

# Contents

<b>On the Road</b>	<b>4</b>	Teotihuacán	177
		Pachuca	181
		Around Pachuca	183
<b>Mexico Highlights</b>	<b>7</b>	<b>EAST OF MEXICO CITY</b>	<b>184</b>
		Puebla	184
		Cholula	193
<b>Destination Mexico</b>	<b>21</b>	Popocatepetl & Iztaccíhuatl	196
		Tlaxcala	198
<b>Getting Started</b>	<b>22</b>	Cacaxtla & Xochitécatl	202
		La Malinche	203
<b>Itineraries</b>	<b>27</b>	Huamantla	203
		Cantona	204
<b>History</b>	<b>35</b>	Cuetzalan	204
		Yohualichán	206
		Tehuacán	206
<b>The Culture</b>	<b>53</b>	Reserva de la Biosfera de Tehuacán-Cuicatlán	207
		<b>SOUTH OF MEXICO CITY</b>	<b>207</b>
<b>The Arts</b>	<b>63</b>	Tepoztlán	207
		Cuatla	210
<b>Food &amp; Drink</b>	<b>76</b>	Cuernavaca	212
		Xochicalco	220
		Taxco	221
<b>Environment</b>	<b>89</b>	Parque Nacional Grutas de Cacahuamilpa	227
		<b>WEST OF MEXICO CITY</b>	<b>227</b>
<b>Mexico City</b>	<b>95</b>	Toluca	227
History	96	Nevado de Toluca	230
Orientation	98	Valle de Bravo	231
Information	102	Malinalco	232
Dangers & Annoyances	113	Ixtapan de la Sal	233
Sights	113		
Activities	134	<b>Baja California</b>	<b>234</b>
Courses	134	<b>NORTHERN BAJA</b>	<b>235</b>
Mexico City for Children	134	Tijuana	237
Quirky Mexico City	135	Around Tijuana	242
Tours	135	Ensenada	243
Festivals & Events	136	La Bufadora	248
Sleeping	136	Parque Nacional Constitución de 1857	248
Eating	142	Parque Nacional Sierra San Pedro Mártir	249
Drinking	149	Mexicali	249
Entertainment	152	San Felipe	251
Shopping	158	Around San Felipe	251
Getting There & Away	160	Misión San Borja	251
Getting Around	164	<b>SOUTHERN BAJA</b>	<b>251</b>
		Guerrero Negro	251
<b>Around Mexico City</b>	<b>170</b>	San Ignacio	253
<b>NORTH OF MEXICO CITY</b>	<b>171</b>	Around San Ignacio	253
Tepoztlán	171	Santa Rosalía	254
Tula	174		

Mulegé	255
Around Mulegé	256
Loreto	257
Around Loreto	259
La Paz	260
Around La Paz	265
La Ventana	265
Los Barriles	265
Cabo Pulmo	265
Reserva de la Biosfera Sierra de la Laguna	266
San José del Cabo	266
Los Cabos Corridor	269
Cabo San Lucas	269
Todos Santos	272

## Northwest Mexico 275

<b>SONORA</b>	<b>278</b>
Nogales	278
Puerto Peñasco	280
Hermosillo	282
Bahía de Kino	285
Guaymas	287
San Carlos	289
Álamos	290
La Aduana	294
<b>NORTHERN SINALOA</b>	<b>294</b>
Los Mochis	294
Topolobampo	296
<b>COPPER CANYON</b>	<b>297</b>
Ferrocarril Chihuahua Pacífico	298
El Fuerte	300
Cerocahui	302
Urique	303
Areponápuchi (Posada Barrancas)	304
Divisadero	305
Creel	305
Around Creel	309
Batopilas	310

## Central North Mexico 312

Ciudad Juárez	315
Nuevo Casas Grandes & Casas Grandes	317
Around Nuevo Casas Grandes	320
Madera	320
Around Madera	321
Chihuahua	322
Cuauhtémoc	327
Hidalgo del Parral	329

Torreón	331
Around Torreón	333
Durango	333
Around Durango	337

## Northeast Mexico 338

<b>COAHUILA</b>	<b>340</b>
Ciudad Acuña	341
Piedras Negras	341
Monclova	341
Cuatro Ciénegas	342
Saltillo	343
Parras	347
<b>NUEVO LEÓN</b>	<b>349</b>
Monterrey	349
Around Monterrey	358
<b>TAMAULIPAS</b>	<b>361</b>
Nuevo Laredo	361
Reynosa	363
Matamoros	364
Northern Gulf Coast	367
Ciudad Victoria	368
Reserva de la Biosfera El Cielo	370

## Central Pacific Coast 373

Culiacán	375
Mazatlán	375
Around Mazatlán	387
Teacapán	388
Santiago Ixcuintla	388
Mexcaltitán	388
San Blas	389
Tepic	393
Around Tepic	395
Chacala	396
Rincón De Guayabitos	397
Around Rincón De Guayabitos	397
Sayulita	397
Puerto Vallarta	399
Costalegre Beaches	414
Bahía de Navidad	414
Manzanillo	419
Cuyutlán	423
Boca de Pascuales	424
Michoacán Coast	425
Lázaro Cárdenas	427
Troncones	428
Ixtapa	429
Zihuatanejo	432

South of Ixtapa & Zihuatanejo	439
Pie De La Cuesta	440
Acapulco	442
Barra Vieja	455
Costa Chica	455

## Western Central Highlands 457

<b>GUADALAJARA</b>	<b>459</b>
History	459
Orientation	460
Information	462
Sights	463
Courses	469
Tours	470
Festivals & Events	470
Sleeping	470
Eating	472
Drinking	474
Entertainment	475
Shopping	477
Getting There & Away	478
Getting Around	479
<b>AROUND GUADALAJARA</b>	<b>480</b>
San Juan de los Lagos	480
Lago de Chapala	481
Zona de Montaña	485
<b>INLAND COLIMA STATE</b>	<b>487</b>
Colima	487
Around Colima	491
<b>INLAND MICHOACÁN</b>	<b>492</b>
Morelia	493
Reserva Mariposa Monarca	501
Angangueo	502
Zitácuaro	503
Pátzcuaro	503
Around Pátzcuaro	509
Uruapan	512
Around Uruapan	516
Volcán Parícutín	517
Angahuan	517

## Northern Central Highlands 519

<b>ZACATECAS STATE</b>	<b>521</b>
Zacatecas	521
Around Zacatecas	529
Jerez	530
La Quemada	531
Sombrerete	531
<b>AGUASCALIENTES STATE</b>	<b>532</b>
Aguascalientes	532

<b>SAN LUIS POTOSÍ STATE</b>	<b>537</b>
San Luis Potosí	537
Matehuala	543
Real De Torce	543
<b>GUANAJUATO STATE</b>	<b>548</b>
Guanajuato	548
León	558
Dolores Hidalgo	560
San Miguel de Allende	563
Around San Miguel de Allende	575
<b>QUERÉTARO STATE</b>	<b>576</b>
Querétaro	576
Around Querétaro	582
Tequisquiapan	583
Northeast Querétaro State	584

## Central Gulf Coast 586

<b>TAMPICO &amp; THE HUASTECA</b>	<b>589</b>
Tampico & Playa Miramar	589
Ciudad Valles & Around	594
Aquismón & Around	596
Xilitla	597
<b>NORTHERN VERACRUZ STATE</b>	<b>599</b>
Tuxpan	599
Tamiahua	601
Poza Rica	601
Papantla	601
El Tajín	603
South of Papantla	605
<b>CENTRAL VERACRUZ STATE</b>	<b>607</b>
Central Coast	607
Xalapa	608
Around Xalapa	613
Veracruz	615
Córdoba	623
Atoyac	625
Fortín de las Flores	625
Coscomatepec	626
Orizaba	627
Pico de Orizaba	629
<b>SOUTHEAST VERACRUZ STATE</b>	<b>629</b>
Tlacotalpan	629
Santiago Tuxtla	631
Tres Zapotes	631
San Andrés Tuxtla	632
Catemaco	634
Around Catemaco	637
Acazacan	638
San Lorenzo	639

## Oaxaca State 640

<b>OAXACA CITY</b>	<b>643</b>
History	643
Orientation	643
Information	644
Dangers & Annoyances	646
Sights	647
Activities	651
Courses	652
Tours	653
Festivals & Events	653
Sleeping	654
Eating	657
Drinking	659
Entertainment	660
Shopping	661
Getting There & Away	662
Getting Around	663
<b>VALLES CENTRALES</b>	<b>664</b>
Monte Albán	665
East of Oaxaca: Valle de Tlacolula	668
South of Oaxaca: Valle de Zimatlán	671
North of Oaxaca: Valle de Etla	673
<b>SIERRA NORTE</b>	<b>674</b>
Pueblos Mancomunados	674
Ixtlán	676
Capulálpam	676
<b>WESTERN OAXACA</b>	<b>676</b>
Santiago Apoala	677
Yanhuitlán, Coixtlahuaca & San Pedro Teposcolula	677
Tlaxiaco & Beyond	678
<b>OAXACA COAST</b>	<b>678</b>
Puerto Escondido	678
West of Puerto Escondido	686
Pochutla	688
Puerto Ángel	689
Zipolite	692
San Agustínillo	694
Mazunte	696
Bahías de Huatulco	698
Barra de la Cruz	705
<b>ISTHMUS OF TEHUANTEPEC</b>	<b>706</b>
Tehuantepec	706
Juchitán	707

## Tabasco & Chiapas 709

<b>TABASCO</b>	<b>712</b>
Villahermosa	712
Yumká	718

Western Tabasco	718
Southern Tabasco	720
Eastern Tabasco	722
<b>CHIAPAS</b>	<b>723</b>
Tuxtla Gutiérrez	723
Around Tuxtla Gutiérrez	728
San Cristóbal de Las Casas	730
Around San Cristóbal	742
Ocosingo	746
Toniná	748
Agua Azul & Misol-Ha	749
Palenque	750
Bonampak, Yaxchilán & the Carretera Fronteriza	759
Comitán	766
Around Comitán	769
Laguna Miramar	772
Ciudad Cuauhtémoc	772
Reserva de la Biosfera El Triunfo	773
El Soconusco	773
Tapachula	775
Around Tapachula	779

## Yucatán Peninsula 781

<b>QUINTANA ROO</b>	<b>784</b>
Cancún	784
Isla Mujeres	792
Parque Nacional Isla Contoy	796
Isla Holbox	796
Puerto Morelos	798
Playa del Carmen	798
Isla Cozumel	802
Akumal	807
Tulum	808
Around Tulum	813
Felipe Carrillo Puerto	816
Mahahual	818
Xcalak	818
Laguna Bacalar	819
Chetumal	820
Corredor Arqueológico	823
<b>YUCATÁN STATE</b>	<b>824</b>
Mérida	824
South of Mérida	834
Ticul	840
Celestún	842
Dzibilchaltún	843
Progreso	844
Izamal	844
Chichén Itzá	845
Valladolid	849
Ek' Balam	852

Tizimín	852	Telephone	880	Internet Resources	901
Río Lagartos	853	Time	882	Further Reading	901
San Felipe	854	Toilets	882	<b>IN TRANSIT</b>	<b>901</b>
<b>CAMPECHE STATE</b>	<b>854</b>	Tourist Information	882	Deep Vein Thrombosis (DVT)	901
Campeche	854	Travelers with Disabilities	883	Jet Lag & Motion Sickness	901
Around Campeche	861	Visas	883	<b>IN MEXICO</b>	<b>902</b>
Escárcega to Xpujil	862	Volunteering	884	Availability & Cost of Health Care	902
Xpujil	864	Women Travelers	885	Infectious Diseases	902
South of Xpujil	865			Traveler's Diarrhea	905

## Directory **866**

Accommodations	866
Activities	868
Business Hours	870
Children	871
Climate Charts	872
Courses	872
Customs Regulations	872
Dangers & Annoyances	872
Discount Cards	874
Embassies & Consulates	875
Festivals & Events	876
Gay & Lesbian Travelers	876
Holidays	877
Insurance	877
Internet Access	877
Legal Matters	877
Maps	878
Money	878
Post	880
Shopping	880

## Transportation **886**

<b>GETTING THERE &amp; AWAY</b>	<b>886</b>
Entering the Country	886
Air	886
Land	889
<b>GETTING AROUND</b>	<b>891</b>
Air	891
Bicycle	892
Boat	892
Bus	892
Car & Motorcycle	893
Colectivo, Combi & Other Vehicles	898
Hitchhiking	898
Local Transportation	898

## Health **900**

<b>BEFORE YOU GO</b>	<b>900</b>
Insurance	900
Recommended Vaccinations	900
Medical Checklist	900

Environmental Hazards & Treatment	905
Children & Pregnant Women	907

## Language **909**

## Glossary **917**

## The Authors **921**

## Behind the Scenes **925**

## Index **934**

## GreenDex **950**

## Map Legend **952**

# Regional Map Contents







**TEOTIHUACÁN (p177)**  
Explore a pair of mysterious and majestic pyramids, remnants of a mighty civilization

**CALAKMUL (p863)**  
Mount massive Maya pyramids to gaze over a sea of toucan-inhabited rainforest

**MEXICO CITY (p95)**  
Highland megalopolis, ancient Aztec capital, kaleidoscopic canvas of riveting museums, culinary adventures and masked wrestlers

**PLAYA DEL CARMEN (p798)**  
The Riviera Maya's toniest stop offers spectacular diving and amazing day trips to crystalline cenotes and an 800-year-old ruin or two

**VERACRUZ (p615)**  
Pick up the party vibe in Mexico's funkier port city

**RESERVA MARIPOSA MONARCA (p501)**  
The winter retreat for millions of colorful migrating butterflies of awesome stamina

**PUERTO ESCONDIDO (p678)**  
Super-relaxed coastal town with something for all tastes: surfing, beaches, fishing, wildlife, nightlife

**OAXACA CITY (p643)**  
Fascinatingly lovely colonial city with great crafts and excellent food

**PALENQUE (p750)**  
Ancient Maya temples rise majestically from a thick, steamy jungle