

**States:**  
Sinaloa

**Duration:**  
3 days / 2 nights  
El Fuerte-Los Mochis-Culiacán-Mazatlán

### Day 1 El Fuerte-Los Mochis

In the morning we will visit Los Capomos in El Fuerte, a mayo-yoreme Indian village. We will taste traditional foods such as guacavaqui, a meat stew with vegetables. We will also drink their typical drink pinole water (roasted ground corn with sugar) and eat the best homemade corn tortillas as well as corn cookies. 2hours approximately

We will leave for Los Mochis, an approximate 1hour 40-minute drive. We will stop at El Pochotal bakery right on the highway where they prepare the famous bread known as pan de mujer. This bread is stuffed with pumpkin or piloncillo and unrefined brown sugar. We will also try many other wheat flour products such as sweet empanadas stuffed with caramel, pumpkin, or piloncillo; the famous coricos, a doughnut shape cookie made out of corn and cemitas, a Mexican bread used for delicious sandwiches, and many other delicacies. 30-minutes approximately

When we arrive at Los Mochis we will visit Topolobampo and the island of El Farallón we will lunch on a variety of unique and delicious dishes. 2hours approximately

Overnight stay in Los Mochins

### Day 2 Los Mochis-Culiacán

In the morning we will visit a sugar plantation and see how sugarcane is refined and transformed into sugar. 1hour approximately

This will be followed by a visit to the Northeast Culinary Institute where we will learn how to prepare the traditional food of the region such as the cocoricos we had the day before. 2hours approximately

We will then continue our journey to Culiacán; a 2hour 30-minute drive approximately. We will visit Los Arcos a company specializing in frozen shrimp. We will visit their storage plant. They also have a chain of Restaurants called Los Arcos that are internationally known for their high quality fish and shellfish. 1hour approximately.

Overnight stay in Culiacán

### Day 3 Culiacán-Mazatlán

In the morning we will visit Agrícola San Isidro where we will learn the secrets behind preparing eggplant marmalade, dehydrating the eggplant needed to make sweet or chili chips and how the pulp is made. Leyson specializes in eggplant products and they export internationally. 2 hours approximately

Our journey to Mazatlán will take 2hours and 20-minutes approximately. We will visit the Isla de Piedra fishing warehouse where we will learn how they catch the fish and shrimp eaten in the area and its conservation process. 1hour approximately

We will then visit Pinsa a processing and commercial company that breeds tuna. 2hours approximately

We will then visit Café El Marino where we will learn everything about the process and manufacturing of coffee.  
1hour approximately

End of tour

You can return to your destination either by land or plane

**States:**  
Sinaloa

**Duration:**  
5 days/ 4 nights  
El Fuerte-Los Mochis-Culiacán-Cosalá-Mazatlán

### **Day 1 El Fuerte-Los Mochis**

In the morning we will visit Los Capomos in El Fuerte, a mayo-yoreme Indian village. We will taste traditional foods such as guacavaqui, a meat stew with vegetables. We will also drink their typical drink pinole water (roasted ground corn with sugar) and eat the best homemade corn tortillas as well as corn cookies. 2hours approximately

We will leave for Los Mochis, an approximate 1hour 40-minute drive. We will stop at El Pochotal bakery right on the highway where they prepare the famous bread known as pan de mujer. This bread is stuffed with pumpkin or piloncillo and unrefined brown sugar. We will also try many other wheat flour products such as sweet empanadas stuffed with caramel, pumpkin, or piloncillo; the famous coricos, a doughnut shape cookie made out of corn and cemitas, a Mexican bread used for delicious sandwiches, and many other delicacies. 30-minutes approximately

When we arrive at Los Mochis we will visit Topolobampo and the island of El Farallón we will lunch on a variety of unique and delicious dishes. 2hours approximately

Overnight stay in Los Mochins

### **Day 2 Los Mochis-Culiacán**

In the morning we will visit a sugar plantation where we will see how sugarcane is refined and transformed into sugar. 1hour approximately

This will be followed by a visit to the Northeast Culinary Institute where we will learn how to prepare the traditional foods of the region such as the cocoricos that we had the day before. 2hours approximately

Our next stop will be in Culiacán, a 2hour 35-minute drive approximately where we will visit Cocomex, a legally established crocodile farm. The animals farmed belong to the Moreleti family and live on Mexico's Atlantic coast. They commercialize crocodile meat and hides, and make bags, shoes, and crocodile-oil. You can also purchase the dissected crocodile heads. 2hours approximately

Overnight stay in Culiacán

### **Day 3 Culiacán-Cosalá**

In the morning we will visit Agrícola San Isidro where we will learn the secrets behind preparing eggplant marmalade, dehydrating the eggplant needed to make sweet or chili chips and how the pulp is made. Leyson specializes in eggplant products and they export internationally. 2 hours approximately

We will then visit the Bacurimi Gastronomical Corridor where we will find many restaurants serving the traditional food of the region. We will taste a variety of different dishes and discover the delicious flavors and aromas that have become famous the world over. 1hour approximately

We will visit Los Arcos a company specializing in frozen shrimp. We will visit their storage plant. They also have a chain of Restaurants called Los Arcos that are internationally known for their high quality fish and shellfish. 1hour approximately.

We will start our journey towards the Magic Town of Cosalá, a 2hour 30-minute drive approximately where we will spend the night. We recommend that you visit the town and its square.

#### **Day 4 Cosalá-Mazatlán**

In the morning we will visit Conservas el Rodeo a family-owned company specializing in papaya, pumpkin, sweet potato and mango conserves. 1 hour approximately

Our journey to Mazatlán will take 2hours and 20-minutes approximately. We will visit the Isla de Piedra fishing warehouse where we will learn how they catch the fish and shrimp eaten in the area and its conservation process. 1hour approximately

At Café El Marino we will learn everything about the process and manufacturing of coffee. 1hour approximately

Free time; you can visit either Plaza Machado, the beach, the aquarium or the historical downtown area of Mazatlán

Overnight stay in Mazatlán

#### **Day 5 Mazatlán**

In the morning we will visit Pinsa a processing and commercial company that breeds tuna. 2hours approximately

Afterwards we will go to Onilikan a company manufacturing 100% natural traditional liqueurs and aguardientes, a clear alcoholic drink. We will visit their plant and see how they produce these beverages. 1hour approximately

End of tour

You can return to your destination either by land or air. However, if you have time, we suggest a visit to Cerveceria Pacifico brewery