

# TULUM

# COBÁ

MAYAN TRADITIONS







# TULUM

## THE FORTIFIED CITY

Its original name was 'Zamá' wich means sunrise in mayan language. The name Tulum is more recent and it translates to wall.

Thanks to its unique location in front of the caribbean sea, this is one of the most visited archeological sites in México. This city has an actual extension of 664.32 acres and it's located inside the only natural protected area from Cancún to Tulum.



# THE HIGHLIGHTS



## DESCENDING GOD'S TEMPLE

The singularity of this building relies in its tilted doors and walls since this is not a regular characteristic of the passing of time, experts think it was built that way for a unknown reason. The figure upper apart in the temple is the descendent god, present at almost every building in the city.

## TEMPLE OF FRESCOES

The general appearance of this building and its decorations indicate a place of veneration. This temple maintains remains of mural paintings called frescos (hence its name) with representations of different deities, snakes and offerings such as flowers, fruits and corn cobs.



## THE WIND TEMPLE

The rounded base temples such as this one are often associated with air deities since its cylindrical shape offers less resistance to air currents. It's located on the northwest corner of the city in front of the sea and there are stories about this place making a whistle-like sound whenever a hurricane was arriving the shores , warning the people to prepare, all thanks to a hole specially designed inside the building.







## THE CASTLE

Located behind the sea, 12 meters above the beach, stands the largest building at this site. It is situated on a cliff with a cave that represents the underworld, while the castle represents the upper planes. The temple has three entrances, two vaulted chambers, and a lintel supported by two columns in the shape of serpents, with their heads serving as the column bases.

Its ideal location for ocean observation made it the lighthouse or house of illumination of this city, serving as a guide for friendly navigators who knew the secret passage through the coral reef barrier that protects the coast. This was the reason the Spanish could not reach Tulum.

## THE DESCENDING GOD

This deity has been found in almost every building at the site, yet its identity remains unknown. Some authors associate it with the setting sun, others with Venus, rain, lightning, a swallow god (worshipped in Cozumel), and also with a bee god, 'Ah Muzen Kab'. It is depicted with the head facing forward, arms hanging or holding something, and legs bent upwards in a position as if descending from the sky.





# COBÁ

## THE CITY BETWEEN LAKES

The meaning of its name is uncertain; some possible meanings attributed to it are "choppy water," "abundant water," or "water of the chachalacas." Its territorial extent is a little over 70 square kilometers.

Thanks to ceramic fragments found at the site dated to 100 B.C., it is known to be one of the oldest Mayan cities.





# THE HIGHLIGHTS



## NOHOCH MUL

With a height of 42 meters and 120 steps, it is the tallest structure on the Yucatán Peninsula. Its name means 'great mound' and it is among the oldest Mayan ruins. It is composed of 7 tiers with rounded corners and an upper temple.

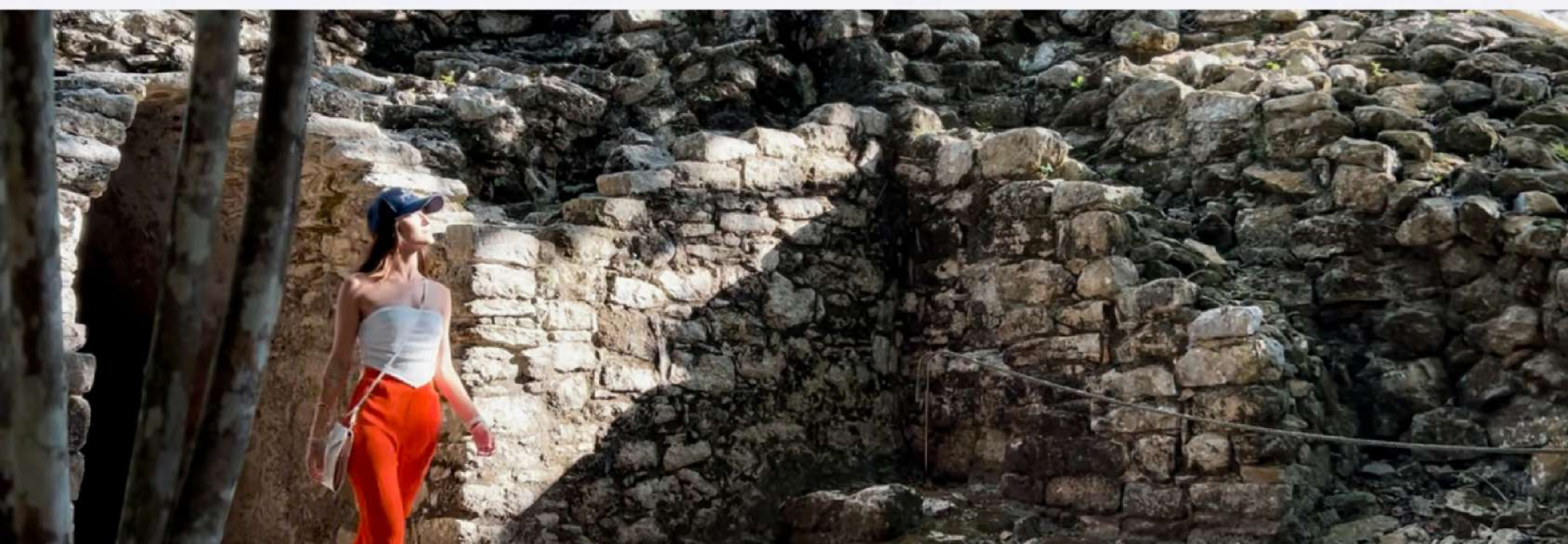
## XAYBÉ

Its name means "crossroads" because several sacbeob (Mayan roads) converge near this building. It has an unusual shape, and although round buildings are often assigned an astronomical function, its purpose has not yet been clarified.

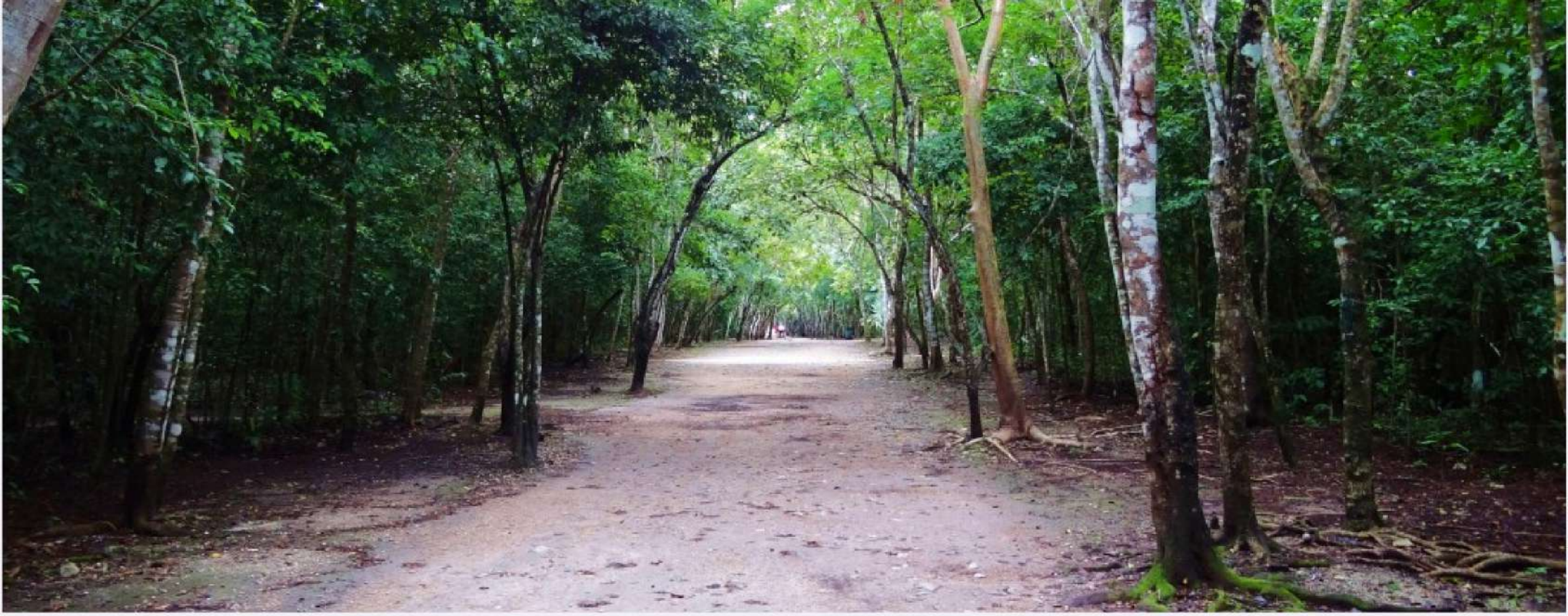


## THE CHURCH

At 24 meters tall, it is the second tallest building at the site. At the base of this structure, there is a stela surrounded by a small altar, which local inhabitants still venerate. They bring offerings and light candles, praying to the virgin they call Colebí for a good harvest.







## SACBEOOB

Cobá features a network of 45 white roads called Sacbé, connecting various structures within the city and with nearby small communities. Among these roads, one stands out with a length of 100 km, linking Cobá with the city of Yaxuná in what is now the neighboring state of Yucatán.



## ESTELA 20

Cobá is one of the archaeological sites with the most well-preserved stelae.

This stela is the best-preserved at the site and the latest dated (780 AD). On it, you can observe a ruler adorned with many ornaments holding a scepter, standing on the backs of two slaves who are tied with ropes.

## BALLGAME

Its rings are engraved with the symbol of Venus, associated with death, sacrifice, and war. At the center is a marker shaped like a human skull, and at one end of the court, there is a disk with a decapitated jaguar. On one of the sloped walls, a stela with 74 glyphs was placed, recording historical events from the Early Classic period.

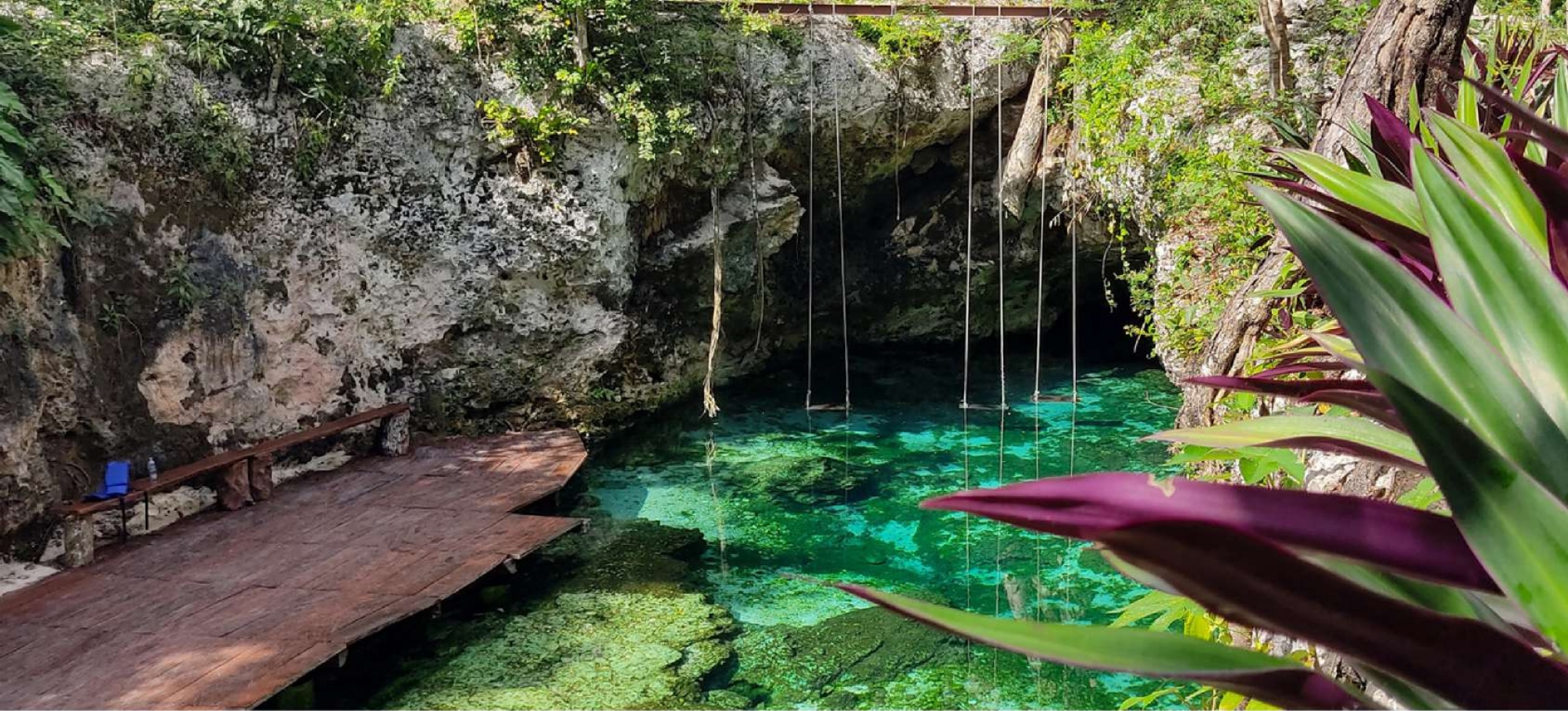






# CENOTE MARIPOSA





Cenotes were sacred places for the Maya culture, not only serving as their main water source but also believed to be portals to the underworld. These bodies of water are undoubtedly mystical places.

Cenote Mariposa is a semi-open cenote; its vault has collapsed over most of the area, but there is still a roofed part resembling a cavern. Its depth varies from 30 cm to 6 meters due to different rock formations on the floor. Wearing a life jacket is mandatory for safety reasons.

In this cenote, you can find Toh birds, also known as "clock birds." These birds nest in cenotes or very close to them. They have a distinctive tail composed of two turquoise feathers that they move from side to side. Bats can also be observed in the roofed area of the cenote, along with dragonflies and various types of fish.

Besides swimming and observing the flora and fauna, you can have fun on the swings at this cenote. If you get tired of swimming, you can relax in hammocks under the shade of trees and listen to the birds singing.

Remember to take a shower before entering the cenote to remove creams and oils from your body and avoid contaminating the water.



Bird toh







# MAYAN TRADITIONS



# SHAMANISM



Shamans (known as "J'men" in the Mayan language) are the intermediaries between humans and the gods. They often seek protection for their people and their crops to ensure good harvests. Shamans also possess knowledge and skills to heal illnesses using herbs. Only a few individuals are chosen to receive and practice shamanism, as it is considered a gift that one must be born with.

# CACAO

Cacao has been cultivated by the Maya for over 2,500 years. The name "cacao" derives from the Nahuatl word cacahoatl or cacahuatl, which means "bitter water." Chocolate was prized not only for its flavor but also for its stimulating properties, and its seeds were used as currency for trade.



# BEEKEEPING



The ancient Maya practiced apiculture with the *Melipona beecheii* bee, a stingless endemic bee known in Maya as *xunán kab*, which means "royal lady." Honey was used as food, as medicine when mixed with other medicinal herbs from the region, and to prepare the ceremonial drink called *balché*.



# GASTRO- NOMI







Since pre-Hispanic times, maize (corn) and chili peppers have been the foundation of Mexican cuisine. Their great versatility has led to a rich variety of dishes and cooking techniques across different regions of the country.

Pre-Hispanic cuisine evolved by adapting its recipes with new ingredients, techniques, and utensils introduced to the country during the conquest. This evolution gave rise to the traditional Mexican cuisine that we know today.

The following are some popular dishes you can try in this activity:



### TACOS AL PASTOR *THE MOST REQUESTED IN MEXICO!*

They emerged when immigrants from Syria and Lebanon who arrived in Mexico tried to recreate their Shawarma, substituting lamb with pork. They also incorporated a blend of chilies and achiote paste into their marinade, resulting in its distinctive red color.



### TORTILLA SOUP

Tortilla soup," also known as "sopa azteca," is a tomato-based soup made with chilies, garlic, and onion, and typically includes fried strips of corn tortillas. It is served with avocado, slices of chili pepper, cream, and cheese. This dish originates from the state of Tlaxcala, which means "place where tortillas abound" or "land of corn."

Besides these two dishes, you will be able to taste typical Mexican dishes such as cochinita pibil, tacos dorados, chicken tinga and lomo en ciruela (pork loin in plum).



Cochinita Pibil



Chicken tinga



Lomo en ciruela



Tacos dorados



# DO YOU WANT TO KEEP AN INDELIBLE MEMORY OF YOUR TIME HERE?

Explore our enchanting Mayan-inspired souvenirs that are guaranteed to bring a piece of this paradise with you!



## EXCLUSIVE DESIGNS ON YOUR T-SHIRT!

Ask about your size



25 USD



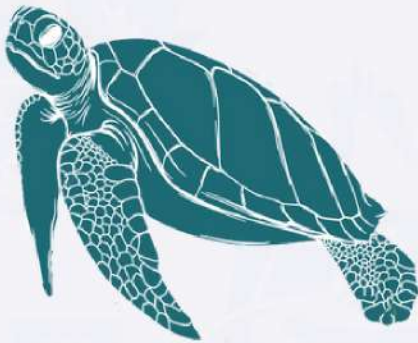
T- SHIRT



15 USD



CAPS



PROTECT YOURSELF FROM THE SUN WITH STYLE!



# ARTESANAL SALT

The artisanal salt from Las Coloradas, Yucatán, is a unique product that combines tradition, quality, and natural beauty, making it a true treasure of the region.



The artisanal salt from Las Coloradas, Yucatán, is notable for several distinctive features. Its pink color is visually striking, resulting from the high concentration of minerals in the local waters.

Produced using artisanal methods passed down through generations, this salt is harvested with care and dedication in the Ría Lagartos Biosphere Reserve, respecting the environment.

Its purity and distinctive flavor, free from additives and chemicals, make it a prized choice for chefs and culinary enthusiasts.

Furthermore, salt production in Las Coloradas is deeply rooted in the local culture, reflecting the connection between the community and its ancestral traditions.





Thank you for choosing Mexico as the destination to create cherished memories with your family and friends.

We are delighted to have accompanied you on your journey and hope it was as enjoyable for you as it was for us.

If you liked our service, please help us by sharing your experience.



Thank you