




EKINOX
T O U R S



XOCHIMILCO & COYOACÁN

GASTRONOMIC ROUTE





An extraordinary place; exploring it is like stepping back in time to an era when Mexico City was a region of lakes and rivers teeming with vegetation.

Its name comes from the Xochimilca tribe, who inhabited the area at the time when other groups, such as the Mexica, arrived in the Basin of Mexico. The word means “**in the field of flowers**” or “**on the land cultivated with flowers**”, a fitting description for the place it names. From ancient times to the present day, Xochimilco has filled the city with color and greenery.

Xochimilco was one of the first sites in Mexico to be designated a **UNESCO World Heritage Site** for its exceptional value, rich in natural, historical, and cultural attributes.



Cruising the canals of Xochimilco on a traditional trajinera is one of the most iconic and authentic experiences in Mexico City. These traditional boats are decorated with flowers and names hand-painted by the locals.

During the tour, you can enjoy a peaceful atmosphere while taking in landscapes filled with lush vegetation, chinampas, and ahuejote trees that preserve the essence of the city's ancient lake system. The scenery is complemented by birdwatching and the beautiful sound of birdsong.

In addition to being a picturesque outing, trajinera tours offer insight into the historical and cultural significance of Xochimilco. The canals and chinampas represent a living legacy of the agricultural techniques used since pre-Hispanic times by Mesoamerican civilizations.

Every tour can be a unique experience: from peaceful sunrise cruises surrounded by nature and birds to tours filled with music, cuisine, and celebration. More than just a tourist activity, cruising through Xochimilco is a way to connect with Mexico's roots, joy, and living traditions.





ISLAND OF THE DOLLS

One of the most mysterious and iconic places in Xochimilco, it is a small chinampa known for the hundreds of old, weathered dolls hanging from the trees and structures, creating a unique and eerie atmosphere.

The most well-known legend tells that a former resident of the island found the body of a drowned girl near his chinampa. Shortly afterward, he found a doll floating in the canal and decided to hang it up as a sign of respect and to protect himself from the girl's spirit. Over the years, he began collecting more dolls and placing them all over the island to ward off evil spirits and bring peace to the place.



Lady Gaga filmed the music video for her song "The Dead Dance" at this location; it was directed by renowned filmmaker Tim Burton and is part of the famous television series "Merlina."

THE MEXICAN AXOLOTL

The axolotl is a unique amphibian **native** to the canals of Xochimilco, best known for its extraordinary **ability to regenerate** parts of its body, such as its legs, tail, and even organs. Its name comes from the Nahuatl word “āxōlōtl,” which means “**water monster**”



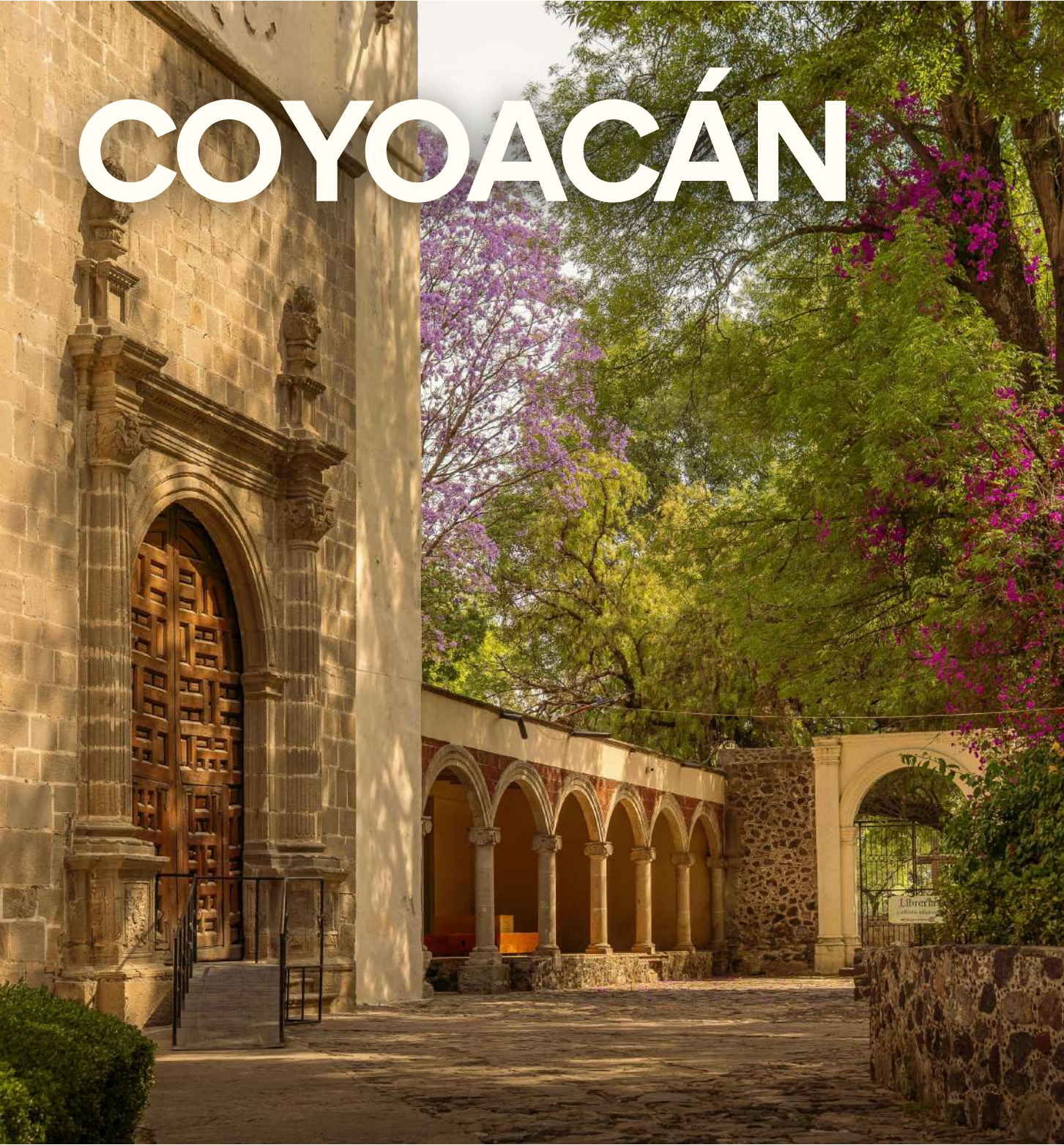
Mexican banknote featuring an axolotl in the Xochimilco Canal.

The axolotl retains juvenile characteristics throughout its life, such as the external gills around its head, which give it its distinctive appearance. It lives permanently in water and is typically dark in color, although there are also pink and white varieties.



In addition to being a **cultural and scientific symbol** of Mexico, the axolotl is a critically endangered species due to pollution, urbanization, and habitat loss in the Xochimilco canals. Currently, various organizations and communities are working on conservation projects to protect this species and preserve the ecosystem where it lives.

COYOACÁN



The name comes from the Nahuatl word Coyohuacan “**place of those who have or revere coyotes**”.

A quiet neighborhood with a **bohemian and magical atmosphere**, adorned with greenery in its parks and gardens, it was a favorite of numerous artists and prominent figures such as Octavio Paz (Nobel Prize winner in Literature), Frida Kahlo (painter), Diego Rivera (muralist), and Salvador Novo (poet and chronicler), among others.

✦ HIGHLIGHTS



The Coyotes Fountain, an icon of the Jardín Centenario in Coyoacán, was dedicated during the celebrations marking the first centennial of Mexico's independence (1910), under the administration of Porfirio Díaz, in reference to the neighborhood's name.



FRIDA KAHLO PARK



A small garden dedicated to the artist features a life-size statue, as well as fountains, a children's play area, and plenty of greenery.



HIDALGO GARDEN



It has a historic kiosk and a vibrant cultural atmosphere. Musicians, artisans, and local events often take place here. It's **one of the most popular spots** in the neighborhood.

✦ HIGHLIGHTS

THE HOUSE OF CORTÉS



The so-called “House of Hernán Cortés” in Coyoacán is one of the best-known historic buildings in the area. This house is the former Coyoacán City Hall; it was built in the 18th century and served as the administrative headquarters of the local government. Over time, it came to be known as the “House of Cortés” because Coyoacán served as the temporary seat of the Spanish government following the fall of Mexico-Tenochtitlan in 1521. Interestingly, however, historians agree that Hernán Cortés likely never actually lived in that particular building. Today, the building retains its colonial architecture and remains one of Coyoacán’s most important historical landmarks.



Hernán Cortés was a Spanish colonizer, best known for leading the expedition that brought about the fall of the Mexica Empire and the conquest of Mexico between 1519 and 1521. Cortés helped establish Spanish rule in the territory known as New Spain, the foundation of the future colonial Mexico.

✦ HIGHLIGHTS



An ancient and iconic church—a true gem of colonial architecture.

Its history began shortly after the conquest of Mexico. In 1522, Franciscan friars began construction of the convent and the church on the site of an ancient indigenous ceremonial space. The church blends different architectural styles because it was modified several times over the centuries. It has witnessed important moments in New Spain and the growth of Coyoacán as one of the country's earliest colonial centers. Due to its historical and architectural significance, it was designated a Historic Monument in 1934.





THE LOCAL MARKETS

Mexican markets are much more than just places of commerce; they represent the **cultural and social heart of their communities**. They bring together traditions, flavors, colors, and customs that have been passed down from generation to generation. Each market reflects the identity of its region through its cuisine, crafts, and the warmth of its people. In addition to boosting the local economy, markets preserve **Mexico's cultural richness** and strengthen the sense of community, becoming places brimming with history, life, and tradition.



SEE ON THE MAP



MARKET N. 89

The markets of Coyoacán are a vivid reflection of the city's traditional and artistic essence. Among their aisles filled with color, aromas, and music, you can discover **authentic Mexican cuisine, handicrafts, and traditional sweets**. It's an atmosphere steeped in history, where customs, community, and folk art are part of everyday life.

✦ MUST TRY

The classic market snacks you have to try.



GIANT TOSTADAS

The famous “Tostadas Coyoacán” (the ones with the yellow signs) are **the market's icon**. They're served with chicken tinga, pork trotter, shrimp, and octopus. You'll find them across from the main food aisle.

✦ MUST TRY



PAMBAZOS

A soft bread roll dipped in a guajillo chili sauce, stuffed with potatoes and chorizo (other fillings are also available), and lightly fried until golden brown. It is served with lettuce, sour cream, queso fresco, and salsa.



QUESADILLAS FRITAS

Made with fresh corn dough and filled with a variety of ingredients, such as cheese, tinga, potatoes, pressed pork, mushrooms, or squash blossoms. They are fried in oil until crispy. They are garnished with lettuce, sour cream, salsa, and fresh cheese.



ESQUITES

A bowl filled with cooked corn kernels sautéed in butter or broth. It is served hot and topped with mayonnaise, sour cream, grated cheese, chili powder, lemon juice, and hot sauce.



FRESH FRUIT DRINKS

The perfect accompaniment to any meal (and to cut through the spiciness) —sweet, classic flavors like horchata, hibiscus tea, lemonade, and seasonal fruits.



MERCADO ARTESANAL



VER EN EL MAPA

More than just a place to shop, the market offers a glimpse into Mexico's cultural and artistic richness. Its stalls, brimming with traditional colors, shapes, and designs, create an atmosphere that is very characteristic of Coyoacán

An ideal stop for those who want to discover Mexican folk art and take home an authentic souvenir of their visit.

✦ MUST SEES

The Most Eye-Catching and Popular Handicrafts



ALEBRIJES



HAND MADE TOYS



JEWELRY



SHAWLS



CERAMICS
AND CLAY



ARTISANAL
SWEETS

THE SWEETS TRAIL

Exploring Coyoacán is much better when accompanied by some classic churros with hot chocolate, a piece of sweet bread, or a good cup of coffee.

CHURRERÍAS

Churros are a very popular traditional dessert in Mexico and other Spanish-speaking countries. They are made from a dough of wheat flour, water, and butter, which is fried in hot oil until golden brown and crispy on the outside but soft on the inside. They are then sprinkled with sugar and cinnamon to give them a sweet and aromatic flavor.

Some Popular Churros Shops



**CHURRERÍA GENERAL
DE LA REPÚBLICA**



CHURRERÍA PORFIRIO





CAFÉ EL JAROCHO



A coffee shop that has been serving freshly ground coffee for more than seven decades; its unmistakable aroma, which can be smelled from the surrounding streets, has kept customers coming back and lining up to enjoy the experience again.

◆ BAKERIES

Coffee's best friend is a good sweet bread, and no one makes sweet bread like Mexico does; from traditional rustic breads to creations that blend French baking techniques with sourdough, here are our recommendations:



THE BELL TOWER
HOUSE BAKERY



MONDO
RUSTIC BAKERY



PANCRACIA
ARTISAN BAKERY





FRIDA KAHLO'S

RED HOUSE



CASA KAHLO MUSEUM



The Casa Kahlo Museum, also known as “La Casa Roja” is a cultural space that offers an intimate and personal glimpse into Frida Kahlo’s world. Unlike the famous Casa Azul, this museum provides insight into lesser-known aspects of the artist’s life, her family environment, and the roots that shaped her identity and work.

The Red House stands out for its traditional Mexican architecture. Its galleries display photographs, documents, personal items, and historical artifacts related to the Kahlo family.

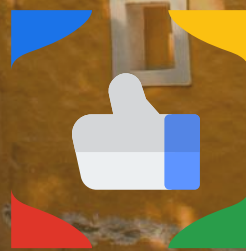
More than just a museum, the Casa Roja offers a journey through **family memories**, Mexican traditions, and the artistic sensibility that shaped Frida’s life. It’s an intimate experience, ideal for those who want to discover a different, more personal perspective on the history of Frida and Coyoacán.





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