

Viajes & Excursiones (Trips & Excursions):

El Instituto de Español Moderno le puede ayudar con hacer reservaciones para los siguientes tours sin ningún costo extra. *The Institute of Modern Spanish can help you by making reservations for the following tours at no additional cost.*

TURITRANSMERIDA TOURS:

	<u>Pesos Mex.</u>		<u>Incluye/Includes:</u>
Chichén Itzá (Mayan Ruins)	\$350.00	todos los días	transporte, guía, comida
Uxmal & Kabah (Mayan Ruins)	\$365.00	todos los días	transporte, guía, comida
Uxmal Luz & Sonido (Light & Sound)	\$365.00	todos los días	transporte, guía, comida
Celestún (Natural Bird Reserve)	\$475.00	todos los días	transporte, guía, comida
Ruta Puuc (Ruins) & Lol-tún Caves* *requires 4 minimum	\$400.00	Domingos/ Sundays	transporte, guía (no incluye comida)

Todos los tours salen a las 9:00AM del Hotel Fiesta Americana sobre Paseo Montejo (espera en frente de la agnecia de viaje "Carmen" en el primer piso) Excepto Uxmal Luz y Sonido que sale a la 1:00PM y Ruta Puuc que sale a las 8:30AM. Se debe presentar 15-20 minutos antes de la salida con su boleto. Los boletos se venden en el Instituto. Las entradas se pagan al llegar al sitio. Eltour a Celestún incluye viaje en barco. Eltour a Ruta Puuc no incluye el costo de la comida.

All tours leave at 9:00AM from Fiesta Americana Hotel on Paseo Montejo (wait in front of the Carmen Travel Agency on the first floor). Except Uxmal Light & Sound that departs at 1:00PM and Ruta Puuc that leaves at 8:30AM. You should be there 15-20 minutes prior to departure and have your ticket ready. Tour tickets are for sale at the Institute of Modern Spanish. Entrance fees are paid at the site.

Celestún tour includes a boat ride. Ruta Puuc tour does not include cost of meal.

<u>Entradas/Entrance fees:</u>	<u>Pesos Mexicanos</u>
Chichén Itzá	\$88.00
Uxmal & Kabah	\$113.00
Uxmal Luz & Sonido	\$88.00
Ruta Puuc & Lol tún caves	\$140.00

¿Qué traer? What to Bring:

Es indispensable llevar zapatos comodos, agua, y algo para protegerse del sol—una gorra, un sombrero, o un paraguas (sombriilla). Con la excepción de Ruta Puuc, los viajes incluye tiempo para nadar ya sea en la piscina del restaurante o en la playa. Por lo tanto, es importante acordar traer su traje de baño y toalla. En el caso de Uxmal Luz & Sonida, la comida que se incluye es cena. Por esa razón, es recommendable pedir a su familia afitriona que te prepare un sandwich para llevar. Favor de avisarles con un dia de anticipación.

It is important to wear comfortable shoes, to bring water, and to have something to protect yourself from the son—a hat or umbrella. With the exception of Ruta Puuc, the trips include some time for swimming—weather it be in the swimming pool of the restaurant or at the beach. For that reason, it is important to remember to bring your swim wear and towel. In the case of Uxmal Light & Sound, the meal that is included is dinner. Therefore, we recommend that you ask your host family to prepare a sandwich for you to take along. Please let them know one day prior.

INSTITUTE OF MODERN SPANISH EXCURSIONS:

El Instituto de Español Moderno organiza los siguientes excursiones cuando existe la demanda (mínimo 5 estudiantes). Se puede hacer arreglos especiales para grupos de 3 o 4 estudiantes. Normalmente, se organiza una excursión por semana y se rotan. Así que, en una estancia de cuatro semanas, una estudiante puede asistir a todas. En el caso de que hay varios estudiantes con estancias de menos de 4 semanas, se puede organizar más de un viaje por semana.

The Institute of Modern Spanish organizes the following excursions when demand exists (minimum of 5 students). Special Arrangements can be made for groups of 3 and 4 students. Normally, there is one tour per week, and excursions are rotated. Therefore, in a four week stay, a student can do all four trips. In the case that there are various students whose stays are shorter than 4 weeks, we can arrange to take more than one trip per week.

Tixcocab (Small Village) Hammock Excursion	\$180.00 Pesos
Dzibilchaltún Ruins & Museum / Progreso Beach	\$180.00 Pesos
Izamal Sacred Village - Convent - Ruins	\$180.00 Pesos
Cuzama Tres Cenotes <u>or</u> San Cristano Mangroves	\$180.00 Pesos

IMPORTANT FOR YOUR SAFETY: All excursions include the option of swimming in sink holes (cenotes). Most sink holes are 50 meters or more deep. If you do not swim well or have a medical condition, please let us know in advance. We will help you acquire a life jacket. Sink holes—Cenotes—are still fabulous sites to visit even if you choose not to swim.

Tixcocab Hammock Excursion

Students depart from the Institute of Modern Spanish at 1:00PM. Upon arrival to Tixcocab, the students visit a local cenote (sink hole), and have time to swim and eat a sack lunch (supplied by host family). Later, there is a walking tour of the main square and church. Students are invited into the home of a local family where the family explains how hammocks are made and how the economy of the family and village are maintained through this industry. The students help the family prepare an evening meal of "Salbutes"--typical Yucatecan tacos. Transportation, evening meal, and refreshments included. NOTE: The meal that is included is dinner (evening meal). Therefore, we recommend that you ask your host family to prepare a sandwich for you to take along. Please let them know one day prior.

Dzibilchaltún Maya Ruins & Lunch at the Beach

Depart the Institute of Modern Spanish at 1:00PM with sack lunch (supplied by host family) for the Mayan ruin site of Dzibilchaltún which is about 15 minutes from the Institute. Explore the ruins, swim in the Xlakah ground level cenote (sink hole), and visit the Museum of the Mayan Pueblo. Depart the Mayan ruins about 4:00PM for the quaint beach town of Progreso. Relax at a beach side restaurant for a nice sea food meal. Transportation only. NOTE: The meal is late lunch. Therefore, we recommend that you ask your host family to prepare a snack or sandwich for you to take along. Please let them know one day prior. Additional Expenses: Entrance fee \$58 pesos and meal approximately \$80 pesos. Optional Guide: \$250.00/Number of students

Izamal Holy City

1:00PM departure from Institute. Students arrive at the small town of Izamal in time for a nice lunch in the most authentic Yucatecan restaurant—famous for Puc Chuuc and Sopa de Lima. After lunch, students explore the Mayan ruins located within the town. The next stop on this walking tour is to visit the monastery and church made famous during the colonial times as the head of the Catholic church in Yucatan. The Pope visited this city in 1986. His visit attracted hundreds of thousands of people. The entire city of Izamal is painted egg-yolk yellow—the holy color for the Mayan people. Transportation only. Approximate cost of afternoon meal \$80 pesos.

Cuzuma: Three Cenotes

IMPORTANT: Cenotes are very deep—swim at your own risk.

This adventure excursion departs the Institute of Modern Spanish at 1:00PM for a 2:30PM arrival at Cuzuma. Along the way to Cuzuma, there are several photo opportunities as we pass through small villages with haciendas and churches. Upon arrival to the remote village of Cuzuma, students take a seven kilometer rail trip into the jungle via horse-drawn platform buggies. There are stops at three cenotes: Chelentun (Laying Doan Rock), Chansinic'che (tree with small ants), and Bolonchoojol (nine drops of water). This excursion is rather "rustic" with limited availability for changing clothes—please leave the institute prepared to swim. *NOTE: There is no meal included on this trip. Therefore, we recommend that you ask your host family to prepare a sandwich for you to take along. Please let them know one day prior.*

San Crisanto Mangroves

Excellent excursion option for a relaxing afternoon. Excursion departs the Institute at 1:00PM for the beach of San Cristano. The tour consists of a half hour ride in gondola style boats through shallow canals that tunnel through the mangroves to reach a cenote. There is time for swimming in the cenote. This excursion is rather "rustic" with limited availability for changing clothes—please leave the institute prepared to swim. *NOTE: There is no meal included on this trip. Therefore, we recommend that you ask your host family to prepare a sandwich for you to take along. Please let them know one day prior.*

Recommended Excursion "Sotuta de Peon" Living/Working Hacienda:

This excursion departs at 11:00AM for a fully restored and operational henequen plantation—living museum. Tour start at 12:00 noon and includes a tour of the fully restored main house, an explanation of rope production from henequen (also known as sisal), and a tour of surrounding machinery buildings. The tour also includes a horse drawn platform ride through henequen fields to a semi-opened cenote for swimming. Highly recommended excursion. It is important to make reservations two days in advance. Classes missed for this excursion can not be made up.

COSTS: \$320.00 pesos for transportation and tour and \$180.00 pesos for meal