

THE MYSTERY AND ORIGIN OF THE MAYA

Mestizo ingredients of Mayab Route

States:

Quintana Roo · Yucatán ·
Campeche

Duration:

3 days / 2 nights

Day 1 (Cancún-Isla Mujeres- Cancún)

In the morning we will take a traditional cooking cuisine workshop with Chef Federico López where we will learn all about the ingredients and preparation techniques of several typical Quintana Roo dishes. 3 hours approximately.

Transfer from Cancún Island or Puerto Juárez to Isla Mujeres. Time: 25 minutes

In Isla Mujeres we will go to Punta Sur the easternmost point of the country and where sunrays first touch Mexico. We will also visit Ixchel a Mayan temple where we can see some of the local fauna, mainly iguanas, and watch the waves hit the rocks.

We will eat at Casa del Tikinxic a sea border restaurant where we will observe the preparation of the mouthwatering icon dish of this island: fish in tikinxic. The fish is marinated and then cooked in banana leaves. There will be other shellfish based dishes.

After lunch we will visit Captain Dulché Maritime Museum where we will learn about the history of Isla Mujeres. Through maritime science we will discover its pre-Columbian origins, natural phenomena, the pirate era and the establishment of the fifth naval base on the island.

Return to Cancún Island or Puerto Juarez. Time: 25 minutes

Back in Cancún we will visit Ah Cacao a gourmet store where you can find a wide range of high quality products made from Creole cacao, vanilla and coffee. Cacao and vanilla are native Mexican products.

Day 2 (Cancún, Izamal, Mérida)

Transfer from Cancún to Izamal a Magic Town. 3 1/2hours approximately.

In Izamal we will visit Hacienda San Jose Poniente where we will see an apiary of the Melipona bee and learn all there is to know about this bee that produces one of the best honeys in the world.

Next is a visit to El Kinich restaurant housed in a typical Izamal Mayan construction, where you will taste many of the traditional dishes of this village and other areas of Yucatan.

After eating we can visit the Franciscan parish, the ex-convent of Saint Anthony of Padua and the archeological zone of Kinich Kak Moo in Izamal.

Transfer from Izamal to Merida. Time: 1 1/2hours approximately

We recommend that you visit Dulcería y Sorbertía Colón where you will be able to taste the typical candies and sorbets of Mérida like the champolas –a type of ice cream smoothie.

Day 3: (Mérida, Campeche)

Transfer from Mérida to the City of Campeche. Approximate time: 2 hours

Our first visit in Campeche will be to Xmuuch' Haltún Botanical Garden. Here you will see the incredible variety of plants found in this State. We will see common and comestible plants as well as very rare varieties.

This will be followed by a traditional cooking workshop at Casa Vieja. Here you will learn all about the ingredients needed to prepare different traditional dishes from Campeche and will have the opportunity to put your knowledge to work by preparing your lunch.

In the afternoon we will visit Casa Number 6 Cultural Center. This typical XVIIth century home will allow us to understand the way people lived by observing their bedrooms, living rooms, kitchen and traditional patios.

In the evening we recommend you go to the Portales (arcades) and have a delicious fresh fruit shake. Try a typical fruit of the region such as marañón. The seed of this unusual fruit is the cashew nut.



EL MISTERIO Y ORIGEN DE LOS MAYAS

Ruta del Cacao

Estados:
Quintana Roo · Yucatán ·
Campeche

Duración:
5 days-4 nights
Cancún · Isla Mujeres · Cancún

Day 1 (Cancún-Isla Mujeres-Cancún)

In the morning we will take a traditional cooking cuisine workshop with Chef Federico López where we will learn all about the ingredients and preparation techniques of several typical Quintana Roo dishes. 3 hours approximately

Transfer from Cancún Isle or Puerto Juárez to Isla Mujeres. 25 minutes

In Isla Mujeres we will go to Punta Sur the easternmost point of the country and where sunrays first touch Mexico. We will also visit Ixchel a Mayan temple where we can see some of the local fauna, mainly iguanas, and watch the waves hit the rocks.

We will eat at Casa del Tikinxic a sea border restaurant where we will observe the preparation of the mouthwatering icon dish of this island fish in tikinxic. The fish is marinated and then cooked in banana leaves. There will be other shellfish based dishes.

After lunch we will visit Captain Dulché Maritime Museum where we will learn about the history of Isla Mujeres. Through maritime science we will discover its pre-Columbian origins, natural phenomena, the pirate era and the establishment of the fifth naval base on the island.

Return to Cancún Island or Puerto Juarez. 25 minutes

Back in Cancún we will visit Ah Cacao a gourmet store where you can find a wide range of high quality products made from Creole cacao, vanilla and coffee. Cacao and vanilla are native Mexican products.

Day 2: (Cancún, Pisté, Izamal, Merida)

Transfer from Cancún to Pisté. Approximate time: 2 hours

In Pisté you can visit Chichén Itzá world-famous archeological zone and swim in the Ik´Kil cenote (deep natural pit or sinkhole typical of Mexico).

Transfer from Pisté to Izamal. Approximate time: 1 ½ hours

Next is a visit to El Kinich restaurant housed in a typical Izamal Mayan construction, where you will taste many of the traditional dishes of this village and other areas of Yucatan.

After eating we can visit the Franciscan parish, the ex-convent of Saint Anthony of Padua and the archeological zone of Kinich Kak Moo in Izamal.

Transfer from Izamal to Mérida Time: 1 1/2hours approximately

Day 3: (Mérida, Maní, Oxcudzcab, Mérida)

In the morning we will visit Casa D'Aristi where we will see how Xtabentun, the famous liqueur of the region is made. We will also taste their other fruit liqueurs. Duration: 1 hour approximately

Transfer from Mérida to Maní. Approximate time: 2 hours

In Mani we will lunch at El Príncipe Tutul Xiú restaurant where we will sample the icon dish of this locality: poc chuc a pork based dish.

Transfer from Maní to Mérida. Time: 2 hours approximately. On the road to Maní we can visit Oxcudzcab and its traditional market.

We recommend a visit to Dulcería y Sorbertía Colón where you will be able to taste the typical candies and sorbets of Mérida like the champolas –a type of ice cream smoothie.

Day 4: (Mérida–Campeche)

Transfer from Merida to Campeche 2 hours approximately

We will start with a traditional cooking workshop at Casa Vieja. Here you will learn all about the ingredients needed to prepare different traditional dishes from Campeche and will have the opportunity to put your knowledge to work by preparing your lunch.

In the afternoon we will visit Casa Number 6 Cultural Center. This typical XVIIth century home will allow us to understand the way people lived by observing their bedrooms, living rooms, kitchen and traditional patios.

In the evening we recommend that you go to the Portales (arcades) and have a delicious fresh fruit shake. Try a typical fruit of the region such as marañón. The seed of this unusual fruit is the cashew nut.

Day 5: (Campeche, Champotón, Campeche)

Early in the morning in Campeche we will visit Xmuuch' Haltún Botanical Garden. Here you will see the incredible variety of plants found in this State. We will see common and comestible plants as well as very rare varieties.

Transfer from Campeche to Champotón). Time 1 hour approximately

In Champotón you will taste traditional dishes made from shellfish in one of the restaurants near the coast.

In the afternoon we will visit a shrimp-packing establishment where we will follow the entire process of conservation and commercialization of this product.

Return to Campeche. Time: 1 hour approximately.