



### TOUR DETAILS

Celebrate the energy of Mexico City on a day filled with color, music, movement, and tradition. On this festive live journey, we'll explore how one of the world's great cities comes alive on May 5th, with lively streets, local pride, and the unmistakable spirit of celebration. From vibrant plazas to historic neighborhoods, we'll take in the rhythm of the city as music fills the air and everyday life blends with moments of festivity. Along the way, you'll experience the sights, sounds, and atmosphere that make Mexico City such an unforgettable place, where history and modern life meet at every corner. With each step, we'll uncover the stories, traditions, and cultural touches that give this celebration its meaning, offering a deeper connection to the city and the people who bring it to life.



### MEET YOUR TOUR GUIDE: RAUL



Raúl is an enthusiastic traveler and avid people-person, with a passion for sharing his love of Coyoacán in Mexico City, Mexico, through live-stream tours. With a degree in Mechatronics Engineering, Raul brings a unique perspective to his tours, blending technical knowledge with cultural insights. He is fluent in Spanish, English, German, Portuguese, and Russian, and is currently learning Arabic. Raul's linguistic abilities and love for meeting new people make his tours engaging and accessible to a diverse audience. Join him to explore the vibrant neighborhood of Coyoacán and discover its rich history and culture.

**PRIVATE TOURS** | Patrick is available for private tours, live-stream or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion -or to add to an upcoming trip to Paris. Please reach out to your Activity Professional, and Wowzitude will be happy to connect you.

### WHAT TO EXPECT

Get ready for something special. We're traveling to Mexico City with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

**The tour will be live streamed** by your Patrick, directly from Mexico City. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

### MUSIC SELECTION

- Pedro Infante - Cielito Lindo: <https://youtu.be/U5RC3BJ2PMo?si=ng4E3YsB1XLmneDR>
- Vicente Fernández - El Rey: [https://youtu.be/hHhfSP5wHs4?si=MJVwGFR6piNd\\_8Ye](https://youtu.be/hHhfSP5wHs4?si=MJVwGFR6piNd_8Ye)
- Jorge Negrete - México Lindo y Querido: [https://youtu.be/3L0zULMbu\\_U?si=BXDWdB7a-3ScMb10](https://youtu.be/3L0zULMbu_U?si=BXDWdB7a-3ScMb10)



## Classic Margarita | Serves 1

### INGREDIENTS

- 2 oz tequila
- 1 oz lime juice (fresh)
- 1 oz orange liqueur (like triple sec)
- 1/2 oz simple syrup (optional)
- Salt for rim
- Ice

### INSTRUCTIONS

Rub lime around the rim of a glass and dip in salt. Fill with ice. Shake tequila, lime juice, orange liqueur, and syrup with ice. Strain into the glass and enjoy.



## Chicken Tacos | Serves 4 (about 8 tacos total)

### INGREDIENTS

- 2 cups cooked shredded chicken
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Optional: 1/2 tsp paprika or 1 tbsp fresh lime juice
- 8 small corn or flour tortillas
- 1 cup shredded lettuce
- 1 cup shredded cheese
- 1/2 cup salsa or diced tomatoes
- Optional: 1/2 cup sour cream, 1 sliced avocado, lime wedges

### PREPARATION:

- In a bowl, combine olive oil, cumin, chili powder, garlic powder, and salt
- Add shredded cooked chicken and toss until evenly coated (Optional: add a pinch of paprika or a squeeze of lime juice for extra flavor)
- Heat a skillet over medium heat
- Add the seasoned chicken and cook for 5–7 minutes, stirring occasionally, until heated through and slightly browned
- Warm tortillas: Heat in a dry skillet for about 30 seconds per side, or wrap in a damp paper towel and microwave briefly
- Assemble tacos: Add chicken to each tortilla
- Top with shredded lettuce, cheese, salsa, or diced tomatoes
- Optional: add sour cream, avocado, or a squeeze of lime
- Serve warm



## MEXICO CITY, MEXICO – SNACKS



- **Cholula Hot Sauce:** A well-known hot sauce that originated in Cholula, made with chili peppers and spices. It has a tangy, mildly spicy flavor and is widely available in U.S. grocery stores. Many travelers enjoy tasting it alongside eggs, tacos, or simple snacks to experience a local flavor at home.
- **Mazapán de Cacahuete:** A traditional Mexican peanut candy with a crumbly, melt-in-your-mouth texture. Popular brands like De La Rosa are easy to find in international food aisles. Its sweetness and soft texture make it an approachable treat for sharing during group activities.
- **Pulparindo:** A tamarind-based candy that combines sweet, sour, salty, and spicy flavors. It's a classic Mexican snack commonly sold in Hispanic markets and online. The bold flavor profile often sparks conversation about how taste preferences vary across cultures.

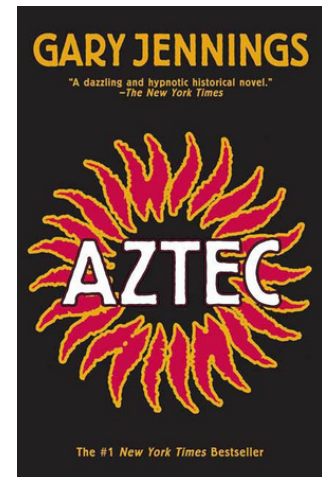


## MEXICO CITY, MEXICO – BOOKS



### BOOK SELECTION

- **The Labyrinth of Solitude by Octavio Paz:** A classic exploration of Mexican identity, culture, and history written by one of Mexico's most influential thinkers. The essays provide meaningful context for understanding places like Puebla and the traditions that shape daily life.
- **Like Water for Chocolate by Laura Esquivel:** A beloved novel that blends food, family, and emotion through magical realism set in central Mexico. The story highlights how recipes, memory, and relationships are deeply connected in Mexican culture.
- **Aztec by Gary Jennings:** A sweeping historical novel set in pre-Hispanic Mexico that brings Indigenous life, beliefs, and customs vividly to life. It offers engaging storytelling while helping readers imagine the ancient world that existed long before modern Cholula.



## MEXICO CITY, MEXICO – MOVIES



### MOVIE SELECTION

- **The Three Amigos (1986):** A lighthearted comedy set in Mexico and filmed partly on location, presented entirely in English. The film blends humor with classic Western themes and offers an accessible, entertaining look at imagined Mexican settings. Its playful approach reflects how Mexico has often been interpreted through popular culture and film.
- **Nacho Libre (2006):** A comedy filmed in Oaxaca and other parts of Mexico, presented in English. While playful in tone, it introduces viewers to Mexican settings, traditions, and everyday life through humor. The movie also highlights the importance of community, ritual, and personal purpose.
- **Coco (2017) :** A PG-rated animated film inspired by Mexican traditions and Día de los Muertos. The story follows a young musician as he explores family history, memory, and cultural heritage through richly detailed settings and music rooted in Mexican culture. It emphasizes how remembrance and storytelling help keep cultural traditions alive across generations.



## MEXICO CITY, MEXICO – FACTS

### FACTS

- 1. Mexico City was built on the ruins of an Aztec capital:** The modern city sits on top of Tenochtitlán, which was once a vast island city in the middle of a lake. This is why parts of Mexico City are still slowly sinking today, as the city continues to rest on that original lakebed.
- 2. It is one of the largest cities in the world:** With over 20 million people in the greater metropolitan area, Mexico City is one of the biggest and most dynamic urban centers anywhere. The city is full of energy, with busy streets, markets, museums, and neighborhoods that each have their own unique feel.
- 3. The main square is one of the largest in the world:** The Zócalo is a massive public plaza that has been a gathering place for ceremonies, celebrations, and daily life for hundreds of years. Today, it continues to host festivals, concerts, and important national events.
- 4. You can still see canals from the Aztec era:** In the neighborhood of Xochimilco, colorful boats float along ancient waterways that date back to Aztec times. Visitors can ride through the canals while enjoying music, food, and a festive atmosphere that feels very much alive.
- 5. Cinco de Mayo is celebrated more in the United States than in Mexico City:** While it marks an important Mexican victory, it is not a major holiday in the capital. This makes it a unique way to explore the city's culture and history, especially by learning what the day means and how traditions vary from place to place.

## MEXICO CITY, MEXICO – MAP





## **Cultural Heritage Preservation**

- Cholula’s archaeological and historic sites are actively preserved as living cultural spaces, not theme attractions. The Great Pyramid and surrounding religious and civic landmarks are protected through regulated access and conservation programs.
- Museums and cultural institutions in the city focus on safeguarding Indigenous, colonial, and modern histories, helping ensure that tourism supports education and preservation rather than exploitation.
- Religious festivals and traditional celebrations remain community-led, allowing visitors to observe and participate respectfully without displacing local customs.

## **Community-Centered Tourism & Local Economies**

- Cholula benefits from Mexico’s broader focus on community-based tourism, especially through programs that support historic towns and small cities rather than concentrating tourism in resort corridors.
- Local artisans, market vendors, and family-run businesses are central to the visitor experience. Travelers directly support small producers by purchasing handmade crafts, traditional foods, and locally prepared meals.
- Tourism in Cholula encourages economic circulation within the community, helping sustain traditional livelihoods and reduce reliance on large external operators.

## **Walkability, Slow Travel, and Low-Impact Exploration**

- Cholula’s historic center is compact and highly walkable, making it easy for visitors to explore without relying on cars or large tour buses.
- Many visitors choose to experience the city through walking tours, local markets, and neighborhood exploration, aligning naturally with low-carbon, slow-travel principles.
- The broader Puebla region promotes alternative transportation and pedestrian-friendly historic districts, reinforcing sustainable mobility habits for both residents and visitors.

## **Food Sustainability & Regional Cuisine**

- Puebla is internationally recognized for its cuisine, which relies heavily on regional ingredients, traditional farming methods, and seasonal cooking.
- Dishes like mole poblano reflect centuries-old culinary practices that emphasize local chiles, seeds, spices, and chocolate, supporting regional agriculture and food heritage.
- Dining locally allows travelers to participate in a food system rooted in tradition, seasonality, and small-scale production rather than mass importation.

## **Nature, Landscape, and Environmental Awareness**

- The Puebla region offers access to natural landscapes that encourage appreciation of biodiversity and environmental stewardship, including mountains, forests, and volcanic terrain.
- Nature-based tourism in the region often emphasizes guided, educational experiences rather than high-impact recreation, helping visitors understand local ecosystems and geology.
- Regional sustainability initiatives connect environmental protection with education, agriculture, and community resilience, reinforcing long-term environmental awareness.

## **Responsible Travel Practices Encouraged for Visitors**

- Travelers are encouraged to support locally owned accommodations, restaurants, and guides rather than international chains.
- Respectful behavior at archaeological sites, churches, and community spaces is emphasized, helping preserve these places for future generations.
- Visitors can reduce their environmental footprint by walking, minimizing waste, and choosing experiences that prioritize learning and cultural exchange.

## MEXICO CITY, MEXICO – ACCESSIBILITY



### Walkability, City Layout, and Pace

- Compact historic center: Cholula's main attractions are concentrated within a relatively small area, reducing the need for long transfers or extended walking between sites.
- Naturally slow travel rhythm: The city lends itself to relaxed exploration with frequent cafés, plazas, and benches, making it easy to pause, rest, and rejoin activities without feeling rushed.
- Public spaces designed for gathering: Central plazas and pedestrian areas are designed for lingering rather than constant movement, which benefits travelers who prefer to experience a destination from seated or shaded locations.

### Mobility Access in Public Spaces

- Ongoing focus on inclusive public spaces: Municipal planning in Cholula has emphasized making central civic areas more inclusive, including improvements intended to better serve people with disabilities, older adults, and those using mobility aids.
- Drop-off friendly touring: Many key sites are accessible by vehicle drop-off nearby, reducing the distance required to reach museums, churches, and main squares.
- Flat, navigable areas: While some historic streets are uneven, there are well-traveled routes and open areas that allow for smoother movement with walkers, canes, or wheelchairs when planned in advance.

### Archaeological and Cultural Sites

- Accessible museum experiences: The on-site museum at the Cholula archaeological zone is laid out on a single level and includes ramp access, allowing visitors to engage deeply with the site's history without navigating steep terrain.
- Flexible participation options: The broader pyramid complex can be appreciated visually and contextually without climbing to the summit, allowing guests to choose how much physical activity feels comfortable for them.
- Clear sightlines and open spaces: Many cultural sites emphasize outdoor courtyards and open layouts, reducing crowding and supporting easier navigation.

### Transportation & Regional Support

- Access to an accessibility-aware transit system nearby: The larger Puebla metropolitan area includes public transportation infrastructure designed with accessibility in mind, including ramps, priority seating, and tactile guidance features for riders with visual impairments.
- Convenient regional connections: This allows travelers to stay in accessible accommodations and still enjoy Cholula as a culturally rich, low-stress destination.

### Support for Visual, Hearing, and Cognitive Accessibility

- Museum-based inclusion efforts: Major cultural institutions in the region operate under national frameworks that prioritize improved accessibility, including clearer signage, staff training, and inclusive visitor services.
- Reduced-sensory environments: Many museums and historic spaces are quieter and less overstimulating than large urban attractions, which can be beneficial for travelers with sensory sensitivities or cognitive challenges.
- Opportunities for guided interpretation: Guided experiences allow information to be shared verbally and visually, supporting guests with vision loss, reading fatigue, or memory concerns.

## MEXICO CITY, MEXICO – DISCUSSION QUESTIONS



### Food & Everyday Traditions

- Mole is often described as a dish that takes time, patience, and many ingredients. What foods in your own life feel special because of the time or care they require?
- Puebla’s cuisine blends Indigenous and European influences. Can you think of a food tradition from your family or community that also reflects a mix of cultures?
- Did seeing or hearing about local food traditions change how you think about what makes a meal meaningful?

### History & Layers of Time

- Cholula is a place where ancient, colonial, and modern histories exist side by side. Have you lived in or visited a place where many layers of history were visible at once?
- How did it feel to see a church built on top of an ancient pyramid? What thoughts did that combination bring up for you?
- When you look back over your own lifetime, what “layers” of history stand out most to you?

### Architecture & Sense of Place

- The buildings in Cholula are colorful, low-rise, and closely connected to daily life. How does that compare to the places where you grew up or live now?
- Did any specific building, street, or plaza from the tour stay with you? What about it caught your attention?
- How do you think architecture affects how people gather, rest, or connect with one another?

### Culture, Faith & Community Life

- Faith plays a visible role in daily life in Cholula. How has faith, spirituality, or community ritual shown up in your own life over the years?
- Many traditions in Cholula are shared across generations. What traditions in your family or community have been most meaningful to pass down?
- What do you think helps a community hold on to its identity over time?

### Daily Life & Human Stories

- The tour showed ordinary streets, markets, and public spaces—not just famous landmarks. Why do you think everyday scenes can sometimes tell us more than major attractions?
- Did anything from the tour remind you of daily life in your own neighborhood, either past or present?
- What do you imagine daily life feels like for an older adult living in Cholula today?

### Reflection & Personal Connection

- Was there a moment during the tour that made you pause or feel curious? What stayed with you?
- If you could ask a local resident one question, what would you want to know?
- How did this tour change or deepen your understanding of Mexico beyond what you already knew?

## MEXICO CITY, MEXICO – MYTHS & FACTS



- **Myth:** Cholula is only known for its pyramid and there isn't much else to see.
  - **Fact:** Cholula is a lively city with historic neighborhoods, colorful plazas, churches, markets, cafés, and a strong sense of daily community life beyond its famous archaeological site.
  
- **Myth:** The Great Pyramid of Cholula is smaller or less important than other ancient pyramids.
  - **Fact:** By volume, the Great Pyramid of Cholula is the largest pyramid in the world, built in layers over centuries by different civilizations.
  
- **Myth:** Cholula is just a quiet suburb of Puebla City.
  - **Fact:** Cholula has its own distinct identity, traditions, and history, with San Pedro and San Andrés Cholula each maintaining unique community life and cultural customs.
  
- **Myth:** The pyramid is no longer visible or relevant today.
  - **Fact:** While much of the pyramid appears as a grassy hill, it remains an active archaeological site with tunnels, a museum, and a strong presence in everyday city life.
  
- **Myth:** Cholula feels frozen in the past.
  - **Fact:** Cholula blends ancient history with modern life, where students, families, artisans, and businesses coexist alongside centuries-old landmarks.
  
- **Myth:** Puebla's famous cuisine is only found in restaurants, not tied to daily life.
  - **Fact:** Traditional foods like mole poblano are deeply connected to home cooking, celebrations, and regional identity, not just formal dining.
  
- **Myth:** Cholula is only interesting for history enthusiasts.
  - **Fact:** Visitors are drawn to Cholula for its walkability, food culture, architecture, festivals, and relaxed pace, making it appealing to a wide range of travelers.



## 24 HOURS IN MEXICO CITY, MEXICO



### 8:00 AM – Breakfast near the Zócalo

- Start the day at a local café near Cholula’s main square, enjoying fresh bread, eggs prepared Mexican-style, seasonal fruit, and locally sourced coffee. Morning is an ideal time to observe daily life as shopkeepers open their doors and church bells mark the start of the day.

### 9:30 AM – Walk the Historic Center

- Stroll through San Pedro or San Andrés Cholula, exploring the zócalo, neighborhood churches, and colorful colonial streets. Along the way, learn how Indigenous roots and colonial history continue to shape local community life.

### 11:00 AM – Cholula Archaeological Zone & Site Museum

- Visit the Great Pyramid complex at ground level, followed by the on-site museum. Learn how the pyramid was built in layers over centuries and why it appears today as a natural hill. Short tunnel sections are available for those interested, while others enjoy the museum and open grounds.

### 12:30 PM – Lunch Featuring Puebla Cuisine

- Enjoy lunch at a traditional restaurant serving regional specialties such as mole poblano, pipián, fresh tortillas, and rice. This is a perfect opportunity to explore how Puebla became one of Mexico’s most celebrated culinary regions.

### 2:00 PM – Café Break and Plaza Time

- Slow the pace with coffee, hot chocolate, or a light dessert at a nearby café. Spend time seated in the plaza, watching daily life unfold and enjoying Cholula’s relaxed rhythm.

### 3:30 PM – Neighborhood Walk & Artisan Shops

- Explore residential streets and small commercial areas beyond the main square. Visit artisan shops, bakeries, and family-run businesses to experience Cholula as a living, working city.

### 5:00 PM – Architecture, Views & Reflection

- Return toward the pyramid complex or nearby viewpoints to appreciate the relationship between ancient structures, colonial churches, and the surrounding landscape. The softer afternoon light makes this an ideal time for photos and reflection.

### 6:30 PM – Dinner with a Local Feel

- Enjoy an early evening meal featuring lighter regional dishes such as soups, tacos, or shared plates prepared with local ingredients. Dinner is unhurried and social, often enjoyed alongside families and neighbors.

### 7:30 PM – Evening Stroll Through the Plaza

- Take a gentle walk through the zócalo and surrounding streets as churches and public buildings are illuminated. Vendors selling sweets and snacks, along with casual music and conversation, create a welcoming evening atmosphere.

### 9:00 PM – Quiet Evening Reflection

- End the day with a final seated pause in the plaza or at a café, reflecting on Cholula’s layered history, everyday traditions, and sense of continuity between past and present.

# MEXICO CITY, MEXICO – CHOLULA IN COLOR

## Why the City Feels So Visually Distinct

Cholula is a city that introduces itself through color long before its history is explained. As you move through its streets and plazas, color becomes one of the most immediate ways to understand the place. Painted façades, murals, textiles, flowers, and public art create a visual language that reflects identity, tradition, and everyday life. In Cholula, color is not decoration alone. It is expression, memory, and continuity.

## A City Shaped by Layers of Color

Much of Cholula’s visual character comes from its layered history. Indigenous traditions, colonial influences, and modern life exist side by side, and color helps mark those layers without words. Earthy tones appear in older structures and materials connected to the land itself, while lighter pastels and whites reflect colonial-era architecture. Newer buildings, murals, and storefronts often introduce bolder colors, signaling that this is not a preserved museum city but a living one.

## Sacred Spaces and Meaning

Sacred spaces are another place where color carries meaning. Churches and chapels throughout Cholula use color to communicate emotion, reverence, and reflection. Painted details, interior artwork, and decorative elements shape the atmosphere of these spaces. Even without understanding every symbol, visitors can feel how color influences mood and invites quiet observation.

## Murals and Modern Expression

Murals bring color firmly into the present. Throughout Cholula, walls become spaces for modern storytelling, often reflecting community pride, ancestry, and daily life. These murals are part of the everyday landscape rather than separate attractions. They remind visitors that Cholula’s story continues to grow and evolve.

## Color as a Guide Through the City

One reason Cholula feels approachable is the way color helps people navigate. Locals often describe places by visual cues rather than formal names, using colors and landmarks to orient themselves. This intuitive wayfinding makes walking through the city feel natural and human-scaled.

## A Palette Rooted in the Landscape

Cholula’s colors are shaped by its surroundings. Light, sky, plants, and nearby landscapes influence how buildings and public spaces appear throughout the day. As the sun shifts, colors soften or intensify, reminding visitors that the city’s palette is closely tied to the natural world.

