## Adventure Travel Trip Itinerary
### Oaxaca Mexico and Sierra Madre Trek
October 21-November 1, 2017
Leader: Chris Englert

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| 1   | 21 October Saturday | **Travel to Oaxaca, Mexico**
Meet for an evening get-together. | Hotel              | D               |
| 2   | 22 October Sunday   | **In Oaxaca—Full day tour**
Breakfast and morning meeting.
Today we explore the mysterious ruins of Monte Alban, the ancient capital of the Zapotecs and arguably the first metropolis of North America. After lunch we will enjoy a tour of the historic city center, including a visit to an alijebre workshop.

*Monte Alban and the historic center of Oaxaca are UNESCO World Heritage Sites.*

Dinner together. | Hotel          | B, D          |
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| 3   | 23 October Monday | **Travel to Pueblos Mancomunados region**  
**Van to trail head at Tlalixtac (~40 minutes)**  
**Hike Hielo a la Antigua—Tlalixtac to La Neveria (~15km, 4-5 hrs)**  
Hike from the bottom of the mountain (1600 meters) through a wide path to the Guacamayas canyon, to another path crossing a river several times, and ending at 2800 meters. Then descend to La Neveria, one of the smallest Pueblos Mancomunados.  
Dinner together in the dining room. | La Neveria cabins | B, L, D  
Snacks and water |
| 4   | 24 October Tuesday | **Hike La Neveria to Benito Juarez, then to Cuajimoloyas (~16 km, 6-7 hrs)**  
Today we start the trip from the cabins, through a path that crosses farming plots and leads us to Benito Juarez. We’ll visit a lookout before continuing our trek to Cuajimoloyas at 3100 meters.  
Dinner together in the dining room. | Cuajimoloyas cabins | B, L, D  
Snacks and water |
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| 5   | 25 October Wednesday | **Hike Cuajimoloyas to Llano Grande (~12 km, 5 hrs)**  
Again we start from the cabins. Today the trek goes through the mountains, undulating around 3000 meters. We’ll hike through a gap that takes us to one long path which we walk until reaching the village of Llano Grande.  
Dinner together in the dining room.  
Traditional wood fire before or after dinner. | Llano Grande cabins | B, L, D  
Snacks and water |
| 6   | 26 October Thursday | **Llano Grande REST day**  
Today we’ll take a pleasant rest day. We’ll participate in a demonstration of the process of making big corn tortillas, from how the corn starts cooking the day before to grinding the maize and cooking the tortillas.  
Later, we’ll have a workshop on the making (and eating!) of molé.  
Dinner together in the dining room. | Llano Grande cabins | B, L, D  
Snacks and water |
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<tr>
<td>7</td>
<td>27 October</td>
<td><strong>Hike Llano Grande sunrise hike</strong> (~13km, 4 hrs)</td>
<td><strong>Llano Grande cabins</strong></td>
<td>B, L, D Snacks and water</td>
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<td></td>
<td>Friday</td>
<td>At 4:30 a.m. we start the hike from the cabins. At first it is a wide path, then a narrow path through beautiful woods and upward to the highest point on the mountain. With good weather, we’ll see a wonderful show as the sun rises. After our hike we return to the village for lunch and an afternoon of relaxing and visiting with the people of the village. Dinner in the dining room, with traditional wood fire.</td>
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<tr>
<td>8</td>
<td>28 October</td>
<td><strong>Hike Llano Grande to Cara de León and Latuvi</strong> (~18km, 4-5 hrs)</td>
<td><strong>Latuvi cabins</strong></td>
<td>B, L, D Snacks and water Lunch at the trout farm</td>
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<tr>
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<td>Saturday</td>
<td>The hike starts from the cabins and proceeds along a wide path to Llano Tarajeas, through the entrance of Lomas de Cucharilla. Then it’s a narrow path undulating around small mounds, and ending with a long downhill through the woods to the river Care de León with its trout farm and restaurant. After lunch, we continue hiking for one hour to Latuvi or there is an option to take the van. Dinner together in the dining room.</td>
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<td>9</td>
<td>29 October Sunday</td>
<td><strong>Hike Latuvi to Lachatao (~14km, 4-5 hrs)</strong>&lt;br&gt;From the cabins and through the streets of the village, we travel on wide dirt roads and narrow paths to descend to a river. There we find a path which we will walk several hours—this path is in a canyon formed by mountains divided by the river Cara de Leon. As we walk along the river, we may spot Trogones, the national bird of the area, whose plumage is red, white and green.&lt;br&gt;Dinner in the dining room.</td>
<td>Lachatao cabins</td>
<td>B, L, D Snacks and water</td>
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*Trogone*
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| 10  | 30 October Monday | **Hike Lachatao to Capulalpam (~15km, 5 hrs)**  
**Van back to Oaxaca**  
Today’s hike takes us through beautiful woodlands, passing by some ancient ruins of Spanish gold mines. We arrive in the village of Capulalpam, known for its charming colonial atmosphere and impressive 16th-century church. In 2008 Capulalpam was officially designated a "Pueblo Mágico." (A Pueblo Mágico, or Magical Village, is a place with symbolism, legends, history, important events, day-to-day life—in other words, "magic" in its social and cultural manifestations.)  
After a brief visit of Capulalpam, we’ll hop into our van for our ride back to Oaxaca.  
Dinner on your own in Oaxaca. | Hotel | B, L  
Snacks and water |
| 11  | 31 October Tuesday | **In Oaxaca—El Dia de los Muertos festival**  
The Mexican Día de los Muertos has become one of the most widely-celebrated holidays in the world. The festivities in Oaxaca begin with the Plaza de los Muertos, where the city’s market sells all the items necessary for the celebration including flowers and traditional foods. The festival features several colorful costumed processions; we can visit cemeteries, watch theatrical performances and rejoice in the reunion with our departed loved ones. | Hotel | B, D |
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| 12  | 1 November Wednesday | Home or onward travel  
Farewell dinner together.  
After our final breakfast together, we'll make our own ways home or onward. | | B |