

Posada del Abuelito presents

Excursions and tips

To discover and understand San Cristóbal
and Chiapas



Posada del Abuelito offers excursions with local guides in spanish and english. This book have a complete list of these excursions and also different options of things to do in San Cristóbal and its surroundings.

We offer tourist excursions than can be found in your guides and travel agencies. But it is also important for us to propose local and original tours away from the traditional routes.

If you see something that interests you, feel free to ask any member of our team for further details or to book.

We hope you'll enjoy your reading!

Posada del Abuelito

ORIGINAL EXCURSIONS (DEVELOPED BY THE POSADA)

| | |
|--|---|
| Artisanal chocolate workshop | 6 |
| Discover handicraft in Nachig | 7 |
| Toniná ruins and El Corralito Waterfall | 8 |
| Meet the zapatistas in Oventic and cooking classes | 9 |

SPORTING EXCURSIONS AND ADVENTURE

| | |
|--|----|
| Treks: Huitepec ecological reserve and Moxviquil ruins | 11 |
| Horseback riding and rock climbing | 12 |
| Tour by bike | 13 |
| Air and Ground Trails & Trekking: Culture and Aventure | 14 |

TOURIST EXCURSIONS

| | |
|--|----|
| Visit San Juan Chamula and Zinacantán | 16 |
| Agua Azul, Misol Ha and Palenque | 17 |
| Cañon del Sumidero and Chiapa de Corzo | 18 |
| Lagunas de Montebello and cascadas del Chiflón | 19 |
| Shuttles | 20 |

EXCURSIONS ON YOUR OWN

| | |
|---|----|
| «Orquídeas Moxviquil» natural reserve and Huitepec hill | 22 |
| Rancho Nuevo caves | 23 |
| Mayan medecine, regional costumes and Na Bolom museums | 24 |
| Amber, coffee and jade museums | 25 |

IN THIS BOOK...



The tree symbolizes nature



The pyramid symbolizes history and/or indigenous culture



The boot symbolizes physical activity



The speech bubble symbolizes the opportunity to talk, ask or learn

Each symbol can have between one and three stars, representing his degree of presence in an excursion.

For example, one boot with three stars means there is a lot of physical activity.

If no symbol appears, it means the tour has nothing to do with this aspect.





Original excursions
Developed by the Posada

ARTISANAL CHOCOLATE WORKSHOP

Duration : 3 hours

Schedule: 12-15h o 17-20h

Include: guide, workshop and a chocolate bar (the workshop is in spanish. Let us know if you need it in english).

What you need: your curiosity and gluttony



We all like chocolate. But where it comes from? How the mayas ate it? How a cacao seed becomes a chocolate bar? Which ingredients are needed? And can you make your own chocolate?

Of course... At the beginning there is a short explanation about the necessary steps to have the cacao seeds ready to start the preparation.

Then the workshop begins selecting the seeds (approximately 250g per person). You will warm the comal a few minutes and toast the seeds in it during 10/15 minutes. Moving the seeds is very important for an uniform toasting and so prevent them to burn.

In this moment you will be able to try some seeds in order to estimate their taste and the toasting intensity. Once it is appropriate, you will turn of the fire, remove the seeds from the comal and cool them for a while.

The next step is removing the shell of each seed. Everybody participate for this process who takes approximately 20 minutes. When all the seeds are ready, they are divided among the participants to grind them until obtaining a dough (100% cacao).

You will decide then the percentage of cacao and sugar you want for the final product.

You can choose various ingredients to add to your own chocolate bar: vanilla, amaranth, peanut, corn, chile, achiote, pumpkin, sunflower, crickets, grasshoppers, sesame, almonds, walnuts, cardamom and other natural products. Actually everything you want...



Finally the samples will be removed from the mold and each participant will have his chocolate bar in a bag, ready to bring home!



DISCOVER HANDICRAFT IN NACHIG

Schedule: 09.00-15.00

Include: transport, workshop and food

What you need: your heart and curiosity



You want to know how the families live in the villages of the Zinacantán region, how the backstrap loom is used, where they live and what they eat? This artisanal excursion invites you at the López family's home in Nachig.

María Mercedes López is one of the six daughters of an indigenous tzotsil family and she manages a 30 women cooperative who creates tissues made with backstrap loom.

The purpose of the cooperative is generating incomes to improve living conditions for the women, children and girls in this town.

You can walk on the streets to visit the town and the Fátima church. Then you will be invited at the family's home to eat with them beans, rice, freshly handmade tortillas, coffee and atol or pox.



What will you do?

- Attend a workshop to learn how Nachig women weave with traditional backstrap looms, table cloths, shawls, shirts, scarves and bags.
- Help to prepare a typical meal with handmade tortillas and for example mexican style eggs.
- A tour of the house and the town with an explanation of their legends.
- Attend a brief introduction to the tzotsil language.



TONINÁ RUINS AND EL CORRALITO WATERFALL

Schedule: 07.00-20.00

Include: transport, guide, lunch and entrance to the Toniná ruins.

What you need: water, good shoes, sunscreen and a light meal.



Toniná is one of the less visited archaeological sites in Mexico. It allows a kind of “Indiana Jones” experience who doesn’t exist anymore in other more famous places.

You will have three hours to discover the ruins, including a guided visit and free time for you to explore.

Located close to Ocosingo, the ruins are spread over many acres and have pyramids up to 75 meters high. Toniná is composed of hundreds of buildings erected between the VI and IX centuries, standing out from any other site in Central America.

We continue to the «El Corralito» waterfall. The name is due to the ancient cowboys who used to herd cattle from Ocosingo.

They took a break there to eat and enjoy a shower in the Jatate river.



Recommendation

There’s a discount for this tour on thursdays and sundays, with a price of 300/350 pesos (low season/ high season).



MEET THE ZAPATISTAS IN OVENTIC

You want to learn more about the indigenous communities uprising in 94? Discover how these communities organized themselves independently? Understand the administrative and institutional organization of the zapatistas in their caracoles?



We can give you all the information to visit the Oventic caracol on your own or organize a visiting day with a guide who will also take you to the town of San Andrés Larrainzar where you will see the women communities and his incredible handcrafts.

COOKING CLASSES

You would like to learn how to prepare a mole, meatballs in chipotle, fajitas, golden or regular tacos, creams, soups, etc...?

We can arrange a typically mexican cooking class for you! Buen provecho!





Sporting Excursions
and Adventure

TREKS

Schedule: 9:00-12.00 (ruins)

What you need: water and sunscreen

Recommendation

You can also walk to San Juan Chamula with a guide and entrance fees included (schedule: 9:30-17:00).

HUITEPEC ECOLOGICAL RESERVE

Birdwatching



Schedule: 06.00-10.00 (days birds) y 18.00-20.00 (night birds)

The wardens of the reserve offer two unique birdwatching tours which are perfect for people who already have some knowledge about it. The best season to observe is between august and may, as may to july the birds are migrating, even if some are sedentary. If you want to see specific species you have to inform the guide so he can adapt his itinerary.

Mayan ceremonial and medicinal plants



Schedule: 09.00-11.30

Unsurprisingly, the native forest is full of plants which have been used by indigenous for centuries as medicine and in their religious ceremonies. You can make this tour of the reserve with a local guide, which is specially focused on these plants and their uses.

MOXVIQUIL RUINS



Moxviquil is an important archaeological site of unexcavated ruins, discovered by Franz Blom in the early 20th century. Nowadays the ruins are almost impossible to find in the forest, but the Posada can contact a guide to llead you there. You will discover ancient dry stone walls, broken fragments of mayan pottery and who knows what else...

HORSEBACK RIDING

Schedule: 09.00 - 15.00

Include: horses and guide.

What you need: water, light meal, good shoes and thick pants. Th entrance to the church (20 pesos) is not included.



From San Cristóbal, a two hours trip will lead you to this famous indigenous town.

A guide will be with you all along this picturesque way. Then you will be free to visit the town and its unique blend of modern and mayan cultures for as long as you wish.

You also have the option to take the horses back to San Cristóbal in the same trail, tough this limits the time you'll spend in San Juan Chamula. The other option is to come back in taki or colectivo (10 pesos).



ROCK CLIMBING

If you're here on the weekend we can arrange for you an excursion with a local rock climbing club.

Every saturday and sunday they choose a different place in the San Cristóbal area and take a group to climb there for the day.



TOUR BY BIKE

Schedule: 9.00

Include: guide, bike, helmet, gloves, a bottle of water, entrance to the Mamut cave and parks.

What you need: backpack, extra sodas, sunglasses and food.

This excursion offers attractions for the ecological, cultural and adventure tourism lovers. The mountains around San Cristóbal are full of secrets and a way to discover them is through these magic routes.

Mills route

Duration: 4 hours

Distance: 12 km

Max slope: 1%

Style: ride



Arcotete, Quinta del Obispo and Gruta del Mamut

Duration: 6 hours

Distance: 24 km

Max slope: 24%

Style: half sporting

San Juan Chamula's route

Duration: 4 hours

Distance: 20 km

Max slope: 20%

Style: varied



AIR AND GROUND TRAILS



Duration: between 2 and 3 hours

Include: professional guide, certified equipment, transportation, medical insurance, water

What you need: good shoes, a hat and biodegradable sunscreen.

Fly over the forest, from mountain to mountain by three 200 meters long and 50 meters high exciting zip lines, explore its flora and fauna along the interpretative trails, accompanied by the fresh air of San Cristobal. From the heights, you will admire the canyons and rivers surrounding the natural park «El Encuentro».



TREKKING: CULTURE AND ADVENTURE



Schedule: 10.00

Include: professional guide, certified equipment, transportation, medical insurance, water

What you need: good shoes, a hat and biodegradable sunscreen.

This tour invites you to experience the local culture of the highlands of Chiapas, enjoying a day of cultural and environmental diversity.

Enjoy a day of diversity walking on the river banks, where you will see a Tzotzil altar and cemetery, a ceremonial liquor factory, a church full of traditions built in 1771, an old house housed the bishops of the region, a former sawmill that worked using the force of water, and a cave where you will live the experience of rappelling down into the infraworld.





Tourist Excursions
With travel agencies

VISIT SAN JUAN CHAMULA AND ZINACANTÁN

Schedule: 9.30-15.00

Include: guide, translator, transport, entrance to the church.

What you need: water, hat and sunscreen.



San Juan Chamula is clearly the most famous indigenous town in Chiapas. No visitor in San Cristóbal should miss it. Posada del Abuelito considers this cultural and historical excursion as the most interesting. The additional visit of San Lorenzo de Zinacantán will allow you to realize that these communities had adapted to the 20th century's way of life.



First you will visit the cemetery of Chamula and the historic center, where you can find the market.

Afterwards you will visit the church, where they uniquely blend catholic and traditional indigenous customs. You will have the opportunity to observe these practices and attend to the ceremonies.

The spiritual leader will receive you at home to explain more in details these rituals.

The next stop will be in San Lorenzo de Zinacantán, where you'll visit the church before discovering a house where womens will teach you their weave methods as traditional cooking.



Did you know that...

San Juan Chamula has a unique situation in Mexico? The chamulas have their own authorities and the policemen and militaries are not allowed in town.



Recommendation

You're looking for something more challenging? You can make the horseback riding excursion or the trek (p.14).

AGUA AZUL, MISOL HA AND PALENQUE

Schedule: 6.00-21.30

Include: transport and entrance fees to the sites.

What you need: water, food (above all if you want to come back to San Cristóbal the same day) and swimsuit.



This excursion is the easiest way to visit all these important sites in Chiapas in one day. The early departure time allows you to enjoy each place enough, including a visit of the Palenque ruins.

At the end of the day, you can stay in Palenque instead of coming back to San Cristóbal. You just have to inform us when you make the reservation.



The first stop is for breakfast, but we recommend you to bring your own food instead of eating at the quite expensive tourist restaurants.

The first place of the day is Agua Azul, a beautiful waterfall composed of several natural pools at the bottom of the mountain. You can find your own spot and swim in the crystal waters.

A little later you will stop at the Misol Ha waterfall, where you'll enjoy its beauty and walk behind it, if you don't mind getting wet!



Finally you will arrive at the Palenque archaeological site with free time to explore by yourself.

CAÑÓN DEL SUMIDERO AND CHIAPA DE CORZO

Schedule: 9.00-15.00

Include: transport, boat ride, guide and entrance fees.

What you need: food, water, light sweater and camera.



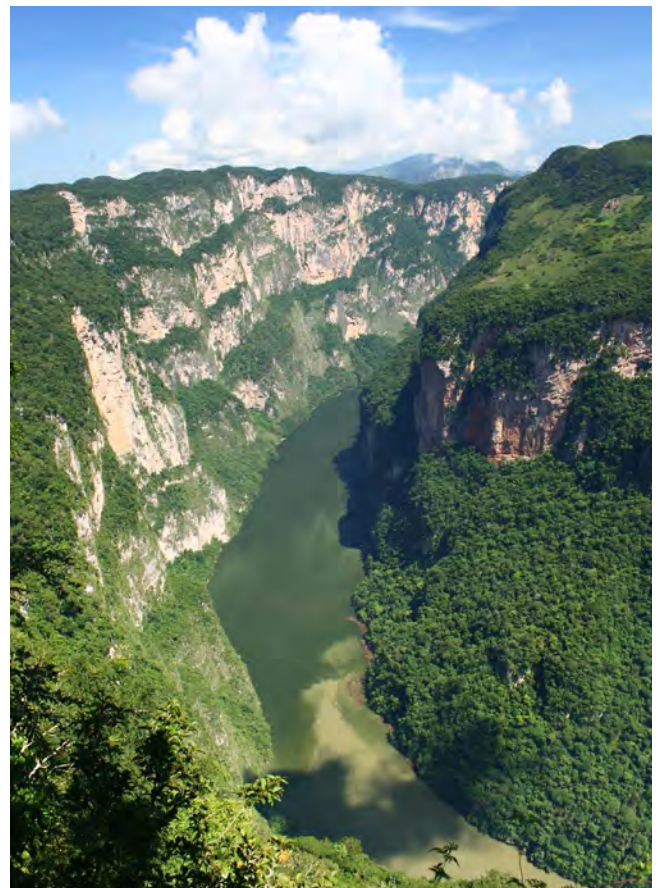
The Sumidero canyon is clearly a natural wonder of Chiapas. It is supposed that it has been formed at the same time than the Great canyon in the United States.

The Grijalva river which created the canyon still flows through it, and sometimes between walls with 90 degrees inclination and 1000 meters high!



This excursion will take you by boat on the river inside the canyon with explanations from the guide about the geological formations and its history.

With a little luck, you will be able to discover a wide variety of wildlife, including crocodiles, monkeys and pelicans.



Did you know that...

apparently, when the spanish conquistadors took control of Chiapas, a lot of indigenous jumped in the canyon to avoid facing the colonization.

LAGUNAS DE MONTEBELLO AND CASCADAS DEL CHIFLÓN

Schedule: 8.00-20.00

Include: transport and entrance fees.

Lo que necesitan: water, food, swimsuit, towel, good shoes, sunscreen and a hat.



This excursion allows you to discover one of the natural wonders of Chiapas. Located south of San Cristóbal, the Bosque Nacional de los Lagos de Montebello area attracts a lot of visitors.

Virgin forests, crystal waters and impressive views are the stage of this unforgettable day.



During the day you will visit the Tziscaco, Pojo, La Esmeralda, Ensueño y La Encantada lakes. Tziscaco is at the guatemalan border and is the deeper in the country with 147 meters.



Did you know that...

the Montebello lakes have been the first protected area as National Park in Chiapas, in 1959?

Then, you will discover a serie of waterfalls with crystal waters in El Chiflón. You'll have the opportunity to swim in natural pools and for the most braves of you going down in a zip line in front of one of the waterfalls.



Recommendation

If you're looking for a less turistic and more personal day, we offer an excursion to the Chiflón waterfalls and to the towns of Amatenango and Aguacatenango (to discover handcrafts and local pottery).

SHUTTLES

Even if we will be sad when you leave San Cristóbal, we will gladly help you to plan the next steps of your trip.



If you're travelling inside the country, the easiest way is to take a first class OCC or ADO bus. Tickets can be bought in the Real de Guadalupe walking street, half block from the Zócalo (central park). We also have a lot of information about local transports in Chiapas.



If you're leaving by plane (Tuxtla Gutiérrez airport) and you don't want to take public transports, we can arrange a private transfert in taxi, at any time of the day or night if we are notified in advance.



If you're going to Guatemala, we recommend you to take a private shuttle because public transports are not so reliable (above all in the guatemalan side, where the roads sometimes are cut by landslides) and the border crossing more difficult.

You will find below the departures and arrival times for the major destinations in Guatemala. We don't recommend you to plan something else the day of your trip because the arrival times may vary according to the climatic and road conditions. Anyway we suggest you to bring water and food for the trip.

The shuttles pick you up directly at Posada del Abuelito. And as they also have to pick up people from other places the departure times can vary.

Panajachel

Leave at 7:30am
Arrive approximately at 6pm

Antigua

Leave at 7:30am
Arrive approximately at 8pm

San Pedro la Laguna

Leave at 7:30am
Arrive approximately at 7pm

Quetzaltenango (Xela)

Leave at 7:30am
Arrive approximately at 5pm



Excursions on your own
To do it yourself

"ORQUÍDEAS MOXVIQUIL" NATURAL RESERVE

Duration: 2-3 hours

What you need: water, sunscreen and a light (if you want to explore the caves).

How to go: get out of Posada del Abuelito on the right and walk two blocks. Turn right on Yajalón street and continue to the north peripheral. Turn left and walk 10 meters. You will see the gardens on the other side of the road on your right.



The gardens are approximately 20 minutes walking from Posada del Abuelito. There, you will be able to observe peculiar orchids and other native plants from this region.

Behind the gardens a trail goes up in the hills with a nice view of San Cristóbal. An hour walk can leave you to fascinating caves and other natural geological formations. This is the perfect way to move away from the city in the afternoon and enjoy the nature.

The entrance to the gardens costs 30 pesos and includes a guided tour of this nice project facilities. If you need an English translator please let us know. The remarkable element is the greenhouse where the superior layers of the jungle had been recreated, with the purpose of showing orchids and epiphytes which are normally several meters underground, and barely observable by human eye.



Recommendation

The reserve entrance is behind the gardens. You'll have to ask a guard the way to go. There are perfect places along the trail to rest and eat if you've brought your own food.

HUITEPEC HILL

What you need: water, warm clothes and good shoes to walk.

How to go: you can go easily with public transportation even if we can organize this tour for you. You have to take a cab or a colectivo heading to San Juan Chamula and get off at the reserve entrance.

Huitepec reserve is a unique section of highland forest, hidden in the cloudy mountainsides west of San Cristóbal. The rich and moist environment attracts unique wildlife, like rare birds. We offer different tour options to Huitepec, but we have to notify the park guards in advance.

Recommendation

The forest is more humid than cold, but as you ascend you will need a sweater. The guards have an extra pair of binoculars for bird watching, so bring your own if you have.

RANCHO NUEVO CAVES

Duration: 2-3 hours

What you need: 24 pesos for the colectivo (round trip), 10 pesos for the caves entrance, warm clothes.

How to go: get out of Posada del Abuelito on the right and take a colectivo which indicates «Teopisca» or «Comitán» on the corner with Diego Dugelay street. Ask the driver to drop you in Grutas de Rancho Nuevo. From the park entrance, walk 5 minutes in the forest to the caves.



Only 10 kilometers from San Cristóbal is a beautiful pine forest. A part has been converted in a camping area with facilities you can use to eat and enjoy the place.



Recommendation

Why not use the camping area to eat in the middle of the forest? There are also shops and restaurants at the caves entrance.



A short walk will lead you to these incredible caves extending over an unknown distance inside the mountain. The one kilometer long open part allows you to admire stalagmites and stalactites.

Did you know that...

in 1994, a lot of zapatistas used these caves to hide themselves?

MAYAN MEDECINE MUSEUM

Duration: 1 hour and a half.

Entrance: 25 pesos

Services: translation books in english.

How to go: get out of Posada del Abuelito on the right, turn right on the corner with Diego Dugelay street and then left to take Comitán street. Continue until you arrive at General M. Utrilla street, in front of the handcraft market. Turn right and walk straight during 15 minutes despite the curves. The museum is on the left side of the street.

This museum is full of informations and reconstructions of scenes explaining traditional and modern mayan medicine. It is a good way to improve your knowledge about mayan culture.

It's located 20 minutes walking from the historic center. You have to go trough the main market in a popular zone which reflects a lot more the living conditions of local people.



REGIONAL COSTUMES MUSEUM

Duration: 1 hour and a half.

Entrance: free. A guided tour with Sergio Castro costs 35 pesos. Visits are during the afternoon and have to be booked in advance. Ask one of our team members for more informations.

How to go: go down Real de Guadalupe street to the other side of the Zócalo (central park). It is number 38.

Sergio Castro is a legend in San Cristóbal. And rightly, he worked during the last 30 years to improve the living conditions of the indigenous people in a dozen different ways, including the opening of a free hospital.

He also created the Regional Costumes museum, which occupies half of his house. All the donations are for buying medical equipment for local communities.

NA BOLOM

Duration: 2 hours.

Entrance: 40 pesos

How to go: get out of Posada del Abuelito on the left, then walk one block and a half and turn left on Vicente Guerreo street. The museum is located one block further.

Na Bolom is a museum focused on the history and local culture, created by the swiss anthropologist Franz Blom. There is a big collection of «treasures» he acquired during his exploration of Chiapas. It's definitely worth it, above all if you have been to the Moxviquil archaeological site, which is presently closed, and where a big part of his collection comes from.

AMBER MUSEUM

Duration: 1 hour and a half.

Entrance: 20 pesos

Services: shop where you can buy certified products.

How to go: the museum is on the other side of the Zócalo (central park), in Diego de Mazariegos street, 20 minutes walking from Posada del Abuelito. Ask one of our team members for more informations.

The museum is located in an ancient and beautiful convent also used in the past as military barracks. A big room presents the amber extraction process before showing valuable example of local handcrafts.

If you want to buy amber in town, the museum explains you how to distinguish the true from the false and where to buy fair trade pieces. There's no english translation available at the moment.



COFFEE MUSEUM

Duration: 1 hour.

Entrance: 30 pesos

Services: courtyard in the middle of the museum where you can enjoy a good cup of coffee made in Chiapas, little translation books in english.

How to go: get out of Posada del Abuelito on the right, go down Diego Dugelay street until you reach María Adelina Flores street. Turn right and walk approximately four blocks. The museum is on the right side.

This little museum gives some details about the history, the production and the social impact of coffee culture in Chiapas. There are two exposition rooms with multimedia devices and facilities, besides the boards that give good informations. It is a good complement to the coffee excursion.

JADE MUSEUM

Duration: 1 hour.

Entrance: 30 pesos

How to go: get out of Posada del Abuelito on the right, go down Diego Dugelay street until you reach María Adelina Flores street. Turn right and walk approximately seven blocks. The museum is in a side street on the right.

Most of the visitor can have a chat with one of the workers before seeing the exposition rooms where you will discover what jade is, where you can find it and how to work with it.

Then you will be able to see a little but good quality collection from the Maya period and see workers shape some new pieces.



Posada del Abuelito

Calle Tapachula #18
San Cristóbal de las Casas
Chiapas, México

www.posadadelabuelito.com

We offer:

Laundry service
Wine and beers
Bike rental