

Schjolberg Conseil

The “Inner Peace” Journey of México. Authentic, majestic and enigmatic CHIAPAS

Inner Peace hails from times lost from our memories, when wisdom and patience sat on leafy thrones of worship. Inner Peace has traveled oceans and continents, history and cultures, but still clings to your pores and genes. Breathes with you, walks with you, and guards you at night. Inner Peace begs you to acknowledge that you are soul mates. When you reach for each other, there is equilibrium.

Understand, and be acknowledged. Sow, and harvest the sweetest fruits. Inner Peace is a meditative companion, a timeless silence. Inner Peace will take you back to early mornings; and in doing so, provides the only path towards the welcome shade of the present.

México is spirituality, the open expanses of the mind. Where abstracts and unanswered questions run free. And yet, when you thought you understood the least, wisdom may engulf you. You noticed the woman from the Mayan village who found sleep under an old tree during a sweltering day, infant in arms. Was *she* poor, poorer than you, the rich one? And Señora from the highest stanzas of Mexican society, so removed from everyday life, suddenly shared a pew with a street kid in the cathedral, both facing the most ornamented altarpiece in Latin America. When the old, weathered man of the Zoques people tapped your shoulder, you being a stranger, and whispered blessings into your ear, was he a messenger? A higher spirit speaks through México, and traveling there can be a journey into your soul, your heart and your mind set.

DAY ONE:

Arrival México City. Transfer from the Benito Juárez International Airport to hotel. Rest of the day at leisure.

Overnight*:

5 - Deluxe: Condesa DF (with optional Hammam, Therme and Energy Room) or W Hotel (with optional Massage, Sauna and Hammam.) 4 – Luxurious All Suite Boutique Hotel: Casa Vieja



DAY TWO:

Breakfast at the hotel. Afterwards, we head towards the southern part of México City, visiting on the way the World Trade Center, the Siqueiros Cultural Polyforum, the monumental México Bull Ring and the Insurgents Theater with its mosaic mural featuring Cantinflas by Diego Rivera. Next follows the University of Ciudad de México and its famous library completely decorated with mosaic murals by Juan O’Gorman, the Olympic stadium and the residential area of Pedregal de San Angel, built on lava fields. Finally, we will arrive at the tranquil waters of the Xochimilco Canals, the last traces of the Aztec era, where we will be enjoying a calm trip in a traditional punt or pre-Hispanic boat. Lunch.

In the afternoon, the program takes us to the archeological zone of Teotihuacan and the famous Basilica of Guadalupe. End of the day’s program. Enjoy the evening hours, a great opportunity to savor some of México City’s exciting and cosmopolitan offers.

Overnight:

5 - Deluxe: Condesa DF (with optional Hammam, Therme and Energy Room) or W Hotel (with optional Massage, Sauna and Hammam.) 4 – Luxurious All Suite Boutique Hotel: Casa Vieja

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DAY THREE:

Breakfast at the hotel and transfer to Benito Juárez International Airport. *Early departure* for Tuxtla Gutiérrez in Chiapas, México's southernmost state. Spiritual, majestic and sacred are the words and emotions expressed by visitors when they encounter the religious monuments and natural phenomena of Chiapas.

City tour of Tuxtla Gutiérrez, the State capital. Visit to the Cathedral of San Marcos, the La Marimba Garden and Park, the Regional Museum of Chiapas and the Craftsmen's House, which is host to the Ethnic Museum**, a key to partly unlocking the soul of Chiapanecan culture. Lunch at Restaurant Pichanchas.

The trip continues to Chiapa de Corzo (22 km/15 min.) a wonderful town full of testimony to colonial and pre and postcolonial history, famous for lacquer arts, and on the doorsteps of the magnificent natural scenery of Chiapas. We arrive at the Grijalva River for a boat trip through the Cañón del Sumidero, with nature, flora and fauna in all its splendor and sacredness. The water way is a prodigy on a world basis, stretching 27 kilometers through the canyon, and where the top of the canyon is seemingly touching the sky. Return trip and overnight at the Hotel La Ceiba, with a lush and tropical garden and high colonial walls, Chiapa de Corzo.

Overnight:

4: Hotel La Ceiba (with optional Spa)



DAY FOUR:

Breakfast at the hotel. Transfer to San Juan Chamula (55 min.) Walking tour of this self-governed and indigenous town with its colorful market place. Encounter the daily life of the Tzotzil people, one of nine distinct ethnic groups of Chiapas.

Inside the Cathedral San Juan Bautista, you sense that a higher power speaks to you, and you can feel the sincerity and intensity of the worship. The thick smoke of incense and burning candles, the murmur of prayers fill the air. Ritual cleansing and blessings by an Ijol (Shaman,) either inside the cathedral or in a local home

Transfer to the village of Zinacatán (15 min,) where you as in San Juan Chamula are absorbed into the heartbeat of Mesoamerican indigenous communities. We visit the Church of San Lorenzo, the Esquipulas Chapel and the San Sebastian Chapel. Crafts market.

Arrive in San Cristóbal de Las Casas (20 min,) on UNESCO's World Heritage List of Humanity and the most Mesoamerican of all Mexican cities with a colonial past. While enjoying a temperate climate, indulge the senses in impressions of candy colored buildings, baroque facades, flowering patios and romantic balconies. Lunch at the Parador San Juan de Dios, in a setting of superb and genuine elegance.

Afternoon visit to the Museum of Jade and Amber, and presentation by an Ethnologist. Visit to the Museum of Maya Medicine, where one gains insight into spices and herbs used for healing and treatments. Check in at the hotel. Rest of the day at leisure.

Overnight:

5 - Deluxe: Parador San Juan de Dios



DAY FIVE:

Breakfast at the Parador. Free day on your own, with privacy and tranquility to make San Cristóbal de Las Casas a lifetime memory

Overnight:

5 Deluxe: Parador San Juan de Dios



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DAY SIX:

Breakfast at the Parador. A day dedicated to another presentation of the green cathedral that is Chiapas, and the physical architecture of evangelization. Departure for the Selva or jungle of Lacandona. Visit on the way the Amatenango del Valle, a community of Tzeltal Maya, renowned for the making of pottery (37 km/45 min.) Next on the agenda is the waterfall of El Chiflón (30 min,) where ponds and stretches of the water within and below the fall take on all imaginary nuances of blue and turquoise. The urban part of today's program is the city of Comitán Domínguez (38 km,) historic, proud and baroque and close to the border with Guatemala. The climate here is deliciously fresh. Lunch will be in la Trinitaria at the magnificent Parador Santa Maria (13km,) with its own museum of sacred art. The outstanding collection covers objects, paintings, sculptures from México, Guatemala and the Philippines. Afterwards, en route, we also make a stop at a vista overlooking the lakes Cinco Lagos (43 km,) where nature appears on a canvas of picture perfect beauty.



We continue on to Las Guacamayas Ecological Center (188 km,) a reserve for this species of red parrots now threatened by extinction. The center is run by Chinanteco Maya. Las Guacamayas is within the Biosphere of the Montes Azules, and one is enveloped by untouched and powerful jungle. Dinner at Las Guacamayas and overnight in their lovely cabins with thatched roofs and cool temperatures inside. The sounds of roaring Saraguato monkeys and loud birds will fascinate, and then cradle you to sleep.

Overnight:

Las Guacamayas Ecological Center

DAY SEVEN:

Breakfast at Las Guacamayas. Early morning river tour to the Montes Azules, where the greenness of the vegetation is extraordinary. The boat trip starts in the Lacantún River and turns by navigating narrow waters into the Tzendales River. The boat engines are turned off, and the jungle is allowed to become one with you, filling you with peace and tranquility, in which sounds are not noise but meditative music by nature itself. Wild birds and reptiles abound, and in this splendor you may also spot the mammals of the jungle. Lunch. Guided walking tour of the reserve of Las Guacamayas. The estate is a sanctuary for the conservation of the Red Guacamaya. Bird watching, followed by possibility of horseback riding. Dinner at Las Guacamayas

Overnight:

Las Guacamayas Ecological Center



DAY EIGHT:

Breakfast at Las Guacamayas. Transfer to Frontera Corozal (95 km,) right across from Guatemala. Here, a journey on the majestic river Usumacinta, sacred to the Maya, will take you on to the archeological site of Yaxchilán (only accessible by boat***, two hours round trip.) Yaxchilán is a marvel from the Late Classical Period, it was a ceremonial center and state city, and today still plays a religious role to indigenous people from the surrounding area.

Lunch at the Escudo Jaguar Ecological Center, operated by Choles Maya. Following lunch, we delight in the archeological zone of Bonampak (50 km,) with the most outstanding frescos from the Classical period of Maya civilization. Our trip continues to Palenque (188 km/two hours fifteen minutes.) Check-in and dinner at the hotel.

Overnight:

4: Hotel La Aldea

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DAY NINE:

Breakfast at the hotel. Visit to the archeological zone and the Museum of Palenque. Palenque was one of the most important and significant political centers of Maya civilization, and is now on UNESCO's World Heritage List of Humanity. A must among ancient power centers to visit, with structures on a poetic scale, and Palenque is home to important female figures. The most important tomb in all of Mesoamerica that of the ruler Pakal, is also found here. Afternoon and evening at leisure.

Overnight:

4: Hotel La Aldea



DAY TEN:

Breakfast at the hotel. We say farewell to Chiapas and journey on to Villahermosa in the State of Tabasco, for a flight back to México City and connections with international flights, or optional add-ons "**BOMBONES**," a selection of excellent properties around México for an extension of your vacation.

*Hotel ratings are based on national norm
***Boats may be shared with other visitors

**Open every day except Mondays

PRICES INCLUDE:

- Nine nights in hotels and eco centers mentioned
- Nine American breakfasts (Continental breakfast with eggs prepared to your liking)
- Five lunches
- Three dinners
- Transportation in air conditioned car or van, petrol/gas, highway fees, parking fees
- Traveler's insurance
- Domestic air transportation México City – Tuxtla Gutiérrez
- English speaking, officially licensed driver guide
- Accommodations and expenses for driver guide
- Sightseeing programs listed
- Entrance fees to museum and sites mentioned in program
- Boat trips on the rivers of Xochimilco, Grijalva, Lacantún and Usumacinta
- Local taxes

PRICES DO NOT INCLUDE:

- Air transportation to and from México, and air transportation from Villahermosa, Tabasco to desired destination
- Drinks, beverages and any personal expenses
- Tips to service personnel throughout the trip and to driver guide
- Meals and services not mentioned in the program, or mentioned as optional

For prices, reservations, availability and bookings, please contact us at: visit@luxuriousmexico.com

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