



## El Dia de Los Muertos in Oaxaca, Mexico

October 26- November 3rd, 2026

We're going to the culinary and cultural capital of Mexico during one of the most amazing times of the year! If you love beauty, eating, bustling markets, bright colors, street art, friendly people, arts and crafts, rich history, and hands-on experiences—this is your trip! For ease and fun, we are staying at the same boutique hotel the whole time so you can unpack and enjoy the day activities!

October 26 Bienvenidos a Mexico (D)

You are so welcome to arrive a day or two early, but please plan to arrive no later than 2 pm on October 26 to Xoxocotlán International Airport (OAX) as our tour officially begins this evening!

3:00pm Hotel check-in.

5:00pm You will meet your local guide Citlali and your Jeff Greenwald, your ET facilitator, with a welcome circle in the hotel lobby at 5 pm.

7:00pm Meet in lobby to walk to our delicious Traditional Welcome Dinner, at Lil Down's restaurant Humito.

Monday, October 27 Orientation and World Heritage (B, L)

8:00am Breakfast

9:00am Let's move our bodies and take our 5 senses out into the city! We'll enjoy a historic Walking City Tour that will include el Zocalo, the Temple of Santo Domingo de Guzman, an excellent example of Baroque architecture, the archaeological exhibits at the Oaxaca Regional Museum and the famous 20 de Noviembre and Benito Juarez Markets.

10:30am One highlight today is the Ethnobotanical Garden of Oaxaca exhibits hundreds of live plant species, all native to Oaxaca. Planting began in 1998 with plants coming from different regions in the state of Oaxaca; such as arid, humid, low tropical and high mountainous temperate zones. The garden represents the broad diversity of geological formations, types of vegetation and climates that characterize Oaxaca.

1:00 pm Lunch at El Escapulario

3:00pm We've invited our program director Juan de Dios to share with us about "The History and Cultural Diversity of Oaxaca". Then enjoy a Q & A.

5:00pm Free time to rest, or shop!

Dinner and evening are free for you to rest, wander and explore the many options in town.

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Tuesday, October 28 Monte Alban : Zapoteca Culture (B,L)

8:00am Breakfast

9:00am We are off to the wonderful Monte Albán archeological site, a large pre-Colombian site just a few kilometres outside of Cruz Xoxocotlán a small city and municipality located 5 km from the state capital of Oaxaca. It is one of the earliest cities of Meso America. Here we will learn about this ancient place and have time to walk, explore, and take lots of photos. This site well-known for the Zapotec culture and the Zapotec civilization that occupied the area around 600 BCE.

1:00pm Lunch at el Mirador del Fortin

3:00pm Today we learn about the cacao tradition in Oaxaca at the tasting room of Chimalapa Cacao. We learn how to roast and prepare our own hot chocolate!

5:30pm We end our day with a visit to Alalimon a women's artist collective followed by free time for shopping, and dinner.

Evening Free for dining and amazing street life!

Wednesday, October 29

The Culinary Arts

(B, L)

8:00am Breakfast

9:00am This morning after breakfast we are off to indulge in the incredible culinary arts of Oaxacan cooking firsthand. We will shop at the mercado of Xoxocotlan. We have our cooking class!

3:00 pm Return to Oaxaca and enjoy a break.

4:30pm Enjoy an inspiring overview of the indigenous history of Mezcal at our hotel. Mtra. Sósima Olivera will provide a tasting while we learn about the first indigenous women owned mezcal brand. After dinner tonight we will have an ancestral sharing circle at our hotel.

Evening free for exquisite dining in town.

Thursday, October 30

Etla, Ancestors & Altars

(B, L)

7:30am Breakfast

8:30am Today we leave Oaxaca City for Etla town, only about half an hour away. Etla is famous because it was the original Zapotec capital of the Oaxaca before Monte Alban supplanted. Visiting Etla in Oaxaca offers the chance to explore its vibrant markets, traditional cheese-making, and rich cultural heritage, all set against a stunning backdrop of the Central Valleys.

9:00am We start today learning about Quesillo-traditional cheese making with family cheese makers.

10:30am Then we are off to the tianguis market to shop flowers and offerings for the altars we are collectively going to be building for our Day of the Dead ceremony.

12:00pm Demonstration of the Pan de Muerto. See how it is prepared & get some for our Altar. While the rest of the year this “yolk bread” (pan de yema) is popular, this time of year it becomes Pan de Muertos as decorative heads are stuck into it.

1:00pm Lunch at La Villa de Etla, Restaurante Isabel.

3:30pm This afternoon we have cultural interaction with a local curandera (healer) to learn about traditional healing and medicine in Oaxaca. We will break into two groups and participate in an herbal infused steam ritual to cleanse ourselves, called a Temazcalera with Terapeuta Cristina Nuñez. Our Curandera will explain it all to you and ensure you are well-prepared, but basically, you’ll enter a dome-shaped sweat lodge (representing the womb) and experience a super special experience that can be both physically healing and spiritually meaningful.

7:00pm Return to Oaxaca and free time for dinner.

Friday, October 31 Viva los Artes (B,D)

8:00am Breakfast

9:00am Contemporary Arts Museum.

11:00am Exchange with Alalimon a women's artist collective.

12:00non Return an free time to do whatever you most want! Maybe you have more shopping to do? Maybe you just want to wander the markets again? Maybe you want to people-watch from some cute café? Or maybe you want to invite a new friend from our group to go connect over a happy hour? Whatever you need, enjoy this city in all its expressive glory. We will set time to visit local women's owned craft shops. The crafts in Oaxaca are amazing!

3:00pm We have this afternoon to create our communal altar and flower chains with all the goodies we bought at the market. This is really a memorable creative time for us to share.

7:00pm Dinner at la Olla then proceed to the cemetery, al Panteon de Atzompa.

11:00pm Return to the hotel.

November 1st Dia de los Muertos (B, L)

Today marks Día de los Muertos, or Day of the Dead, a vibrant tradition celebrated for thousands of years, with roots tracing back to Mexico's indigenous tribes. This morning, you'll have the opportunity to explore the stunning altars that blend artistry and spirituality, as schools and community organizations showcase their intricate and breathtaking creations in friendly competitions. (Or, sleep in and have a more spacious morning if needed!)

9:00am We are off for our visit to San Bartolo Coyotepec, We view the Museum of Popular Art Meapo and visit a black pottery shop.

1:00pm Lunch at the Cuilapam de Guerrero Buffet known for a variety of moles.

3:00pm Free Time for rest, shopping & dinner.

4:00pm Option to go to with Jeff, Malia & Citlali to hire women to paint our faces and learn about the Catarinas.

8:00pm Let's enjoy Comparzas de los Viejos to keep vigil. Tonight is a Party! Bring an outfit for dressing up for a night on the streets!

November 2<sup>nd</sup> Teotitlan (B, L, D)

9:00am Breakfast

10:00am Leave to the Valle where we will enjoy lunch with the Cooperativa Nueva Vida. See their weaving exposition of wool and natural colors. Teotitlán del Valle is a famous weaving village just outside of Oaxaca that is renowned for its traditional and high-quality weaving wares. Pastora will share the powerful story of the women behind this co-op. Visit to the tree of Tulem.

2:00pm Return to Oaxaca and free time!

6:00 pm We end our journey enjoying a Wrap up Circle.

7:30 pm Farewell Dinner at the Catedral

November 3<sup>rd</sup> Hasta Luego Oaxaca (B)

Breakfast and check out of hotel, then transfer to the airport.

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