enjoy a delicious meal and have time to settle in one of the cabins. Afterwards, you will visit a family of bakers where you will learn how to make the traditional Serrano bread. At nightfall, you will taste the bread made with your own hands in the company of delicious chocolate. * Overnight in cabins in the community.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

2nd day

With the first rays of the sun and welcoming a new day, you will prepare your boots, raincoat and water bottle to start the adventure; but not before, make a brief stop in one of the local dining rooms for a nutritious breakfast. You will meet the community guide who will guide you on a tour of the "spring" route, where you will learn about the productive cycles of the community, preparing the land, planting and harvesting. On the tour you will be able to observe the fruit tree areas and participate in the cutting of some fruits before returning to the community. * Overnight in cabins in the community.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

TRY AND FEEL LATUVI



3rd day

You will start the day with a delicious breakfast based on tamales and champurrado and then return to the city of Oaxaca and end this pleasant experience.





SUSTAINABLE EXPERIENCE



On this trip he meets and shares a healthy lifestyle with a family from the community. They will introduce you to the daily activities of the field: the cultivation, the management of a farm and the raising of backyard birds. You will expand your culinary experience by tasting a delicious Creole chicken mole and enjoying a delicious chocolate. Wait! An exciting challenge awaits you on this expedition, jump on the zip line and walk on the suspension bridge, you will have an extraordinary panoramic look at your feet.

Highlights

- ① Learn how a sustainable farm works.
- ① Experience that unites nature, adventure and the culture of the wild place,
- ① Learn to make adobe (unbaked brick)
- ① Do activities typical of the farm and cook typical dishes.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

Includes: Transportation + access to the tourist project + visit to Mr. Eli's farm + gastronomic workshop + access to the viewpoint and suspension bridge + visit to "Casa de Piedra" + adobe and chocolate workshop + local guides + 01 night of lodging in cabins + traveler's insurance + bilingual host. Food: 05 typical foods per person.

Operates: All year round. Private service Min 02 / Max 10. Duration: 02 days / 01 night. Difficulty: Intermediate. Good physical condition is required. Language: Spanish / English Minimum age: For greater enjoyment, it is recommended that children travel from the age of 10. Suggestion: Bring sun protection, a camera + comfortable and warm clothes + sweater / windbreaker + sunglasses + hat or cap.

NOT Includes: Zip line circuit, additional food, extra drinks, personal expenses and tips.

SUSTAINABLE EXPERIENCE



1st day



In the morning, you will go to the community of Benito Juárez, a pioneer in the practice of ecotourism in the region. After a pleasant breakfast, a guide will accompany you to Mr. Eli Messinas' farm, where you will learn about traditional farming, raising backyard poultry, and running a family farm. You will also learn how to prepare a delicious Creole chicken mole, which you will taste in the company of Mr. Eli's family. In the afternoon, you will hike to the Benito Juárez Viewpoint, which has an impressive view of the Central Valleys. Here, while you wait for the sunset, you can put your innate adventurer to the test with the zip line circuit and the suspension bridge. * Overnight in the community cabins

2nd day

After a delicious breakfast in the town's dining room, you will move to "Casa de Piedra" with Mr. José's family, who will teach you how to make adobes and chocolate, and you will also visit the carpentry workshop. You will continue with a delicious lunch at Casa de Piedra where not only the seasoning is good, but you will also have the opportunity to see how the living ceilings work. After lunch and with a broad vision of life in the country, you will return to Oaxaca City.



INHERITANCE OF LIVING EARTH



Awaken your senses and discover the heritage of a Living Land. Activates the smell by perceiving the aroma of flowers, resins, fruits, wet earth and mountains. Let your hands feel the husking of an ear of corn and feel the freshness of the spring in a sip of water. Delight your ears with the stories and voices of the forest and finally, pamper the palate by tasting and enjoying the fruit of the land and the work of its people.

Highlights

- Immerse yourself in the daily life of the Oaxacan mountain.
- Discover how mountain communities have managed to manage their resources.
- Prepare delicious jam and accompany it with a delicious bread.
- Tour the mountains and meet some of the communities that live in them.



FOTOGRAFIA: MANUEL JIMÉNEZ

Includes: Access to the ecotourism project + Travel insurance + Serrano bread and jam workshop + night of bonfire and legends + 02 night of lodging in cabin + transportation + local guides + bilingual host. Food: 06 food per person. Operates: All year round. Private service Min 02 / Max 10. Duration: 03 days / 02 nights. Difficulty: Intermediate. Good physical condition is required. Language: Spanish / English. Suggested minimum age: For greater enjoyment, it is recommended that children travel from the age of 10. Suggestion: Bring sun protection + comfortable clothes + fly repellent + sweater / windbreaker + raincoat + sunglasses + hat or cap + things for personal use. NOT Includes: Transportation hotel / meeting point / hotel, food, drinks, personal expenses and tips

INHERITANCE OF LIVING EARTH



1st day



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

You will leave the city of Oaxaca towards the community of Latuvi, where your tour will begin. You will start on the so-called "El Manantial" route, this walk has a special meaning for the inhabitants of the community, as it shows how they organized to obtain their most important income: agriculture, fruit cultivation and field work. Continue your experience by visiting a jam workshop, where you will have the opportunity to prepare one and then cook a delicious and traditional Serrano bread. Enjoy your creations wrapped around the campfire and listening to the voices and legends of the community. * Overnight in cabins in the community

2nd day

On this day, you will start with a walk that will take you to the youngest and smallest community of the Pueblos Mancomunados: La Nevería. Along the quiet path, you will be able to appreciate the great biodiversity and the variation of the climate within the Sierra Norte de Oaxaca, you will go from the warm oak forest located at a low altitude, to the cold pine forest in La Nevería. Upon arrival, you will visit a greenhouse where you can volunteer and see first-hand the effort that the community has made to achieve sustainable development. * Overnight in cabins in the community



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

INHERITANCE OF LIVING EARTH



3rd day

To culminate your experience, this day, you will take a walk to the community of Benito Juárez, on the way you will see family plots and upon arrival, you will visit a group of locals who have dedicated themselves to the cultivation of mushrooms and to investigate their uses and medicinal properties. .



MYSTIC EXPERIENCE



Traditional medicine One of the most important aspects of indigenous communities is the rescue and preservation of their culture and wisdom. In this 05-day expedition within the Commonwealth Towns, you will discover how its inhabitants have used the benefits of nature and ancestral wisdom, which has been jealously protected over time, to lead a balanced life.

Highlights

- ① Experience the link between natural healing and the locals.
- ① Prepare millenary drinks that are still part of the communal diet.
- ① Enjoy a bath out of the ordinary.
- ① Enjoy a deep encounter with the community, nature and spirituality.



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

Includes: Access to the ecotourism project + Travel insurance + Serrano bread and jam workshop + night of bonfire and legends + 02 night of lodging in cabin + transportation + local guides + bilingual host. Food: 06 food per person. Operates: All year round. Private service Min 02 / Max 10. Duration: 03 days / 02 nights. Difficulty: Intermediate. Good physical condition is required. Language: Spanish / English. Suggested minimum age: For greater enjoyment, it is recommended that children travel from the age of 10. Suggestion: Bring sun protection + comfortable clothes + fly repellent + sweater / windbreaker + raincoat + sunglasses + hat or cap + things for personal use. NOT Includes: Transportation hotel / meeting point / hotel, food, drinks, personal expenses and tips.

MYSTIC EXPERIENCE



1st day



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

You will depart from the City of Oaxaca towards the community of Cuajimoloyas, and you will start the journey to the Coyote Canyon. You will start by visiting "Ojito de Agua", where the water runs through the crevices of the high cliff. You will continue towards the Coyote Canyon and along the way you will find countless medicinal plants. In the afternoon, you will visit Mrs. Telesfora, a traditional doctor with extensive knowledge in the use of medicinal plants. * Overnight in cabins in the community.

2nd day

This day you will visit the community of La Nevería, where accompanied by a community guide, you will walk the "Route of medicinal plants" and witness the vital link between the plants and the locals. You will learn about the different medicinal plants found in the community and the use of each of them. At night, take a traditional "sitz bath", a peculiar experience whose focus is the use of medicinal plants for therapeutic and curative purposes. * Overnight in cabins in the community.



FOTOGRAFIA: MANUEL JIMÉNEZ

MYSTIC EXPERIENCE



3rd day



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

You will start the day with a walk to the community of Latuvi, along the quiet path, you will be able to observe the great biodiversity of the place and as you move forward, feel how the climate is changing within the Sierra Norte, you will go from the cold pine forest to the low oak forests in Latuvi. Upon arrival, you will meet Mrs. Julia who will teach you the process of preparing two ancient drinks: Pulque and tepache. * Overnight in cabins in the community.

4th day

The experience continues towards the community of Amatlán, a municipality that offers ancient natural treasures and interesting colonial remains in its vast territory. Upon arrival, you will take a trip back in time and discover the remains of a mine, where accompanied by a local guide you will be able to discover the underground world 150 meters away. In the afternoon, you will have the opportunity to live a traditional medicine experience: Temazcal bath, massage and purification. * Overnight in cabins in the community



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

MYSTIC EXPERIENCE



5th day

Return to the city of Oaxaca



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE



FOTOGRAFIA: EXPEDICIONES SIERRA NORTE

OAXACA TOTAL



Highlights

- ① Visit exemplary monuments from the time of New Spain.
- ① Get to know the living culture of Oaxaca.
- ① Savor its traditional cuisine.
- ① Meet the workshops where pieces of art are created every day.

Includes: Transportation + local guide + craft demonstration + walk through magueyales + admissions + all the visits described in the program + traveler's insurance. Food: check every day. Opera: The itinerary described below is a suggestion, however, all experiences can be carried out separately, respecting the days of operation. In case you want to do any tour on a different day, please check in advance, in any case, it will be on request. Starts on Monday. Shared service Min 04. Pick up & Drop off is in Oaxaca City. Duration: Average 08 hours per day. Difficulty: Basic. Language: Spanish / English. Minimum age: For greater enjoyment, it is recommended that children travel from 05 years old. Suggestion: Bring sunscreen, camera + comfortable clothing + sweater / windbreaker + sunglasses + hat or cap. NOT Includes: Extra food, additional drinks, personal expenses and tips.



OAXACA TOTAL



PRIMER DÍA - Lunes

CUEVAS & TRADICIONES (09 HRS)



Oaxaca has a long history and multiple traditions that should be known to its visitors. The journey begins with a visit to the prehistoric caves, where you will learn the history of corn and you will be amazed by the landscapes that surround them. Continue learning about their traditions by visiting a backstrap loom workshop and finally, finish mimicking the great Oaxacan culture, getting to know a mezcal palenque. After this visit you will know the cultural importance of this ancient drink.

Meals included: 01 bottle of water per person.

SEGUNDO DÍA - Martes

TESOROS DOMINICOS (09 HRS)

Enjoy a tour of viceregal architecture, observing magnificent parishes, temples and former Dominican convents. Visit a fabulous religious complex, the Ex-Convent of San Pedro and San Pablo Teposcolula and enjoy a walk through the cobbled streets of Yucunama, here, you can taste some dishes of Mixtec gastronomy, prepared by a group of traditional cooks.



Meals included: 01 bottle of water per person.

OAXACA TOTAL



TERCER DÍA - Miércoles

MONTE ALBAN (07 HRS)

On this tour, you will be charged with energy in what was the largest city of the Zapotecs: Monte Albán, strategically located on top of a mountain within the Central Valleys. Its large square, the ball court and how well preserved all its structures will undoubtedly leave you in awe. Your day continues with a visit to a clay workshop, where you will learn about the magic of each piece made by hand and end the tour, with a visit to the Etla market where you can appreciate a combination of aromas and colors. and textures.

CUARTO DÍA - Jueves

PUEBLOS Y MEZCALES (07 HRS)

On this day, you will visit the Central Valleys of Oaxaca. Upon arrival, a delicious and authentic Oaxacan chocolate with a traditional bread will welcome you and in the company of a family of artisans, you will be able to taste it while listening to stories about its cultural heritage, traditions and crafts. Continue your day getting to know the house of a family of mezcal, where you will taste the representative drink of Oaxaca and learn about the ancestral process with which mezcal is made.

Meals included: 01 Chocolate with bread + mezcal tasting + 01 bottle of water per person

Meals included: 01 yellow bread cake with cheese + 01 bottle of water per person.



OAXACA TOTAL



QUINTO DÍA - Viernes

MANOS CON MAGIA (07 HRS)

The day begins in Ocotlán de Morelos, where the traditional market will enliven your senses. Walk its aisles full of flavors, textures, aromas and colors that will leave you with your mouth open on market days (only Friday). Continue to Jalieza, a place known for its backstrap loom, here you can buy beautiful textile pieces that may be the perfect souvenir for home. Then you will arrive at San Martín Tilcajete, where in the company of the artisans, you will be part of the creative process, you will learn about the technique, dedication and love that they put in each of their colorful wooden figures, known as Alebrijes..



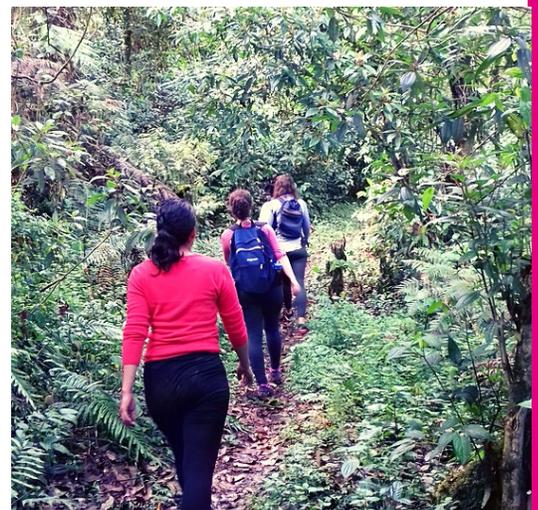
SEXTO DÍA -Sábado.

PUEBLO MÁGICO (09 HRS)

This day will be dedicated to contact with nature. Admire the beauty of the Sierra Juárez, within it is Calpulálpam de Méndez. Upon arrival, you will have time to discover the community, visit its church dedicated to San Mateo, hear about its history as a mining town and community action to eradicate this industry. You will take a walk to enjoy the viewpoints and later, you will visit a family garden where you can harvest rich fruit (only in season).

Meals included: 01 bottle of water per person.

Meals included: 01 bottle of water per person.



OAXACA TOTAL



SÉPTIMO DÍA - Domingo

PUEBLOS MANCOMUNADOS (09 HRS)



It is always gratifying to give yourself time to discover new paths. The communities of Pueblos Mancomunados is the ideal place to reconnect with nature and spirit. On this tour you will visit San Antonio Cuajimoloyas or Benito Juárez, both mountain communities are located between 2,300 and 3,200 meters above sea level. Among majestic natural settings you can take walks, practice mountain biking or horseback riding, admiring a great variety of flora and fauna. Let your spirit enjoy a walk through cloud forests.

Meals included: 01 bottle of water per person.



FESTIVITIES



Cultural diversity is one of the most striking characteristics of Mexico, the convergence of various peoples in the country throughout its history, has made the national territory have deep-rooted traditions that are visible at any time of the year. One of the most representative festivities of Mexico worldwide is All Saints' Day, better known as "Day of the Dead", where the Mexican people fill the pantheons with orange color and in each house, dishes are prepared that are part of the traditional offering and whose authors wait for those who have already left.

Highlights

- 🌀 Be part of one of the most important Festivities in Mexico.
- 🌀 Live the experience like a true local person.
- 🌀 Discover the special of this Celebration, which will undoubtedly touch your soul.
- 🌀 Live with families, dance and toast with the community.





THE DAY OF THE DEAD



A tour to know one of the most deeply rooted traditions of Oaxaca. Start the day at the home of a local family and taste the typical Oaxacan chocolate accompanied with the traditional bread of the dead. Then, visit the market where every year, prior to this great festival, the Day of the Dead square is set up. You will walk the corridors that are filled with flowers, bread, chocolate, incense, skulls, candles, and candles, you will enjoy the combination of smells, colors and flavors. Following the tradition, you will buy what is necessary for the assembly of the offering and with the bag full, you will return to the family home where you will leave your offering for their altar. You will end the day, sharing a delicious Oaxacan mole with tortillas bajaditas del comal, accompanied by a glass of mezcal and pennyroyal tea.



includes: Transportation + shopping at the market for the offering + local guide + traveler's insurance on board the unit. Food: 01 Oaxacan chocolate + 01 piece of traditional bread + 01 typical meal in the family home + 01 shot of mezcal + 01 bottle of water. Operates: Only October 31 and November 1 / From 09 to 15 hours. Shared service: Min 02. Private service: On Request. Duration: 06 hours. Difficulty: Basic. Language: Spanish / English. Minimum age: For greater enjoyment, it is recommended that children travel from 05 years old. Suggestion: Bring sun protection + comfortable clothing + sunglasses. NOT Includes: Extra food, additional drinks, personal expenses and tips.



PANTHEONS



Visit two of the most traditional pantheons: Santa Cruz Xoxocotlán and Santa María Atzompa. A route that goes through illuminated, colorful paths full of floral scent. The distinctive Cempasuchil flowers will guide you and invite you to join the ceremony where families, according to tradition, visit the graves of their deceased, filling every corner of the pantheon with light and waiting for their arrival in the underworld.



Includes: Transportation + bouquet of flowers + local guide + traveler's insurance on board the unit. Food: 01 glass of mezcal + 01 bottle of water per pax. Operates: Only October 31. From 20 to 24 hours. Shared service: Min 02. Private service: On Request. Duration: 04 hours. Difficulty: Basic. Language: Spanish / English. Minimum age: For greater enjoyment, it is recommended that children travel from 05 years old. Suggestion: Wear comfortable clothes and shoes. NOT Includes: Extra food, additional drinks, personal expenses and tips.

COMPARSAS



To the rhythm of the music, get involved in the magic of the Day of the Dead celebration, walk the streets of one of the most emblematic neighborhoods of the city or visit one of the communities of the Central Valleys. Dance to the music that accompanies the traditional parade, which is made up of characters that represent Life, Death, Wisdom and Blessing. This parade represents the meeting between the living and those who have already left. According to local beliefs, it is on this date that those who have departed fly to share with their living relatives.



Includes Transportation + local guide + traveler's insurance on board the unit.
 Food: 01 bottle of water. Opera: Only November 1. From 18 to 22 hours.
 Shared service: Min 02. Private service: On Request. Duration: 04 hours.
 Difficulty: Basic. Language: Spanish / English. Minimum age: For greater enjoyment, it is recommended that children travel from 05 years old.
 Suggestion: Wear comfortable clothes and shoes. NOT Includes: Extra food, additional drinks, personal expenses and tips.

WOMEN TRAVELLING WITH WOMEN



Women who travel with them, is a catalog of travel itineraries dedicated to highlighting and giving value to the active participation of women. The objective is to seek new travel experiences, created by women for women, who are willing to immerse themselves in the living culture and lifestyle of Oaxacan women



Highlights

- ① An experience for women, among women, made by women, to help other women.
- ① Learn about traditional cuisine and artisan processes from the hand of its creators.
- ① Adventure, nature and cultural experiences.
- ① Special activities: Sleeping in a glamping in the mountain. Bird watching and local fauna. Coffee tasting. Fruit picking ()



MAGIC WITH HANDS



Start this day by visiting a family of women who are weaving backstrap looms, enjoy with them a delicious chocolate with bread, while they tell you about their daily life. In Ocotlán de Morelos, you will not be able to leave behind the walks of flavors, textures, aromas and colors that will dazzle you on market day (only on Fridays). The rest of the days, the visit is made in San Antonino Castillo Velasco, where you will learn, from the hand of the embroiderer women, the creative process of embroidering a thought, At the end of the tour, you will arrive in San Martín Tilcajete and in the company of Roxana, you will know the technique, dedication and love that he puts into each piece to create the colorful wooden figures, known as Alebrijes.



Includes: Transportation + local guide + traveler's insurance on board the unit. Food: 01 bottle of water per person. It operates: Every day. From 09 to 17 hours. Shared service: Min. 02 pax. Private service: Upon request. Duration: 08 hours. Difficulty: Basic. Language: Spanish / English. Minimum age: 18 years. In case of traveling with girls or boys, it is recommended that they are over 5 years old, in all cases it must be informed at the time of quote and will always be subject to confirmation by the local operator. Suggestion: Wear comfortable clothes and shoes. NOT Included: Additional food, extra drinks, personal expenses and tips.

WOMEN TRAVELLING WITH WOMEN

TELA RES & MEZCALERAS



A tour that will take you to know two of the most representative and deeply rooted activities in Oaxaca: weaving on a backstrap loom and mezcal production. You will visit a family of weaving women and you will share with them delicious chocolate with traditional bread, while listening to the stories of their day to day. It continues with the visit to a mezcal palenque, which is directed by a mezcal teacher, who acquired from her father the love and knowledge about the magueyes and mezcals. This palenque employs women who help in the process of making and producing the traditional drink. During your visit, you will meet different species of magueyes and learn from the experts, everything related to the artisanal production of the representative drink of Oaxaca. At the end, you will taste 3 mezcals from the house and a delicious typical meal prepared by women from the community.



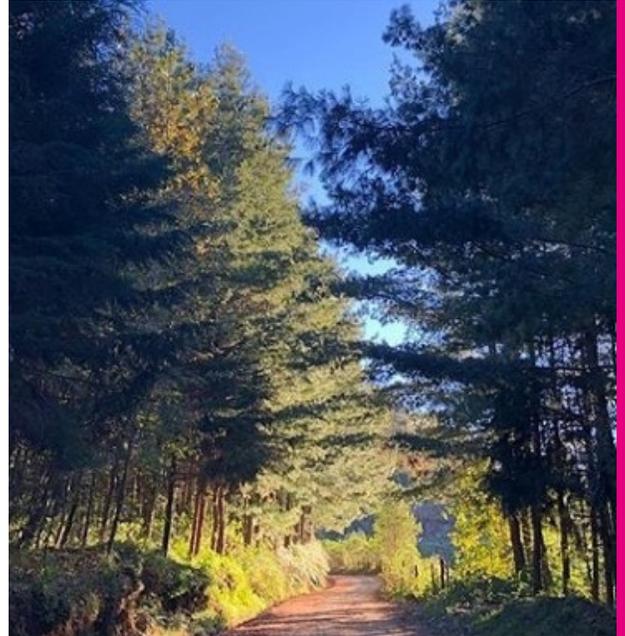
Includes: Transportation + local guide + traveler insurance on board the unit Food: 01 bottle of water per person. It operates: Every day. From 09 to 16 hours Shared service Min. 02 pax. Private service: Upon request. Duration: 07 hours. Difficulty: Basic. Language: Spanish / English. Minimum age: 18 years. In case of traveling with girls or boys, it is recommended that they are over 5 years old, in all cases they must be informed at the time of quotation and will always be subject to confirmation by the local operator. Suggestion: Wear comfortable clothes and shoes. NOT Included: Additional food, extra drinks, personal expenses and tips..



WALK WITH ME



Connection with nature and community encounters is what this experience proposes. You will start with a connection walk between the mountain communities of San Antonio Cuajimoloyas and Benito Juárez, both located between 2,300 and 3,200 meters above sea level. Accompanied by a guide from the community, you will walk through cloud forests and appreciate majestic natural settings. To continue enjoying nature, your guide will lead you on a walk on the path to the viewpoint. On the return, guided by the community baker, you will prepare a delicious bread that you will later accompany with a good cup of chocolate and thus appease the cold of the mountain.



Includes: Transportation + 01 night of accommodation + local guide + Travel insurance on board the unit. Food: 01 bottle of water per person. It operates: Every day. Shared service Min. 08 pax. Private service: Upon request. Duration: 02 days. Difficulty: Basic. Language: Spanish / English. Minimum age: 18 years. In case of traveling with girls or boys, it is recommended that they are over 5 years old, in all cases it must be informed at the time of quotation and it will always be subject to confirmation by the local operator. Suggestion: Bring warm clothes and comfortable shoes. NOT Includes: Additional food, extra drinks, personal expenses and tips.

WOMEN OF THE SUN



The Mixteca, also called Tierra del Sol, is represented through the joy and warmth of its women, its peoples, culture, traditions and temples. You will start the day enjoying a delicious traditional Mixtec breakfast, prepared by women from Yucunama, who are rescuing ancient recipes, dishes based on the delicious quelites and other plants that grow in the region. At the end, accompanied by your guide, you will take a tour of the cobbled streets of the community and its surroundings; In the afternoon, you will have the option to enjoy and connect your experiences through a traditional Temazcal, and then savor a delicious dinner before going to rest. The next day you will visit the ex-convent of Teposcolula and its historical squares and finally, you will visit the ex-convento de Yanhuitlan.



Includes: Transportation + 01 night of accommodation + local guide + Travel insurance on board the unit. Food: 01 bottle of water. It operates: Every day. Shared service Min. 08 pax. Private service: Upon request. Duration: 02 days. Difficulty: Basic. Language: Spanish / English. Minimum age: 18 years. In case of traveling with girls or boys, it is recommended that they are over 5 years old, in all cases it must be informed at the time of quotation and it will always be subject to confirmation by the local operator. Suggestion: Wear comfortable clothes and shoes. NOT Included: Additional food, extra drinks, personal expenses and tips.



AROMA CAFÉ



The beautiful landscapes of Sierra Sur will be the setting for this getaway, where you will have the opportunity to stroll among coffee plantations, have a good feather coffee, taste a delicious mezcal, taste the gastronomy of the region with our host Adriana and swim in the waters of a waterfall . All this with the fabulous experience of sunrise in the middle of nature, spending the night in a tent would never have been so comfortable ... An adventure that you must live.



Includes: Transportation + 01 night of accommodation + local guide + Travel insurance on board the unit. Food: 01 bottle of water. It operates: Every day. Shared service Min. 08 pax. Private service: Upon request. Duration: 02 days. Difficulty: Basic. Language: Spanish / English. Minimum age: 18 years. In case of traveling with girls or boys, it is recommended that they are over 5 years old, in all cases it must be informed at the time of quote and will always be subject to confirmation by the local operator. Suggestion: Wear comfortable clothes and shoes. NOT Included: Additional food, extra drinks, personal expenses and tips.



IMPORTANT:

At the time of booking, please indicate any physical illness, illness, medication and food restrictions that the participants may have and should be considered. Take note that all expeditions are subject to be re-confirmed and their completion is subject to weather conditions.



Please take into account that the experiences where the double-headed eagle appears in the title, denotes that the traveler's cultural immersion is total, that is, pure interaction with the community, its environment and social dynamics.

Within the areas to visit, Native Peoples live that are governed by uses and customs, there is the possibility that some activity undergoes changes due to this regime.

Please consider that parents or adults who travel with children are responsible and who take care of them.

Shared service may vary without prior notice.

Private service is always subject to confirmation.

Traveler insurance applies only on board the unit.

It is very important that travelers bear in mind the code of conduct for the responsible visitor.



RESPONSIBLE VISITOR CODE OF CONDUCT



Take care of your Natural and Cultural Heritage.

The places to visit are everyone's heritage. Please take care of the animals and plants avoiding extracting, feeding or disturbing any species. Respect the archaeological, fossiliferous and / or other elements of the material cultural heritage.



Manage your waste responsibly.

If there are garbage cans, use them, otherwise please take your garbage.



Know and respect local communities.

The communities and their inhabitants have customs and traditions that are very interesting, get to know them, value them and respect them.



Enjoy the facilities and areas for public use responsibly.

Ask about the facilities and areas for public use, these are so that you can enjoy them responsibly and so that you do not damage or destroy them. Use the trails that exist and do not open new paths. Respect the signs.



Respect other visitors.

Remember that other visitors want to enjoy the sites you visit, now and in the future. Respect other visitors by not making excessive noise or destroying what makes this area special. If you observe inappropriate behavior from other visitors, notify a park ranger or guide.



Choose the ideal luggage and clothing.

Find out the weather you will find and choose your clothes according to the weather forecast.

BASADO EN EL CÓDIGO DE CONDUCTA DEL VISITANTE DE CONANP 2007

