



---

## Chiapas/Tabasco

### Colonial City, Mayan Villages and Ancient Ruins Tour

8 days/nights July 18-26, 2008

A special tour with Chef/cookbook author Daniel Hoyer of *Well Eaten Path-Chef Tours* to visit Tabasco and Chiapas, Mexico. Daniel's expertise in the food and cooking of Mexico provide a window into this interesting culture that is a mix of Colonial and indigenous Mayan influences. This is not cooking school, although you will have several opportunities to cook and many more to learn about the food of the area. Accomplished cooks, amateurs and non-cooking participants can all enjoy the trips to markets, dining experiences and interaction with local cooks. We also utilize local, expert guides for many of our activities. We will start in Villahermosa where we will learn about the Tabasqueña cuisine and dine in restaurants around this lively, interesting city. We will then move on to Tuxtla Gutiérrez, Chiapas and an exciting boat ride in the Cañon de Sumidero. The beautiful colonial city of San Cristobal de las Casas will be our base for several days in southern Chiapas where we will enjoy the history, architecture and food and also visit several indigenous villages in the surrounding hill country, cooking with the locals and observing the creation of artisan crafts. We will then proceed north through central Chiapas with a stop in Ocosingo, known as Los Quesos, to learn about the artisanal cheeses produced there and to visit the Maya ruins of Tonina. We finish up in Palenque, one of the largest and most well known Maya ruins where you will also have the option to visit other ruins deep in the jungle along the Guatemala border.

Price: \$2,250 per person, double occupancy (\$375 single supplement)

Includes: most meals except where noted, all transportation upon arrival in Villahermosa, all activities\*, guides and accommodations. Transportation will be in a comfortable, air conditioned private van with a bi-lingual driver who will be with us for the entire trip.

\*does not include airfare to/from Villahermosa



## Itinerary

### Friday 18th-Day 1

Arrival in Villahermosa, Tabasco. Check in at the hotel *Cencali*. Welcome dinner and orientation.

*Meals(1)- D*

*Overnight in Villahermosa*

---

### Saturday 19th-Day 2

Breakfast. Tabasqueña cooking demonstration and comida at *Los Tulipanes Restaurante* Museum tour at *Parque la Ventana*. Sunset cruise on the Rio Grajalva with a cooking demonstration. Free evening to relax or to visit the *Bohemian Bar*. Independent dinner.

*Meals(2) B, L*

*Overnight in Villahermosa*

---

### Sunday 20th-Day 3

Early breakfast and depart for Tuxtla Gutierrez, Chiapas. Stop at Cañon de Sumidero for a boat ride in this spectacular canyon teeming with birds and often other wildlife. Drive up to San Cristobal de las Casas and check in at the hotel *Casa Mexicana*, with its lovely colonial architecture and garden courtyard. Dinner at *Casa Na Bolom* museum and former home of Swiss anthropologist Trudy Blom for an insight into the indigenous peoples of Chiapas.

*Meals(3)*

*Overnight in San Cristobal de las Casas*

---

### Monday 21st-Day 4

Breakfast. Orientation and walking tour of the central historical section of the city to include the Central Market, Cafe Museo (the museum of the regional coffee growers), The Amber Museum, churches and cathedrals. Cooking session with Daniel and local cooks where we will prepare a traditional comida (main meal) of Chiapaqueña specialties. Free late afternoon and evening for additional sightseeing, shopping and relaxing. Independent dinner.

*Meals(2) B, L*

*Overnight in San Cristobal de las Casas*

---

### **Tuesday 22<sup>nd</sup>-Day 5**

Drive to the indigenous Maya villages of San Juan Chamula and San Lorenzo Zinacatan in the mountains above San Cristobal where the people of each village dress in their unique and colorful hand-made clothing. . At Chamula we will visit the amazing church that is more ancient Maya than Catholic in practice. Inside, you will see Curanderos chanting and performing incantations and other rituals of cleansing. In Zinacatan we will visit a local family of weavers and cook in the traditional cocina with la Senora. Drive to Amatenango de Valle to watch local experts at pre-Hispanic pottery. Return to San Cristobal. Free evening. Independent dinner.

*Meals(2) B, L*

*Overnight in San Cristobal de las Casas*

---

### **Wednesday 23<sup>rd</sup>-Day 6**

Depart for Ocosingo also known as *Los Quesos* for their cheese making. Visit the tianguis (indigenous market) and taste the local cheeses. Visit the Tonina Mayan archeological site. Continue on to Palenque. Check in at *Villas Kin-Ha*.

*Meals(3)*

*Overnight in Palenque*

---

### **Thursday 24<sup>th</sup>-Day 7**

All day excursion along the Rio Usumacinta bordering Guatemala to visit the ruins of Bonampak and Yaxchilan.

*Meals(2)B, L*

*Overnight in Palenque*

---

### **Friday 25<sup>th</sup>-Day 8**

Guided morning tour of the Palenque ruins. Late morning to relax and swim or continue your visit to the ruins. Independent lunch. Check out and afternoon departure for Villa Hermosa. Check in at the *Hotel Cencali*. Farewell dinner.

*Meals(2) B, D*

*Overnight in Villahermosa*

### **Saturday 26<sup>th</sup>-Departure day**

Breakfast

Return flights home.

*Meals(1)*

*information in this itinerary has been compiled with care and is provided in good faith, however, it is subject to change, and does not form part of the contract between the client and WELL EATEN PATH-CHEF'S TOURS.*