

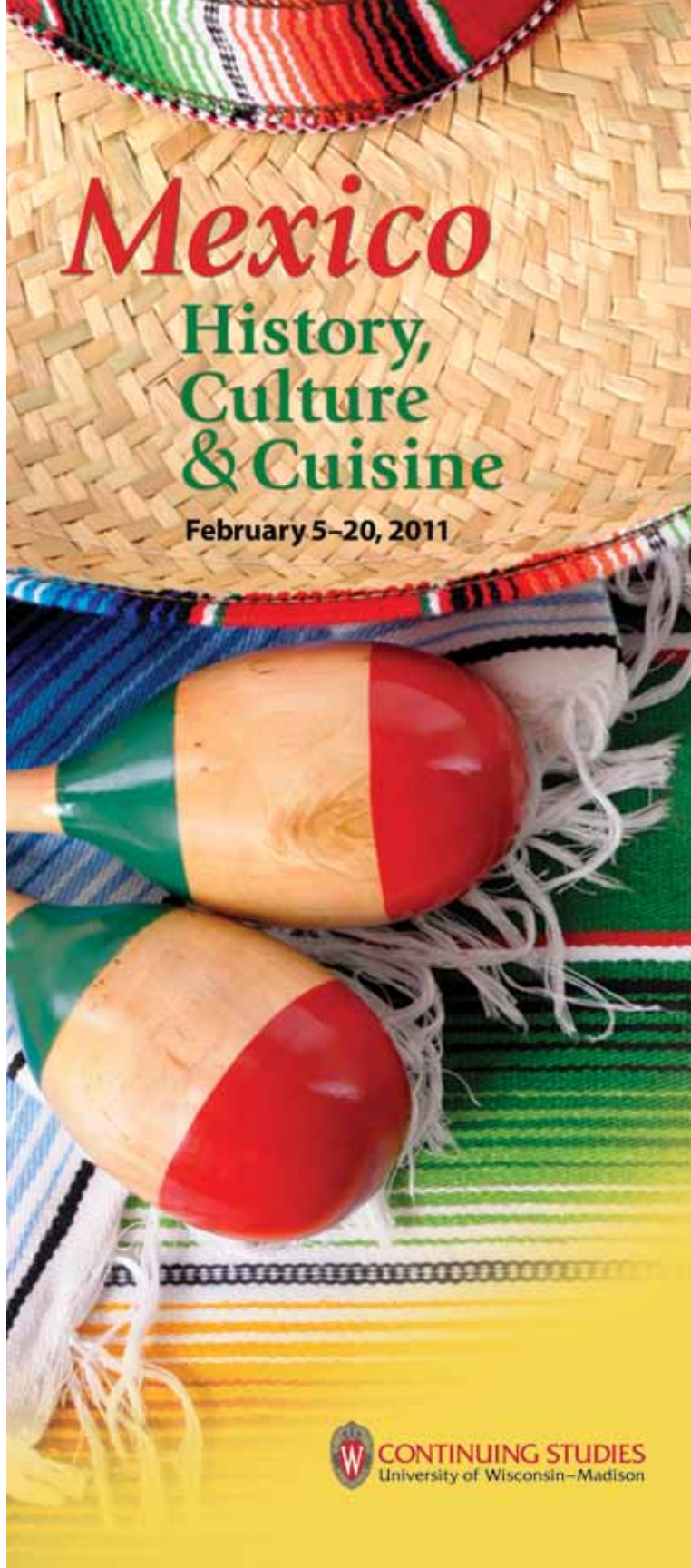
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CONTINUING STUDIES
University of Wisconsin–Madison

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Mexico History, Culture & Cuisine

Feb 5–20, 2011



Mexico History, Culture & Cuisine

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Join UW-Madison for an enchanting learning opportunity as we travel to the land that gave rise to the most important pre-Columbian civilizations of the Americas. Studying the cultures of three unique and distinctive states—Mexico, Oaxaca and Yucatan—you will visit museums and explore majestic archaeological sites, learn about the colonial legacies that arose after the conquest, and discover the cuisine and artistic traditions of the proud indigenous people that persevered and flourish to this day.

Your journey begins with an examination of the ancient Aztec capital and modern heart of the country, **Mexico City**, with its fine colonial central plaza and the country's great cultural institutions; you will take full-day excursions to the astonishing ruins at **Teotihuacan** as well as the exquisitely preserved colonial city of **Taxco**; and participate in an in-depth market visit and hands-on **cooking class** in the wonderful 'floating gardens' of Xochimilco.

After Mexico City you're off to one of most vibrant states in the entire country, Oaxaca, for four days in the colonial splendor and deep-rooted indigenous traditions of this beautiful region. You'll explore lovely Oaxaca City, visit the Zapotec ruins of **Monte Alban** and **Yagul**, enjoy another **cooking class** focusing on the area's unique cuisine, and spend two days visiting the remote artisans' villages in the **Valles Centrales** to experience first-hand the rich and varied craft traditions that have made Oaxaca world famous for its ceramics, textiles, sculpture and more.

Your educational journey concludes among the jungles and beaches of **Yucatan**. Beginning in the peninsula's cultural capital of **Merida**, our expert guides will unlock the mysteries of the amazing ancient Mayan sites of **Uxmal** and **Kabah**, and then you'll spend a day and night at one of the most famous archaeological sites in the world: **Chichen Itza**.

After all of that there's yet one more Mexican tradition left for you to experience: the tropical *vacaciones*! You'll take the ferry to **Isla Mujeres** in the state of Quintana Roo for three days in the sun-drenched Caribbean Sea



with absolutely no schedule to keep. Get ready to relax on this laid-back island and reflect upon what you have learned of this gracious and fascinating country.

Join us this winter in MEXICO!

~Live and Learn~



Your Travel Director

Doug Whittle is the UW-Madison director of educational travel. He served for two years as a Peace Corps volunteer in Zaire and has traveled independently in Asia, Africa, Europe, and throughout Central and North America. He has led trips on five continents for UW-Madison.

For Information Contact

Doug Whittle, 608-263-7787 or Kim Seymour, 608-262-3731
Visit Our Web Site www.dcs.wisc.edu/lsa/travel

 **CONTINUING STUDIES**
University of Wisconsin–Madison



Itinerary

Feb 5–9 Mexico

Mexico City

Visit the **Central Plaza**, **Templo Mayor** and the **Museum of Anthropology**, and enjoy a performance of the famous **Ballet Folklórico**.

Teotihuacan and Guadalupe Shrine

Visit the **Plaza de las Tres Culturas** and the **Basilica de Guadalupe**, Mexico's most revered religious shrine, on the way to a tour of one of the most amazing cities of the ancient world: **Teotihuacan**.



Full-Day Cooking Class in Xochimilco

Under the expert guidance of Doña Lupita you'll begin at the local market where you'll learn about and buy your ingredients,

then you'll prepare an authentic Mexican meal which you'll eat while cruising the canals on a colorful trajinera boat.

Taxco

In **Taxco**, one of the most picturesque colonial cities in the hemisphere, you'll learn about the silver mining process and have time to explore the atmospheric streets and shops at your own pace.

Feb 10–13 Oaxaca

Oaxaca City

Enjoy a tour of beautiful Oaxaca City and her institutions.

Monte Alban and Valle Zimatlan

After a visit to the impressive Zapotec ruins of **Monte Alban** the rest of the day is spent exploring the fascinating craft villages in the **Zimatlan Valley**.

Half-Day Oaxacan Cooking Class

Oaxacan cuisine is famous for its refinement and complexity and you'll visit the market to buy the unique ingredients, then learn how prepare them in the traditional Oaxacan manner.

Valle Tlacolula and Yagul

Spend another day meeting artists and perusing their wares in the authentic craft villages of this beautiful high valley, with a stop at the ancient Zapotec ruins of **Yagul**.

Feb 14–16 Yucatan

Merida

In the Yucatan's capital city of Merida you'll visit the **Cathedral of San Ildefonso**, **Casa Montejo** and the **Governor's Palace**.



Uxmal and Kabah

A guided visit to these two amazing archeological sites will be an outstanding introduction to the ancient Mayan world.

Chichen Itza

One of the new **7 Wonders of the World**, we'll spend an entire day, and then stay overnight at

this magnificent archaeological site where our expert guides will further unlock the mysteries of the extraordinary Mayan civilization.

Feb 17–19 Quintana Roo

Isla Mujeres

A short ferry ride from Cancun will deliver us to this laid-back tropical island for **three days** of unscheduled time to relax and enjoy the sun, surf and island lifestyle in this extremely casual environment.

Feb 20 Depart for USA

Yes, you have to go home...

General Information

Everyone is welcome to join us.

Your lodging in Mexico will be of the highest standard. We will have comfortable private transportation at all times on the trip, but please understand that there will also be a fair share of walking in order to properly experience what we are traveling to Mexico to see. You won't be forced to climb any Mayan pyramids, but our visits to all of the ruins, museums, palaces, churches, craft villages, etc, will be on foot over uneven surfaces.

Mexican cuisine is immensely popular, so in addition to your daily breakfast we've got other meals planned for you that will ensure that you taste the best that the country has to offer; but there are also several times when you dine where you wish so that you can craft your own culinary journey. Likewise, we have included two in-depth cooking classes on this trip so you'll not only experience the wonderful variety of the regional cuisines, but you'll also learn how to bring these cooking styles home to your own kitchen, too.

As with all of our trips there will be some free time in Mexico City, Oaxaca, and Merida; however, your sojourn at Isla Mujeres is *entirely* unscheduled so that you may relax, swim, snorkel, shop and enjoy this beautiful tropical destination in any way you wish before returning home. ***iVamos conjuntos!***

Lodging

Mexico City—**Hotel Holiday Inn Zocalo** 5 nights
www.holidayinn.com/mexicodowntown

Oaxaca City—**Hostal de La Noria** 4 nights
www.hostaldelanoria.com/

Merida—**Hotel Del Gobernador** 2 nights
www.gobernadormerida.com.mx/index_ing.htm

Chichen Itza—**Hotel Hacienda Chichen Resort** 1 night
www.haciendachichen.com/

Isla Mujeres—**Hotel Avalon Reef Club Isla Mujeres** 3 nights
www.avalonvacations.com/avalon-reef-ista-mujeres/index.php

Price

\$3999 includes roundtrip international airfare, two internal flights, all ground and other transportation, all lodging, two cooking classes, daily breakfasts and many other meals, all entry fees, all transfers, all guides, gratuities and services.

This price is based upon double occupancy; single supplement is \$759 extra. Personal tips and some drinks are extra, as is your visa and any airport departure taxes.

Registration Form

Mexico: February 5–20, 2011

UW# W55

Name _____

Address _____

street/apt#

city/state/zip

Phone _____

daytime / evening

E-mail _____

(Information is only used by us to communicate with you)

Check All That Apply:

Reserve a twin room (package). My roommate is:

I am interested in a roommate. Please let me know if one becomes available.

Reserve a single room (\$759 supplement).

Payment Information

Enclosed is a check payable to UW-Madison for the trip deposit of \$1000/person.

*Note: We accept credit cards for all subsequent payments (subject to a 2.5% processing fee).

Future payment schedules and details will be included in your registration confirmation packet.

Your deposit is non-refundable. We urge you to purchase trip cancellation insurance to recover your costs if you must cancel your plans to join us. Travel insurance information will be included in your registration confirmation packet.

Return this registration form and deposit to:

Kim Seymour, Educational Travel Programs
21 N. Park St., 7th floor, Madison, WI 53715
608-262-3731

For tour information contact:

Doug Whittle, Director

Phone: 608-263-7787

E-mail: dwhittle@dcs.wisc.edu

Visit us online at: www.dcs.wisc.edu/Isa/travel

If you have a disability and desire accommodations, please advise us ahead of time. Requests are confidential. This program is offered by UW-Madison in cooperation with UW-Extension. DCS-MAC-352-6/09