

Proposed Itinerary for Mexico 2015 Expedition

Nov 8 – Nov 20 = 13 days/12 nights

- 1-Sun, Nov 8: Depart PT, arrive Sea Tac 8:00pm, red-eye flight leaves at 11:00pm
- 2-Mon, Nov 9: Arrive early am. Mexico City, charter bus to Rancho Las Cascadas (1.5 hrs); settle into rooms, tour the site, rest; first dinner in Mexico
- 3-Tues, Nov 10: Spanish instruction, horse rides, swimming, etc.
- 4-Wed, Nov 11 Teotihuacan pyramids all day trip
- 5- Th, Nov 12: horse riding, hiking/natural history, Spanish classes
- 6- Fri, Nov 13: Market Day, town of Jilotepec; shopping, Spanish conversation
- 7-Sat, Nov 14: horse/bike riding, hiking/natural history, Spanish classes
- 8-Sun, Nov 15: choice day, including visit to a local church;
- 9-Mon, Nov 16: community center visit and service day
- 10 -Tue, Nov 17: orphanage visit and service day
- 11-Wed, Nov 18: horse/bike riding, natural history, Spanish classes
- 12 - Thu Nov 19 horse/bike riding, hiking/natural history, Spanish classes
- 13 Fri Nov 20 return by bus to Mexico City, flight in late afternoon; late evening arrival (9pm) in Seattle.

Frequently Asked Questions about Mexico

Is there anything else to do besides ride horses?

Mtn bikes, swimming pool, Spanish conversation classes, making tortillas by hand, natural history explorations, photography, enjoying authentic Mexican foods, visiting a traditional village, church service, market, ancient ruins, etc.

What precautions can I take to stay health in Mexico?

Stay well hydrated and avoid sun exposure during mid day. Drink only purified water--*never* drink tap water. Go easy on spicy and greasy foods, especially from street vendors. Take probiotics (acidophilus) before and during the trip. Be aware of your surroundings and don't touch things that prick or bite (like cactus, yucca, etc.) Check shoes for scorpions or other bugs before putting on in the morning.