



LEARN GREAT FOODS TRAVEL WEEK

Yucatan Peninsula

Merida and Isla Mujeres

Sustainable Farm Tours
Cooking Classes
Food Science Workshops

Background:

Why the Yucatan Peninsula? Where is Merida?

The very interesting food of the Yucatan is our draw to this gorgeous peninsula. The Mayan culture used wild turkey, fish, limes, and indigenous herbs and roots to feed the villages. The Dutch, those great traders, brought chickens and chicken eggs, other domestic mammals, plus cheese to the peninsula– for a 500-year old Fusion cuisine. As “foodies” know, Mexico is the home to many regional food cultures, and the Yucatan Peninsula has an amazingly tasty and special cuisine. We believe the finest chefs in the Yucatan are in Merida.

Merida is a thriving cultural mecca (population, 2 million) in the northwest region of the Yucatan Peninsula. The city has a millennial Mayan culture overlaid by 500 years of European culture (literally, as Mayan blocks from pyramids were used to construct many of the current city’s buildings). Arts, history, culture, architecture - all are here. There is dancing each night in the central plaza. Here in Merida, we will learn about the Yucatan culture.

And we will play too! The island of Isla Mujeres was the first land seen by Europeans as they sailed to this area. The island is a relaxed, friendly place– a wonderful introduction and entry point to the culture of the Yucatan Peninsula. We will start our trip on Isla Mujeres.

Our itinerary includes:

- Snorkeling expedition, beach-side fish lunch
- Tour to Uxmul– Mayan ancient city with focus on architecture and history.
- Transfer from Cancun and relaxing Isla Mujeres (island) to Merida

Learn Great Foods

203 East Seminary
Box 182
Mount Carroll, Illinois 61053

For Reservations or More Information

Call toll-free (866) 240-1650
or visit our website
www.learngreatfoods.com



LEARN GREAT FOODS TRAVEL WEEK

Yucatan Peninsula

Merida and Isla Mujeres

Sustainable Farm Tours
Cooking Classes
Food Science Workshops

In Merida:

Visit to Mayan village with expatriate guide Trudy Woodcock – meeting with a shaman (Holy Man, spiritual leader) about medicinal herbs and foods (www.iluminado-tours.com)

Safari to central market– shopping for fresh local ingredients with Chef David Sterling, followed by tour and meal at Hacienda Teya, regional culinary specialties served in a fantastic historic setting. (www.haciendateya.com)

Cooking class at Los Dos Cooking School with Chef David Sterling, one full day. Chef Dave’s school is the first in Mexico devoted exclusively to the Yucatan Cuisine. (www.los-dos.com)

Optional Side-Trips:

A wonderful part of our tours is the time off. We know you want to explore! The travel week includes one morning, one afternoon, one evening, and another whole day, at leisure– sitting on the beach, sleeping, and discovering for yourself this amazing cultural mecca. Many side trips can be arranged. Some ideas include:

In Merida:

- Architecture and history walking tour of Merida’s center city
- Gallery walk, visiting studios of local artists (our B&B host, John Truax, has contacts in the arts community)
- Spanish language class, to brush up or learn rudimentary conversation phrases (there are many language schools in Merida)

On Isla Mujeres:

- Dinner-on-own, explore the Isla Mujeres island beach/bar culture and restaurants
- Ferry to Cancun for gambling, sight-seeing, and shopping

Learn Great Foods

203 East Seminary
Box 182
Mount Carroll, Illinois 61053

For Reservations or More Information

Call toll-free (866) 240-1650
or visit our website
www.learngreatfoods.com



LEARN GREAT FOODS TRAVEL WEEK

Yucatan Peninsula

Merida and Isla Mujeres

Sustainable Farm Tours
Cooking Classes
Food Science Workshops

Lodging and Transport

Lodging includes five nights at Angeles de Merida Bed & Breakfast (www.angelesdemerida.com) in Merida and two nights at Casa Sirena (www.casasirena.com.mx) on Isla Mujeres. Both inns are convenient to shopping and central markets, in safe, historic districts.

The week tour starts on Isla Mujeres (off Cancun) and concludes in Merida. The tour package includes van transfer between Cancun and Merida, stopping for a half day in Uxmul for a tour of this ancient city.

Tour Price

The tour price of \$1495 is for seven nights and eight days, exclusive of air travel to and from Mexico. Prices are for double occupancy; single supplement is \$300.

Air Travel Options

There are several options for your air travel to the Peninsula:

- Round trip to Cancun (connections through many U.S. Cities) and independent travel back to Cancun at end of tour. (Your tour guides will be traveling in this direction!)
- Round trip to Merida (connection through Houston) and independent travel to Cancun at start of tour.

For travel between Merida and Cancun, we recommend the express buses, which are safe and clean, and used by the middle class and independent travelers. Air travel is also available, although used more by business travelers and the wealthy. (Air travel is NOT included in the Learn Great Foods package.)

Learn Great Foods

203 East Seminary
Box 182
Mount Carroll, Illinois 61053

For Reservations or More Information

Call toll-free (866) 240-1650
or visit our website
www.learngreatfoods.com



LEARN GREAT FOODS TRAVEL WEEK

Yucatan Peninsula

Merida and Isla Mujeres

Sustainable Farm Tours
Cooking Classes
Food Science Workshops

Learn Great Foods Tours are Unique Culinary Adventures

Many tour packages have some of the elements of a Learn Great Foods travel week. What is special about a Learn Great Foods tour is the extra effort that we make to learn more about the local culture and to tour in an eco-friendly way. We ask questions, we explore, we investigate with like-minded local guides and tour companions.

We do this through the prism of food and farming, which quickly leads to discussions about everything else. For example: Where in the peninsula is the organic food being grown? What are the major crops? Mexico is a large exporter of organic crops: Where will we buy food when there?

But these questions lead to many more: What is the economic strength of this area? Historically and currently, how do the citizens make their money? How do their goals differ from the main body of Mexico? What is unique about this culture, and what can we take home with us that represents the best of the culture's pride and knowledge?

Learn Great Foods

203 East Seminary
Box 182
Mount Carroll, Illinois 61053

For Reservations or More Information

Call toll-free (866) 240-1650
or visit our website
www.learngreatfoods.com