

TRAVEL GUIDE

TELAMON TRAVEL

Mexico



WWW.TELAMONTRAVEL.COM

2025
EDITION



Welcome to Mexico

A land where ancient civilizations whisper through temple stones, turquoise waves meet powder-soft sand, and every flavor, sound, and sunset tells a story.

Mexico is a country of contrasts and connections—vibrant cities and quiet beaches, bold spices and tranquil spas, historic sites and cutting-edge design. Whether you're drifting through a cenote, exploring artisan villages, or savoring rooftop dining in a colonial town, Mexico offers luxury rooted in culture and rich in heart.

This guide is your curated companion to discovering Mexico through an elevated lens—one that honors both the beauty and depth of this timeless destination.



AT A GLANCE

Capital: Mexico City

Language: Spanish (English widely spoken in tourism areas)

Currency: Mexican Peso (MXN)

Time Zones: Ranges from UTC-8 to UTC-5 (check local region)

Visa Requirements: U.S. travelers can stay up to 180 days without a visa

Population: Approx. 126 million

Safety Index: Varies by region; popular tourist areas are generally safe with smart precautions

When to Visit Mexico

HIGH SEASON | DECEMBER - APRIL

Ideal for: Beach weather, cultural festivals, and sunny skies

This is the driest, most popular time to visit destinations like Riviera Maya, Cabo, and Mexico City. Expect vibrant energy, ideal temperatures, and high demand—especially around holidays and spring break.

SHOULDER SEASON | MAY - JUNE & OCTOBER - NOVEMBER

Ideal for: Fewer crowds, lush landscapes, and lower rates

These in-between months bring warm weather with fewer tourists and often better rates. Coastal areas bloom after the rains, and cultural towns like Oaxaca and San Miguel de Allende are alive with color and charm.

LOW SEASON | JULY - SEPTEMBER

Ideal for: Budget-conscious travelers, tropical greenery, and quieter resorts

This is the rainy season in many regions, especially the Yucatán and Pacific coast. While storms are usually brief, high humidity and heat are common. That said, it's a great time for wellness retreats or secluded stays if you're flexible.



Top 5 Experiences in Mexico

01. UNWIND ON MEXICO'S COASTLINES

From the white sands of Tulum and Isla Holbox to the golden shores of Punta Mita and Los Cabos, Mexico's beaches are as diverse as they are stunning. Private villas, adults-only resorts, and wellness retreats offer barefoot luxury with personalized service.

02. EXPLORE ANCIENT RUINS & SACRED SITES

Walk among the echoes of ancient civilizations at Chichén Itzá, Teotihuacán, and Palenque. These archaeological wonders offer a deep connection to Mexico's pre-Hispanic roots, often set against lush jungle or dramatic desert.

03. SAVOR REGIONAL CUISINE

Each region tells its story through flavor—Yucatán's citrusy cochinita pibil, Oaxaca's rich moles, Baja's seafood, and Mexico City's elevated street food scene. Whether tasting tacos al pastor or dining at a Michelin-starred restaurant, you'll eat beautifully.

04. DISCOVER MEXICO'S WELLNESS SIDE

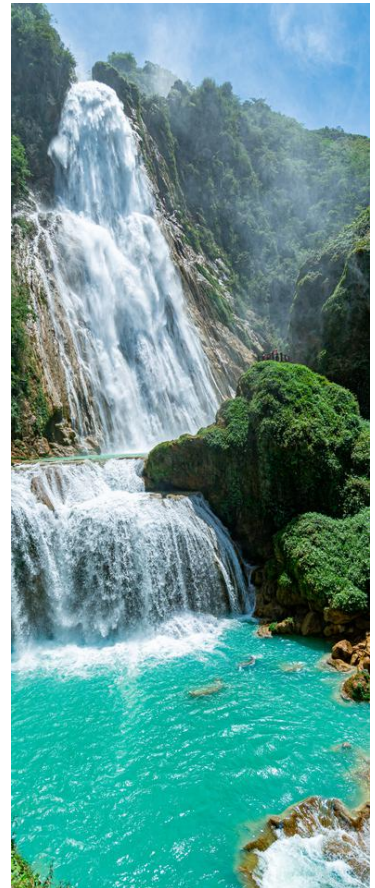
Relax in a jungle spa, float in a cenote, or experience an ancient temazcal (sweat lodge) guided by local healers. Mexico's blend of natural beauty and spiritual tradition makes it a sanctuary for rest and renewal.

05. IMMERSE YOURSELF IN ART & CULTURE

Visit Frida Kahlo's Casa Azul, take a workshop with an Oaxacan artisan, or explore San Miguel's colorful galleries. Art, music, and ritual are woven into daily life—each city offering its own rhythm and charm.

I'll create a personalized route that blends rest, culture, cuisine, and beauty—designed entirely around your interests and travel style.

EXPLORE MEXICO





More to Explore

Venture beyond the well-trodden paths—Mexico's quiet corners hold unforgettable magic.

SAN MIGUEL DE ALLENDE

A colonial jewel in the highlands, known for its pastel facades, vibrant art scene, and rooftop terraces. Stay in a boutique hotel, wander cobblestone streets, and enjoy sunsets paired with mezcal and mariachi.

ISLA HOLBOX

Bohemian and barefoot, this car-free island north of the Yucatán Peninsula offers hammock-lounging, whale shark excursions, and powder-soft beaches with a castaway feel—ideal for travelers seeking serenity.

PUEBLA

A UNESCO World Heritage city filled with ornate churches, tiled architecture, and bold, flavorful cuisine. Puebla blends history, artistry, and culinary excellence without the crowds.

VALLE DE GUADALUPE

Mexico's wine country—off the radar, yet world-class. Nestled in Baja California, this region offers luxury eco-resorts, intimate vineyards, and inventive tasting menus in a relaxed desert-meets-coastal setting.

COPPER CANYON (BARRANCAS DEL COBRE)

Larger and deeper than the Grand Canyon, this series of dramatic gorges in northern Mexico is accessible by train or hiking tour. An awe-inspiring landscape for travelers seeking outdoor adventure with depth and stillness.

Curated Tip: Whether you're interested in hidden ruins, design-forward resorts, or soulful towns filled with artisans, I'll help you uncover the Mexico most travelers miss.



Where to See Ancient Sites

Echoes of empires, artistry in stone—Mexico's ancient sites invite awe and reverence.

Mexico's pre-Columbian civilizations left behind breathtaking legacies—pyramids, observatories, ceremonial centers, and sacred landscapes. Visiting these sites is more than sightseeing—it's a profound step into history.

CHICHÉN ITZÁ (YUCATÁN)

One of the New Seven Wonders of the World, this vast Mayan complex is best known for El Castillo—the iconic pyramid aligned with the equinox sun. Arrive early or with a private guide to avoid the crowds and deepen your understanding.

TEOTIHUACÁN (OUTSIDE MEXICO CITY)

Once the largest city in the Americas, this mysterious site predates the Aztecs. Climb the Pyramid of the Sun or walk the Avenue of the Dead surrounded by ancient grandeur.

PALENQUE (CHIAPAS)

Nestled in jungle mist, Palenque is known for its detailed carvings, temple pyramids, and spiritual atmosphere. Less visited but deeply evocative.

MONTE ALBÁN (OAXACA)

Set on a mountain overlooking the valley, this Zapotec city offers panoramic views and a quieter, more meditative experience. Combine with time in Oaxaca for art, food, and culture.

EK BALAM, UXMAL, AND YAXCHILÁN

Lesser-known Mayan sites with intricate architecture, ceremonial power, and far fewer visitors. Perfect for travelers seeking mystery and stillness.

Cultural Etiquette and Smart Travel Tips

Kindness, curiosity, and cultural awareness will enrich every moment of your journey.

Mexicans are known for their warmth, hospitality, and pride in their traditions. A few mindful gestures will help you connect more deeply with locals and show respect for the country's rich heritage.

DO

- **Greet people with a smile and a simple “Buenos días” or “Buenas tardes.”** A warm greeting is customary, even in casual settings.
- **Dress appropriately** when visiting churches, markets, or traditional villages—especially in smaller towns or religious spaces.
- **Learn a few basic Spanish phrases.** Even a little effort goes a long way.
- **Tip in cash when possible.** It's appreciated in restaurants, hotels, and for guides or drivers.
- **Use both hands or your right hand** when giving or receiving something—especially from elders or hosts.

DON'T

- **Assume everyone speaks English.** English is common in tourist areas but not guaranteed elsewhere.
- **Discuss sensitive topics** like politics or stereotypes unless invited to do so.
- **Expect strict punctuality.** The pace can be flexible—especially in coastal or rural areas.
- **Enter someone's home or business without greeting them.** Acknowledging others is a sign of good manners.

Curated Tip: Travel with humility and open-heartedness. When you approach each interaction with respect, you're often welcomed like family.



A Taste of Mexico

Every region tells its story through flavor—earthy, vibrant, refined, and unforgettable.

Mexico is one of the world's most diverse culinary destinations, recognized by UNESCO for its cultural significance. From family-run taco stands to elegant tasting menus, each meal invites you into the soul of a place.

REGIONAL HIGHLIGHTS

- **Oaxaca:** Deep, complex moles, tlayudas, and traditional mezcal
- **Yucatán:** Citrusy cochinita pibil, sopa de lima, and achiote-rich marinades
- **Mexico City:** A street food capital—tacos al pastor, tamales, esquites—plus fine dining from world-class chefs
- **Baja California:** Fresh seafood, innovative wine pairings, and the birthplace of the fish taco
- **Puebla:** Mole poblano, chiles en nogada, and rich culinary history

WHAT TO SIP

- **Tequila & Mezcal:** Best enjoyed straight, sipped slowly, and ideally sourced locally
- **Raicilla & Sotol:** Lesser-known spirits with bold regional identities
- **Mexican wines:** Valle de Guadalupe produces outstanding reds and crisp whites
- **Agua fresca & horchata:** Non-alcoholic staples made from fruits, rice, or seeds

ELEVATED DINING

- **Pujol (Mexico City):** One of Latin America's most acclaimed restaurants
- **Casa Oaxaca (Oaxaca):** Rooftop dining with mole flights and mezcal pairings
- **Fauna (Valle de Guadalupe):** Inventive, hyperlocal menus in a minimalist setting
- **Private chef experiences:** Available in villas, beach homes, or even on yachts



Wellness in Mexico

Rooted in ritual, inspired by nature—wellness here is both ancient and effortlessly modern.

Mexico offers wellness experiences as diverse as its landscapes. Whether you're drawn to Mayan healing practices, spa sanctuaries in the jungle, or quiet moments beside the sea, restoration flows naturally here.

HOLISTIC HEALING TRADITIONS

- **Temazcal Ceremonies:** Indigenous sweat lodge rituals led by experienced guides—purifying, grounding, and deeply spiritual
- **Energy Cleansing (Limpia):** Often performed in traditional markets or wellness retreats using herbs, smoke, and intention
- **Herbal medicine & ancestral therapies** woven into spa menus across the country

LUXURY SPA EXPERIENCES

- **Riviera Maya:** Jungle spas with open-air treatment rooms, cenote massages, and moon rituals
- **Los Cabos:** Desert-meets-ocean sanctuaries with crystal healing, hydrotherapy circuits, and oceanfront yoga
- **Puebla & Valle de Bravo:** Forest retreats with thermal baths, meditation gardens, and mountain silence

NATURE-BASED WELLNESS

- Floating in a cenote
- Journaling at sunrise from a private terrace
- Beach yoga or sound healing by the sea

Curated Tip: I can create a personalized wellness itinerary—whether you seek deep healing, mindful movement, or a quiet reset in beautiful surroundings.





Getting Around Mexico

Spacious landscapes, rich regions—exploring Mexico is part of the experience.

Mexico is vast and varied, and getting around can be as luxurious or as adventurous as you prefer. Whether you're flying between coasts, hiring a private driver, or sailing along the Baja peninsula, I'll make the transitions feel as smooth as the journey itself.

FLIGHTS & AIR TRAVEL

- **Major international airports:** Mexico City (MEX), Cancún (CUN), Los Cabos (SJD), Puerto Vallarta (PVR), Oaxaca (OAX)
- **Domestic flights** are efficient for long distances (e.g., Mexico City to Tulum or Oaxaca)
- **Private air travel** is available between resort regions, especially for villa guests and luxury charters

PRIVATE TRANSFERS & CHAUFFEURS

- The most comfortable and reliable way to travel between cities, ruins, airports, and accommodations
- Available in all major resort areas and for longer inland routes (e.g., Oaxaca to Monte Albán)

TAXIS, RIDESHARES & LOCAL TRANSPORT

- **Taxis:** Widely available—use authorized taxis or hotel-arranged services
- **Uber & rideshares:** Available in major cities like Mexico City and Guadalajara
- **Rental cars:** A good option for experienced drivers in regions like Baja or the Yucatán Peninsula
- **Buses:** ADO and other first-class bus lines offer safe, comfortable travel between cities

Curated Tip: I'll arrange every transfer in advance—whether it's a private SUV waiting at the airport or a scenic drive between highland towns—so you never have to think twice about how you'll get there.



Packing Tips for a Seamless Escape

From beaches to highlands, Mexico invites effortless style and smart comfort.

Packing for Mexico means considering both climate and culture. You'll want breathable pieces for warm days, layers for cooler evenings, and a few elevated touches for special moments.

COASTAL & RESORT ESSENTIALS

- Lightweight, breathable fabrics (linen, cotton, gauze)
- Swimsuits & stylish cover-ups
- Flat sandals or espadrilles for beach dining
- Sunhat, sunglasses, reef-safe sunscreen
- Packable tote or dry bag for cenotes and excursions

CULTURAL & INLAND TRAVEL

- Comfortable walking shoes for cobblestone streets and ruins
- Dress modestly for visiting churches or traditional towns
- Light sweaters or shawls for mountain regions and evening chill
- One resort-elegant outfit for upscale dinners or rooftop bars

PRACTICAL MUST-HAVES

- Reusable water bottle
- Insect repellent (especially for jungle or coastal stays)
- Travel adapter (Mexico uses standard U.S. plugs, 127V)
- Personal medication (especially for longer or remote stays)
- Small umbrella or rain jacket in the rainy season (May–September)

Curated Tip: Most high-end resorts and villas provide towels, toiletries, yoga mats, and even sun hats—so you can travel lighter and still arrive fully prepared.



Gratuities & Service Tips

Thoughtful tipping is a valued gesture of appreciation throughout Mexico.

Tipping is customary in Mexico and a key part of the service economy. While many upscale properties include a service charge, individual tips are always appreciated—especially for personal, attentive service.

HOTELS & VILLAS

- Housekeeping: \$2–5 USD per day, more in luxury properties
- Bell staff: \$1–2 USD per bag
- Concierge or butler service: \$10–20 USD for excellent support or special arrangements
- Villa staff (chefs, housekeepers, private hosts): \$10–20 USD per day, per staff member—tipped at the end of your stay

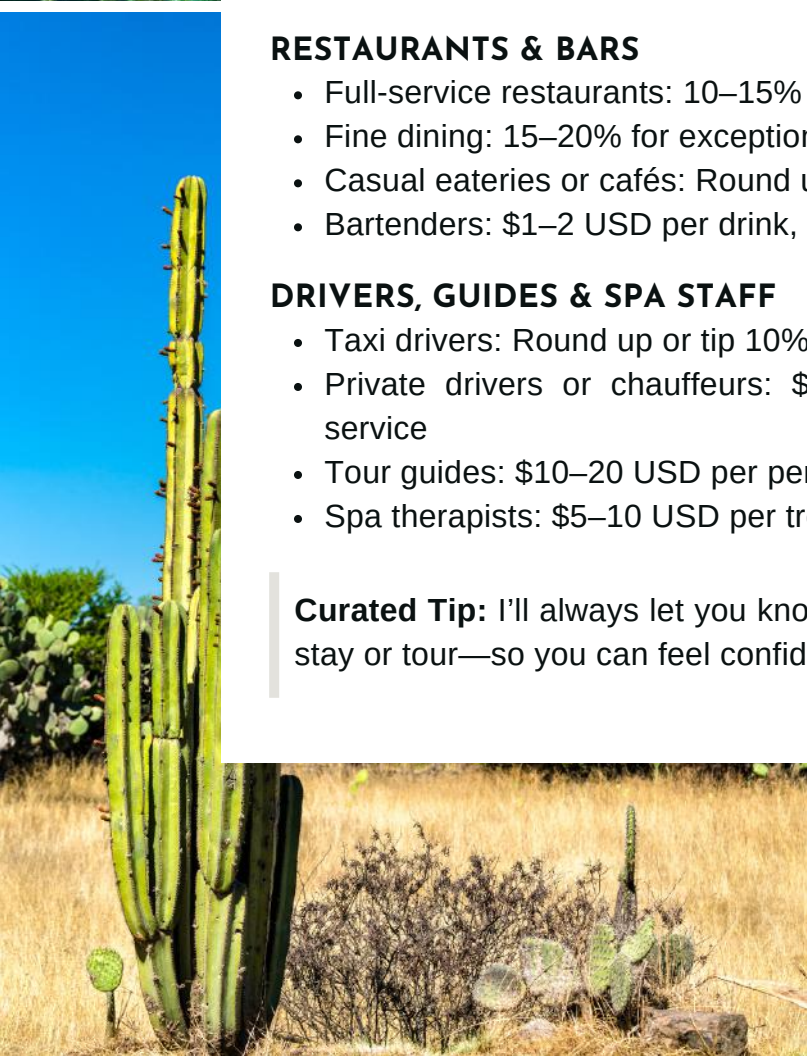
RESTAURANTS & BARS

- Full-service restaurants: 10–15% if not already included
- Fine dining: 15–20% for exceptional service
- Casual eateries or cafés: Round up or leave small bills
- Bartenders: \$1–2 USD per drink, or 10% of your tab

DRIVERS, GUIDES & SPA STAFF

- Taxi drivers: Round up or tip 10% for helpful service
- Private drivers or chauffeurs: \$10–25 USD per half-day or full-day service
- Tour guides: \$10–20 USD per person for full-day tours
- Spa therapists: \$5–10 USD per treatment if not included in the bill

Curated Tip: I'll always let you know when gratuities are included in your stay or tour—so you can feel confident and appreciated wherever you go.



Travel Safety Overview

Smart travel means confident travel—Mexico welcomes millions each year with warmth and care.

While Mexico's safety can vary by region, the country remains a beloved and accessible destination for travelers seeking culture, coastline, and curated luxury. With thoughtful planning and awareness, you can explore with peace of mind.

WHAT TO KNOW

- **Tourist areas are well-patrolled and widely visited.** Popular destinations like Riviera Maya, Los Cabos, San Miguel de Allende, and Oaxaca are considered safe for visitors.
- **Petty theft can happen in crowded areas.** Use hotel safes, stay aware in markets or urban centers, and avoid flashing valuables.
- **Travel insurance is recommended.** Especially for trips involving adventure, wellness treatments, or private transportation.
- **Medical access is strong in major destinations.** English-speaking doctors, hospitals, and pharmacies are common in larger cities and resorts.
- **Emergency number:** Dial 911 throughout Mexico for assistance.

Curated Tip: I only partner with trusted transportation providers, licensed tour operators, and vetted luxury properties—so every element of your journey is supported and secure.





Your Escape Awaits

From sunlit pyramids to candlelit rooftops, Mexico is where memory and meaning meet.

Whether you're dreaming of coastal calm, ancient beauty, or culinary adventure, Mexico offers a canvas for connection, discovery, and renewal. I'll design an experience that speaks to your soul and aligns with your rhythm—every detail thoughtfully handled.

- *Laura* -



Let's curate your dream
Mexican escape.

Laura Adams
Certified Travel Advisor

tel. 760.689.9860

laura@telamontravel.com

www.telamontravel.com

SCHEDULE YOUR COMPLIMENTARY CONSULTATION

Watch: Mexico Destination Video →



