



Sabor y Tradición Flavors of Mexico City

with Mercedes Mejia

February 17 - 23, 2026



¡Hola! I invite you to embark on a vibrant culinary tour of Mexico City, where ancient flavors meet modern innovation. This immersive experience takes you through the city's most iconic landmarks—such as the historic Zócalo, Frida Kahlo's Casa Azul, and the awe-inspiring Chapultepec Castle—while diving deep in its rich gastronomic heritage.

Savor the bold flavors of authentic street tacos, mole, and tamales, then elevate your palate with curated culinary and mezcal tastings led by local experts who reveal the spirit's artisanal roots.

A guided tour through one of the city's bustling traditional markets, like Mercado de San Juan or La Merced, offers a sensory feast of fresh produce, regional spices, and hidden culinary gems. This journey is a perfect blend of culture, cuisine, and discovery in one of the world's most exciting food capitals.

Won't you join me on this delicious adventure? ¡Vámonos!

Mercedes Mejia, host of *The Dish*, Michigan Public



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“It is strength to laugh and lose oneself, to be light.”
Frida Kahlo

INCLUDED: YOUR JOURNEY

- ❖ Travel with special host **Mercedes Mejia with Michigan Public**
- ❖ Six nights' hotel stay at the **5-star historic Hotel Geneve**
- ❖ Daily excursions with expert local guides
- ❖ Culinary and mezcal tastings with local experts
- ❖ Excursions to colorful markets and a cooking demonstration
- ❖ Breakfast daily, plus six exceptional dining experiences, highlighting the flavors of Mexico!
- ❖ A private tour of the Anthropology Museum
- ❖ An exclusive morning devoted to studying the lives and legacies of artists, Frida Kahlo and Diego Rivera
- ❖ An in-depth tour of the historic Zócalo, the National Palace, the Metropolitan Cathedral, and other buildings of historical and architectural importance
- ❖ Private airport transfers in Mexico, on the day of arrival and departure
- ❖ Transport by air-conditioned mini coaches
- ❖ An early morning balloon ride over the ancient pyramids of Teotihuacán
- ❖ Gratuities for local staff, drivers and guides.



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TRIP FACTS

7 Days / 6 Nights (land)

\$4,450 per person based on double occupancy (*not including air fare*)

\$995 single supplement

Trip begins: February 17 at 6:00pm

Trip ends: February 23 after breakfast



Group air is available from Detroit direct to Mexico City on Delta Airlines for an additional \$1,185

WAYS TO SAVE \$200: Earthbound and Michigan Public travel alumni save \$100 ❖ Pay your final balance by check and save \$100

YOUR ACCOMODATION: Since 1907, the gorgeous Hotel Geneve has blended European elegance with avant-garde design and exceptional service. Located in the heart of Zona Rosa, just minutes from Paseo de la Reforma, it has hosted legendary guests from Churchill to Malala. Known as a “Hotel Museum,” it features antique décor, a unique Telephone Museum, the lush Veranda Bistro, a secret Quiet Garden, and the London-inspired Phone Bar. Guests enjoy refined comfort, rich history, and warm hospitality in one of Mexico City’s most iconic hotels.

MEXICO CITY QUICK FACTS

- Mexico City is the capital of Mexico. It doesn’t belong to any state, rather it is its own federal territory, similar to the status of Mexico’s 31 other states
- Mexico City is the city’s English name. In Spanish, it is Ciudad de Mexico, or CDMX for short
- The city sits at an altitude of 7,350 feet
- The core metro area spans 573 square miles
- Over 9 million people live in the center of the city. The broader metropolitan area is home to over 22 million people making it the largest city in North America!
- Mexico City is a sprawling metropolis that consists of 16 alcaldías (boroughs) that house almost 2,000 colonias (neighborhoods).
- According to some estimates, Mexico City has more museums than any other city in the world. One count puts Mexico City at 150 museums, compared to Paris with 130. Whatever the number, Mexico City has embraced the museum like no other city, with collections ranging from carvings to cultures.



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Enjoy the flavors of Mexico

YOUR JOURNEY BEGINS

Day 1: Tuesday, February 17 - Arrive in Mexico City: Bienvenido a Mexico!

Arrive in the vibrant embrace of Mexico City, where the sun's gentle caress invites you to unwind and immerse yourself in its welcoming warmth. Enjoy the city's radiant energy, which will rejuvenate your spirit before you rendezvous with your travel companions for an orientation and welcome dinner, joined by your Earthbound guides and host, **Mercedes Mejia**. (D)

Day 2: Wednesday, February 18 - Step into the past in Centro Histórico

The beating heart of Mexico City, the 668-block Centro Histórico is the most culturally significant neighborhood. Home to ornate colonial buildings, vast plazas and throngs of tourists and locals alike.

Here sits the largest concentration of the city's historical monuments, which are built on top of the site of the ancient Aztec city of Tenochtitlán.

Our excursion begins with the city's main square, the Zócalo. Officially known as Plaza de la Constitución, this massive central plaza has been a gathering place for centuries and



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See the murals of Diego Rivera

The Catedral Metropolitana (Metropolitan Cathedral) looms over the square and is actually the largest cathedral in all of Latin America. Showcasing a range of different architectural styles, it's possible to go inside and take a look at the ornate ceiling and stained-glass windows.

Also bordering the Zócalo is the **Palacio Nacional** (National Palace), which is where you'll find Diego Rivera's world-famous mural, *The History of Mexico*. After our visit, our journey continues as we head across the plaza to the Templo Mayor (Main Temple).

The **Templo Mayor** was once the main temple of the Aztec city of Tenochtitlán, upon which Mexico City is literally built. The ruins of the temple have been excavated by archaeologists, and you can wander around and see what remains.

Enjoy an authentic lunch, after which, we go to the Palacio Postal (Postal Palace) to marvel at the world's most beautiful post office! It's definitely worth going inside to see the stunning Art Nouveau interior. And make sure you look up from the marble staircases to the stained-glass ceiling.

Now it's on to one of the most iconic images of Mexico City, the **Palacio de Bella Artes** (Palace of Fine Arts). This opulent marble building is dedicated to the fine arts, housing a concert hall and arts center. Enter and see works from some of Mexico's most famous muralists, including Diego Rivera, José Clemente Orozco and David Alfaro Siqueiros.



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This evening, let's relax with drinks and have dinner at a local restaurant. For some extracurricular activity, check out the Terraza Cathedral with a great rooftop bar. You may wish to grab a drink and enjoy the sunset from here! (B, L, D)

Day 3: Thursday, February 19 - Food Market Tour and the Floating Gardens of Xochimilco

This morning enjoy an outing to Mercado Merced, a feast for the senses, where we will touch, taste and see many of the secret ingredients of Mexican cuisine.

Just outside central Mexico City is a small network of canals, known as the Floating Gardens of Xochimilco. Located in a neighborhood of the same name, these canals are the last remaining evidence of the complex system of waterways built by the Aztecs back when Mexico City was the ancient city of Tenochtitlán.

Cruising along these canals in a colorful gondola-style boat, or *trajinera*, is a fun and festive activity for friends and families celebrating various occasions. Vendors row up alongside your boat to serve up micheladas and snacks. And there are even mariachi bands on the canals, ready to climb aboard and sing you a song!

Return to our hotel in the late afternoon and relax before having an included dinner this evening. (B, D)

Day 4: Friday, February 20 - The Museo Nacional de Antropología and Frida



Mexico's answer to Central Park, Bosque de Chapultepec, is the city's largest green space. Covering over 4 sq km, it is considered the lungs of the city. More than just a park, this expansive area is home to world-famous museums, historic attractions and some epic city views.

This morning, head to the **Museo Nacional de Antropología** (National Anthropology Museum). Even if you're not a museum lover, this fascinating museum is crucial to understanding the pre-classical period and other ancient civilizations in Mexico, such as the Teotihuacan, Mexico, Oaxaca, Toltec, Aztec and Maya.



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Enjoy a tranquil, beautiful hot air balloon ride over ancient pyramids

After lunch, we venture to the charming Coyoacán neighborhood, a quiet, green suburb located a short distance from the center of the city. A rainbow of colonial-style buildings line leafy cobblestone streets in this bohemian neighborhood, with an artsy vibe and gentle pace.

There will be an independent lunch opportunity at Mercado Coyoacán. We recommend enjoying a meal from the famous food stall called Tostadas de Coyoacán, known as having the best tostadas in the city.

The area is famous for the **Casa Azul (Blue House)** where renowned Mexican artist and feminist **Frida Kahlo** lived with her husband Diego Rivera. The house has been converted into the Museo Frida Kahlo (Frida Kahlo Museum), which is our first stop of the day. The museum displays many of Kahlo's personal belongings and some of her artworks.

We'll also view the many gorgeous colorful houses in this area as well as Plaza Hidalgo and Jardin Centenario.

Dinner this evening? Time for a food tour! Tacos, tortas, tamales and more, the food of Mexico City is some of the tastiest in the country, and the best way to see it is with a local. Be accompanied through markets, down backstreets and into small street food stalls to discover some of the most delicious local dishes and learn more about the cuisine of the city. This tour is all about Mexico City's tacos, and you'll get to try a variety of popular tacos all over the city, as well as sample some mezcal, Mexico's other popular spirit. (B, D)



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Enjoy the rich culture of Mexico City with Michigan Public

Day 5: Saturday, February 21 - The Ancient City of Teotihuacán and Mezcal Tasting

We depart very early for Teotihuacán, known as “the place where the gods were created,” an ancient Mesoamerican city located a short distance from the center of the city. The site is home to some of the world’s largest pyramids, and a visit to the impressive city is a must. But seeing it from above on a hot air balloon is a true bucket list item, especially as you watch the sunrise as you fly over 2,000-year-old pyramids.

You’ll float over all the major sights, such as the Pirámide del Sol (Pyramid of the Sun) and the Pirámide de la Luna (Pyramid of the Moon). A once-in-a-lifetime experience, it is simply mind-blowing to see such well-preserved history from above, in a sky filled with colorful balloons.

After breakfast, we visit Teotihuacán on foot to see it from a different perspective.

Whoever it was that constructed Teotihuacán so long ago, it is incredibly preserved and offers a fascinating insight into one of the earliest Mexican civilizations.

In the afternoon, we have a cultural and sensory experience: a mezcal tasting with an explanation of the rich history and artisanal process behind this traditional Mexican spirit, made from the slow-roasted heart of the agave plant. (B, D)

Day 6: Sunday, February 22 - Murales de Diego Rivera and Cooking Demonstration

Lively urban markets, festive scenes at the Canal at Santa Anita, and depictions of labor fill the walls of Mexico City’s Secretaría de Educación Pública. Painted between 1923 and 1928, mainly by Diego Rivera, these over 100 murals celebrate Mexico’s people, industries,



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and traditions. Widely seen as a cornerstone of the Mexican Mural Renaissance, they explore themes of nation-building, indigenismo, modernization, and socialist ideals central to post-revolutionary Mexico.

This afternoon, enjoy a lively cooking demonstration and some hands-on opportunities, where you'll learn how to make classic dishes with vibrant ingredients and hear great stories about regional flavors and traditions. (B, D)

Day 7: Monday, February 23 - Return home with a lifetime of memories!

Your journey concludes after breakfast. Transfers are included this morning to the Mexico City airport. (B)

Meet Your Michigan Public Host, Mercedes Mejia



Mercedes Mejia is a producer and director of *Stateside*. She is also the host of *The Dish* podcast. Her reporting and producing centers on the intersection of arts, culture and community. Since 2009, Mercedes has contributed to the station in many roles, including as producer for *All Things Considered* with Jenn White, and producer of multimedia content. She earned her BA in Journalism and Mass Communication with a minor in Latin American Studies at the University of New Mexico, and she began in public radio as a reporter at KUNM in Albuquerque.



Questions & Reservations

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Know Before You Go!

Reservations and Deposits: A \$1,000 per person deposit is needed to confirm your space on this journey. You can make a credit card deposit online or by phone. Deposits are refundable, minus a \$250 per person cancellation fee, for 60 days from the processing date or 90 days prior to departure, whichever comes first. Deposits made 90 days prior to a trip departing are not refundable. Final payment is also non-refundable, which is why we strongly urge guests to purchase travel insurance.

Not Included: International airline tickets, alcoholic beverages, room service and gratuities for hotel staff, travel insurance, meals not listed in brochure, and any activities or items not listed in your itinerary.

Physical Requirements: It is the responsibility of each guest to be aware of their physical abilities or limitations and to be in sufficient good health to undertake the trip. [Click here](#) to read “Is an Earthbound trip right for you?” or call the Earthbound office for more details.

Travel Insurance: Earthbound Expeditions strongly encourages the purchase of travel insurance coverage. We include information on trip insurance in your deposit information.

Events and Hosted Journeys: If a planned event is cancelled for any reason, another event will be included in its place. This is not cause for refund. Events are subject to change. Also, if a host or special guest is unable to attend as planned, Earthbound Expeditions will do its utmost to find another host who has similar interests, talents, and expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

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