Chocolate and Orchids

Mexico City, Puebla & Oaxaca

An exploration of cultures, traditions, and cuisines of Mexico

FEBRUARY 22 - MARCH 2, 2018
Dear National Trust Traveler,

Escape this winter and visit Mexico like you’ve never imagined on this fun, delicious, and mind-expanding tour! National Trust Tours is proud to present a program that uncovers the rich culture and traditions of Mexico that often intersects in the form of cuisine.

Come with us as we examine the ancient and modern Mexican culture in Mexico City, Puebla, and especially Oaxaca, and the influence of climate, elevation, flora, and fauna on agriculture, art, architecture, and daily life. The cultural scene in these regions pulsates with a vibrant spirit and creative energy. Experience the perennial spring of Oaxaca, one of Mexico’s leading art centers, as we tour its rich colonial history and its outstanding architectural beauty.

Throughout our 9-day journey we will enjoy the expertise and insights of Grace Gary, an architectural historian who has served as director of the Trust’s Mid-Atlantic Regional Office and who has led many of our tours.

During our stay in Mexico we overnight at lovely accommodations and visit renowned and colorful restaurants. Explore the impressive archaeological sites of Teotihuacan, Monte Alban, and Mitla; and visit artisan workshops and traditional villages. In addition, we’ll tour the world class Anthropological Museum in Mexico City, art galleries in Oaxaca, and see the Blue House, the home of Frida Kahlo.

As a backdrop to this adventure, we also investigate Mexican cuisine, which extends to a diverse gastronomy—from mole sauces to mezcal. The varied cuisine of Mexico has evolved for 3,000 years and is built upon influences from the country’s indigenous groups, including Maya, Aztec, and Zapotec, and sprinkled with cooking styles from Europe. We visit authentic markets and trace the origins and use of chocolate in various Mexican dishes.

Join the National Trust on a truly unique program offering a great variety of experiences and learn how the region’s ancient cultures have strongly influenced Mexico’s current cuisine. Please note that we will be sharing this program with like-minded travelers from Vanderbilt Alumni Association.

With warm regards,

Scott Gerloff
Director, National Trust Tours

For information on this or other National Trust Tours, call (888) 484-8785.

Find us on National Trust Tours
STUDY LEADER

Grace Gary is an architectural historian with degrees from Randolph-Macon Woman’s College and the University of Virginia. Most recently she served as the executive director of Nemours Mansion and Gardens in Wilmington, DE, where she oversaw an award-winning, multi-year, $70 million restoration of the building and gardens. She is co-author of Nemours: A Portrait of Alfred I. duPont’s House, which was published by Rizzoli in 2011. Grace also is the author of two volumes in the National Trust of Historic Preservation’s “Information” series. She has served as director of the Trust’s Mid-Atlantic Regional Office, Preservation PA, and Longue Vue House and Gardens. She was the first director of Colonial Williamsburg’s Tourism Leadership Center.

The National Trust for Historic Preservation is a private, nonprofit membership organization dedicated to saving historic places and revitalizing America’s communities. For more information, visit The Trust’s web site at www.savingplaces.org.
ITINERARY

(B=Breakfast, L=Lunch, D=Dinner)

THURSDAY, FEBRUARY 22
USA / Mexico City
Arrive in Mexico City and transfer to your hotel. A late afternoon orientation to the program is followed by cocktails and a welcome dinner at Hacienda de Los Morales, deservedly one of the most noted restaurants in the country. Stylish, classic, artistic, and colonial, it was once the home of Emperor Maximilian.
STARA HAMBURGO L (D)

FRIDAY, FEBRUARY 23
Mexico City
This morning visit the renowned Anthropological Museum, one of the most important museums in Mexico. See precious jade carvings, funerary pottery, animated whistles, immense Olmec carvings, and the famous Aztec Calendar, among other treasures of Pre-Columbian Mesoamerican societies. Receive a historical introduction to the importance of chocolate in Pre-Columbian times; once considered a drink from the gods and reserved for the upper echelon. Visit the Mexico City Historical Center, one of the largest UNESCO World Heritage cities where the great ancient Aztec capital city of Tenochtitlán stood. Tour the heart of the historical center (Zócalo) with its Aztec ruins, imposing cathedral, mansions, colonial churches, and 20th century Diego Rivera murals. STARA HAMBURGO (B, L)

SATURDAY, FEBRUARY 24
Mexico City / Teotihuacán
Depart for Teotihuacán, one of the largest and most impressive archaeological sites in Mesoamerica. A city planned and built on a massive scale, it rose as a religious center around the time of Christ. See the impressive pyramids of the Sun and the Moon. On the return to Mexico City, stop at the botanical garden in Chapultepec and learn about the cacao plant. Then, explore the rotated rhomboid shaped Soumaya Museum, which aside from its striking architecture, is home to a private art collection of nearly 70,000 works of art. It is the most visited art museum in Mexico named after the wife of the founder of the museum Carlos Slim. STARA HAMBURGO (B, L)

SUNDAY, FEBRUARY 25
Coyoacán / Puebla
Travel to the historical neighborhood of Coyoacán in the south of the city where Hernán Cortés, Mexico’s famous conquistador, based himself during the siege of Tenochtitlán. Visit the Casa Azul (Blue House), the home and workshop of the artists Frida Kahlo and Diego Rivera. Continue to Puebla, one of Mexico’s most beautiful colonial cities, the cradle of the famous mole sauce, made with chocolate and different types of chilies. On the way, see glorious views of the snowy heights of Popocatépetl and Ixtaccíhuatl volcanoes. Arrive in Puebla in time for lunch. The remainder of the afternoon is free. Our hotel is the five-star Quinta Real housed in a restored 16th-century convent.
with a splendid courtyard. Dinner is independent. HOTEL QUINTA REAL (B, L)

MONDAY, FEBRUARY 26

Puebla
Tour the historic center of the beautiful city of Puebla and explore colonial buildings beginning at the Biblioteca Palafoxiana, at its time, considered the finest library in the New World. Continue to the Church of Santo Domingo to see its spectacular Rosario Chapel, a masterpiece of baroque architecture and extravagant decoration. Visit the famous tile factory to see handmade Talavera ceramics and stop at El Parian market which sells regional crafts, pottery, and tiles. Continue to the Museo de Santa Rosa, a 17th-century former convent which showcases an excellent collection of handicrafts. At lunch, sample regional cuisine renowned for its traditional mole dishes. This afternoon depart for Oaxaca, a colorful and gentle city with a provincial charm that combines the elegant Spanish culture with the rich heritage of the ancient indigenous people. En route, drive through the Cacti Biosphere Reserve to admire giant Candelabra cacti and other species of cacti endemic to the region. Arrive in the early evening and check into your hotel. HOSTAL DE LA NORIA (B, L)

TUESDAY, FEBRUARY 27

Oaxaca
Travel to Oaxaca’s historical center, which is full of indigenous arts and crafts. Explore the wondrous Santo Domingo Cultural Center and its Museum of Oaxacan Cultures. Examine the gold treasures from Monte Albán followed by a private visit to the Ethnobotanical Garden of Oaxaca. Stroll through the timeless streets of this UNESCO World Heritage town and tour the new San Pablo Cultural Center and beautiful Textile Museum. After a delicious Oaxacan lunch, walk to the old Benito Juarez market to enjoy a cup of traditional hot chocolate. Learn how chocolate is made in Oaxaca, including the addition of almonds, cinnamon, and other ingredients. Time permitting, visit the Arts & Crafts Market and the Basilica of our Lady of Solitude –Oaxaca’s patron saint. This evening is at leisure to visit a contemporary art gallery or to try one of Oaxaca’s excellent restaurants. HOSTAL DE LA NORIA (B, L)

WEDNESDAY, FEBRUARY 28

Oaxaca
Drive to the remarkable archaeological site of Mitla, an important Mixtec site with intricate geometric friezes. From approximately 100-650 A.D. this settlement was a large religious center and a burial ground for priests and kings. Their elegant tombs are still visible, and their buildings offer beautiful examples of architecture from the Classic period. Continue to Teotitlán del Valle, a major Zapotec weaving village to see traditional rugs and blankets using organic and mineral dyes. Also learn about mezcal, a type of tequila, and stop at a distillery for a tasting. Later, see the enormous cypress called El Tule, which is over 2,000 years old, one of the oldest and largest in the world. HOSTAL DE LA NORIA (B, L)

THURSDAY, MARCH 1

Oaxaca
Today drive to the spectacular site of Monte Albán, perhaps the most important archaeological site in the area. The great, flattened mountaintop and the layout of this Zapotec ceremonial center are impressive. This city seems to be floating and the views from its lofty location are stunning. Continue with a visit to a cochineal farm to learn about parasites living in cacti used to produce vibrant dyes since pre-historic times. Head next to the famous village of San Martin Tilcajete, to see the wonderful alebrijes, colorful wooden animal figures made from the copal tree and enjoy a home-hosted lunch. Also visit San Bartolo Coyotepec famous for its shiny, purely ornamental, black pottery. Tonight bid farewell to Mexico with a special dinner at a spectacular rooftop restaurant that serves perhaps the best Oaxacan food. HOSTAL DE LA NORIA (B, L, D)

FRIDAY, MARCH 2

Oaxaca / Home
Following breakfast, transfer to the Oaxaca airport for return flights to the U.S. (B)

Please note that the order of the activities may change due to unexpected opportunities, and to allow time to enjoy special visits.
WHAT TO EXPECT

This exclusive expedition is designed for those who are interested in learning about the history, culture, cuisine, and natural history of Mexico. This is a moderately active program in that there will be walking in old cities over somewhat uneven terrain, and natural areas. Typically, the weather is warm in Mexico, with cool nights, particularly in the mountains. In order to enjoy this trip, a spirit of adventure and anticipation, and the desire to experience first-hand another culture and to explore colonial cities, markets, archeological sites, and natural areas are musts. Flexibility is essential, since local conditions may require alterations in the schedule. There is one five-hour drive. Travel is by private, air-conditioned motor coach. Accommodations are all at lovely, first-class or deluxe properties.

ACCOMMODATIONS

Stara Hamburgo, Mexico City
Part colonial Spanish townhouse and part modern retreat, Stara Hamburgo promises a luxury stay immersed in Mexico City culture. Step inside this boutique hotel and you’ll find a stylish setting that celebrates the best of contemporary design. The hotel is in the La Juárez district known for its grand French-style townhouses, artisan markets, art galleries and up-and-coming restaurants. The hotel’s facilities include a bar, garden roof-top restaurant, a fitness center, business center, sauna, library, garden restaurant, and wi-fi.

Hotel Quinta Real, Puebla
Originally constructed as the Convent of the Immaculate Conception, Quinta Real Puebla is a magnificent 16th-century hotel situated in the historic center of Puebla, a city declared a World Heritage Site in 1987. Built in Spanish Colonial style, Quinta Real Puebla is teeming with vibrant courtyards, well-appointed air-conditioned guestrooms, and warm Mexican hospitality. The hotel is in Puebla’s historic center just steps away from the cathedral and other historic sites. The hotel’s amenities include a business center, fitness center, laundry facilities and Wi-fi.

Hostal de la Noria, Oaxaca
Located just two blocks from the Zocalo in a colonial mansion, the hotel is characteristic of the historic city’s splendid architecture. All rooms wrap around a lovely courtyard with a flower-filled fountain. The hotel’s facilities include an outdoor swimming pool, air-conditioned suites, bar, lounge, laundry facilities and wi-fi.

PROGRAM COSTS

LAND PROGRAM COST ............ $4,390
(Per person double occupancy)

SINGLE SUPPLEMENT .............. $790

SAMPLE COACH AIRFARE FROM DULLES
WITH RETURN FROM OAXACA .......... $510
(Not included, quoted as of May 2017 and subject to change)
COSTS AND CONDITIONS

PROGRAM COST INCLUDES: All accommodations and meals as specified in the itinerary • All land transportation • All activities per itinerary • Wine with welcome and farewell dinners • Entrance fees • Taxes • Service charges • Local guides and tour manager throughout • Airport transfers for group flights • Gratuities to local guides and drivers • Baggage handling • Leadership • Pre-departure information • Coordination and administration.

PROGRAM COST DOES NOT INCLUDE: U.S. domestic and international airfare (quoted separately) • Excess baggage charges • Meals not specified in the itinerary • Personal items such as laundry, email, fax or telephone calls • Alcoholic beverages except those mentioned above • Dishes or beverages not included with meals • Room service • Passport fees • Private transfers • Medical expenses • Travel insurance • Optional extensions or deviations from the scheduled tour • Tip to tour director is at the passenger’s discretion.

RESERVATIONS, DEPOSITS, AND FINAL PAYMENT: A deposit of $800 per person is required to reserve space on this program. You may complete the reservation form included in this brochure and mail it with your check or credit card information to National Trust Tours, 1155 15th St, NW Suite 300, Washington, DC 20005. Or you may fax the completed reservation form to (202) 588-6246. If you have questions please call (888) 484-8785 or email info@nationaltrusttours.com. Final payment deadline is November 24, 2017, and must be paid by check. For those who register after November 24, 2017, full payment is due upon registration. Royal Adventures handles all invoices, CST #2009579-40.

CANCELLATIONS AND REFUNDS: All cancellations must be made in writing to the National Trust. Refunds less a cancellation fee of $400 per person are made if we are notified in writing on or before November 24, 2017. No refunds are made after that date. There are no refunds for unused meals, accommodations or other trip features. Neither the National Trust for Historic Preservation nor Royal Adventures accept the liability for any airline cancellation penalty incurred by the purchase of a non-refundable airline ticket.

ELIGIBILITY: The National Trust for Preservation tours are open to members only. Membership dues for 2017 are $30 for family and $20 for individual membership. The minimum age limit for the program is 14. Children must pay the full price, and those under 18 must be accompanied by a parent or guardian. There is no maximum age limit. Please note: Participants must be in excellent health and able to participate in tour activities. Any physical condition that may require special medical attention must be reported at the time of your reservation. If you have any doubt about your ability to participate fully due to health conditions or disabilities, contact the National Trust at (888) 484-8785 or (202) 588-6300. The tour leader has the right to disqualify any participant at any time during the tour if he or she feels the participant is physically incapable and/or if a participant’s continued participation will jeopardize the individual involved or the group. There will be no refund given under these circumstances.

CHANGES IN ITINERARY: The itinerary is subject to change at the discretion of the National Trust Tours and the tour operator. We reserve the right to change a program’s dates, staff (including study leader), itineraries, and/or accommodations as conditions warrant.

RATES: Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

INSURANCE: We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement. For additional information, please contact National Trust Tours at (888) 484-8785.

RESPONSIBILITY: A statement of responsibility and liability release will be provided to passengers upon enrollment and is available to prospective travelers on request. As part of the consideration and right to participate in this tour, each participant will be asked to sign a liability release naming Royal Adventures and National Trust for Historic Preservation.

DISCLAIMER: Every reasonable effort has been made to ensure the accuracy of information presented in this publication. Neither National Trust Tours nor the tour operator is responsible for errors in or damages resulting from use of the information contained herein. Information contained in this brochure is subject to change.

QUESTIONS: If you have questions please call National Trust Tours at (888) 484-8785 or email info@nationaltrusttours.com.

RESERVATION FORM
To reserve a place, please complete and return this form with your deposit of $800 per person, payable to National Trust Tours. Mail to: National Trust Tours, 1155 15th St, NW, Suite 300, Washington, DC 20005. For more information, please telephone the Tours Program at the National Trust at (888) 484-8785 or (202) 588-6300; www.nationaltrusttours.com; info@nationaltrusttours.com.

PAYMENT
☐ Enclosed is my check for $__________ ($800 per person, payable to National Trust Tours), to reserve ________ place(s) on National Trust Journey to Mexico City, Puebla and Oaxaca.

☐ Please charge my deposit of $__________ to:
☐ MasterCard ☐ VISA ☐ American Express

CARD # EXP. DATE
CARDHOLDER SIGNATURE SEC. CODE
I/we understand that final payment is due November 1, 2016. Registrations after November 1, 2016 full payment is due.

NAME #1 (AS ON PASSPORT) DATE OF BIRTH

NAME #2 (AS ON PASSPORT) DATE OF BIRTH

STREET ADDRESS

CITY STATE ZIP CODE

HOME PHONE WORK PHONE

FAX

E-MAIL

NATIONAL TRUST MEMBERSHIP:
☐ I am/We are National Trust Members. My/Our membership number is ____________
☐ I am/We are not National Trust Members. Please enroll us as members. ☐ Individual ($20) ☐ Family ($30)

SINGLE TRAVELERS
☐ I will require single accommodations* *Please note if we are unable to find a roommate for you, you will be charged a single supplement.
☐ I will share accommodations with: __________________
☐ I/we want you to book my/our flights from:

☐ Economy ☐ Business

I/we have read the General Information section of the brochure and agree to the Terms and Conditions stated therein.

SIGNATURE(S) DATE

SIGNATURE(S) DATE
Chocolate and Orchids

Mexico City, Puebla & Oaxaca

An exploration of cultures, traditions, and cuisines of Mexico

FEBRUARY 22 – MARCH 2, 2018

HIGHLIGHTS

Visit authentic markets and trace the origins and use of CHOCOLATE.

Tour the world class Anthropological Museum in MEXICO CITY.

See FRIEDA KAHLO and DIEGO RIVERA’s home and workshop.

Walk the streets of PUEBLA one of Mexico’s most important and beautiful colonial cities.

Explore TEOTIHUACÁN, one of the most impressive archaeological sites in Mesoamerica.

Experience the mystical charm of OAXACA and its arts, crafts, and cuisine.