



# MEXICO'S YUCATÁN

Culture, Cuisine & Ecosystems

December 6-15, 2024 (10 days | 26 guests) with Professors Constanza Ocampo-Raeder & Daniel Hernández







### **Carleton Faculty Leaders**



### Dr. Constanza Ocampo-Raeder,

Associate Professor of Anthropology, is an environmental anthropologist who specializes in sustainable development and conservation as it relates to people's relationship with food and nature. She received her MA and PhD from Stanford University and her BA from Grinnell College. Constanza's research

has taken place in areas of high conservation priority around the world, and includes extensive work in the Amazon rainforest of Peru and Brazil, the Maya forests of Belize, the coastal forests of Kenya, and in the Greater Yellowstone Ecosystem. Currently, she teaches courses on the socio-cultural underpinnings of conservation, the anthropology of food, and the anthropology of nonhuman beings; and in 2022 she co-taught with Professor Hernández an interdisciplinary off-campus study program called "The Socioecological Life of Corn" that compared systems of sustainable land use and agriculture in Minnesota and Oaxaca, Mexico. Constanza is currently spending her sabbatical living in Mexico, her country of origin, writing an ethnographic cookbook about the socioecological essence of Mesoamerican cuisine. She has been teaching at Carleton since 2013.



Dr. Daniel Hernández, Professor of Biology, teaches courses in Ecosystem Ecology, Global Change Biology, and Grassland Ecology. In addition to the course he taught with Professor Ocampo-Raeder, he has team-taught other courses as well, including on Ecology and Evolution in Australia and New Zealand and "Sense of Place," a

course that explores intersections between Art and Ecology in tallgrass prairie. Since 2016, Dan has been a faculty member on the Doris Duke Conservation Scholars Program at the University of California, Santa Cruz, teaching a summer field course across ecosystems of California. His research focus is in restoration ecology and agroecology. Dan's work explores the ecological consequences of grassland management and restoration practices (primarily in the restored prairies of Carleton's Cowling Arboretum) and on the impacts of regenerative agricultural practices on soil health. Beyond his work at Carleton, he is involved in community organizations to promote equity and resilience in our agricultural system, including serving on the board of Sharing Our Roots, a Northfield-based non-profit that aims to heal our lands, nourish our communities, and prepare aspiring farmers. Dan has been teaching at Carleton since 2009.









Above: colorful hammocks, Governor's Palace (Uxmal), Great Museum of the Maya World (Mérida), Henequén (Agave plant)



Dear Carleton College Alumni,

I invite you to join fellow Carls on this exploration of the ancient and modern culture and ecology of the Maya people on Mexico's sun-drenched Yucatán peninsula. Travel and learn with two Carleton professors—Constanza Ocampo-Raeder, Associate Professor of Anthropology; and Daniel Hernández, Professor of Biology—as well as an expert local tour manager/guide who will handle all of the details.

Join Constanza and Dan to learn about and make connections between people and places. Among other things, Constanza is passionate about Mexico, people, and food; and Dan is passionate about the environment, flora and fauna, and sustainability. They will offer a series of lectures during the tour, and along the way will lead conversations about such topics as how cooking practices influence and are influenced by environmental stewardship and cultural practices.

On daily excursions, you will learn how the ways of the ancient and modern Maya people "meet" in the 21<sup>st</sup> century as you examine such practices as how a contemporary Yucatec Maya household utilizes agroforestry as part of its *solar* (traditional house garden comprising a large tract of land used for growing crops, raising animals, and other domestic activities). Meet with a professional chef for a cooking class, where you will prepare a lunch of traditional dishes to enjoy afterward.

Learn about traditional beekeeping of the native, very tame, stingless Melipona bees; the important craft of hammock weaving; and ancient Maya painting and pottery techniques. Visit the renowned archaeological sites of Chichén Itzá and Uxmal, admiring their soaring ancient pyramids, distinctive temple complexes, intricate stone carvings, and stucco statues. Wrap up your learning adventure with two nights at the Ría Celestún Biosphere Reserve, a beautiful landscape filled with diverse flora and fauna.

On this well-paced program you will spend two nights in Mérida, two in Chichén Itzá, two in Uxmal, and two in the heart of the Reserve; and all meals and excursions are included. You will depart home on a Friday and return home the following Sunday, flying roundtrip to Mérida, a lovely Spanish colonial city that enjoys average December temperatures ranging from the 60s to the 80s Fahrenheit.

This Carleton-exclusive program is a perfect close-to-home, warm weather escape in winter—a chance to recharge, learn, meet old and new Carleton friends, and even do some unique holiday shopping, all amid impressive ancient towns and charming colonial architecture.

Sincerely,

Micah Emix

Micah Evans '02 President, Carleton Alumni Council Cover (top): Ría Celestún Biosphere Reserve, (bottom from left) women in traditional dress, Uxmal, a colorful street in Mérida



Works by Muna artist Patricia Martín Morales



Public art in Mérida







(B)= Breakfast, (L)= Lunch, (D)= Dinner

Friday, December 6, 2024: Depart home on flights to Mérida, Mexico

Arrive at Mérida International Airport (MID) and transfer as a group (time TBD) to our hotel with the evening at leisure. Restaurant suggestions will be provided by our tour manager. *Overnight at the 4-star <u>Villa Mercedes by Hilton</u> for two nights.* 

# Saturday, December 7: Mérida: The Great Museum of the Maya World, Cooking class, City tour, Welcome dinner

This morning we visit Mérida's anthropology museum, The Great Museum of the Maya World, housing artifacts from many of the sites we shall visit. Afterward, we join a professional chef for a cooking class to help prepare, and then enjoy, a lunch of traditional dishes. Chef Miguel Palomo will demonstrate techniques and share the history of Yucatecan gastronomy. After lunch, enjoy a city tour by foot and by motorcoach, visiting the main square and Government Palace, Montejo Boulevard (which exemplifies the golden age of henequén [local sisal] production, which we will learn about tomorrow) and other sites along the way. Return to our hotel and freshen up before gathering for a festive welcome dinner. (B,L,D)

Photos: Above, Chichén Itzá; Right (from top), Macaw, Yucatán Woodpecker, Mayapán, local cuisine















Above (top to bottom): Black spiny-tailed iguana, Izamal Convent, traditional dishes, cenote

### Sunday, December 8: Tixkokob | Aké | Izamal Convent | Chichén Itzá

Depart Mérida for the picturesque town of Tixkokob, well-known as a center of hammock manufacturing, which is continuing to keep the region's cultural identity alive. Enjoy a weaving demonstration and speak with local artisans about traditional hammock-making. Continue on to nearby Aké to visit a henequén factory, where raw fibers from the agave plant are shredded, pulled, and wound together to make twine and rope of various sizes. Traditionally, henequén was used by the Maya to make string, hammocks, clothing, and rugs. After lunch, and on our way to Chichén Itzá, we stop to visit the Convent in Izamal, where Spanish conquistadors built their church atop a Maya pyramid. This was the home of the infamous Diego de Landa, who burned all the Mayan books that he could gather. Continue on to Chichén Itzá, where we check-in to our hotel and then gather for dinner. *Overnight at the 3-star Hotel Villas Arqueológicas Chichén Itzá for two nights.* (B,L,D)

# Monday, December 9: Chichén Itzá | Optional sound & light show OR evening at leisure

A short drive from our hotel is the archaeological site of Chichén Itzá, where we will spend a full day. At this UNESCO World Heritage Site we will feel as though we have stepped back 1,000 years as we gaze at spectacular, 9th-century temples and pyramids. See all of the site's highlights, including the Sacred Well, Ballcourt, Castillo, Observatory, High Priest's Grave, and Nunnery. In the middle of the day we will take a break from touring the site to have lunch at a local restaurant, and those who wish may also take a swim in a nearby cenote before returning to Chichén Itzá to finish exploring this afternoon. Return to our hotel and either have a relaxed evening and dinner at the hotel, or take the option of returning to Chichén Itzá to attend a unique sound and light show followed by a late dinner. (B,L,D)

### Tuesday, December 10: Mayapán | Maní | Uxmal

We begin our drive to Uxmal this morning, stopping along the way to see the ruins at Mayapán, the last great Maya capital. It was a powerful urban center that eventually became the sole political and cultural force in the Yucatán. Mayapán's magnificence is evident in its buildings and architecture. After lunch in Maní, we visit with Father Luis Quintal at his U Naajil Yuum K'iin Bee Farm. Learn about the history of the farm; have a chance to see the native Melipona bees up close and personal as they are stingless, very tame, and less aggressive than other species; and see hives inside of tree trunks (*jobones*), an ancient Maya practice. Continue on to Uxmal where we check-in to our hotel and then gather for dinner. Overnight at the 5-star Hacienda Uxmal for two nights. (B,L,D)

### Wednesday, December 11: Uxmal | Santa Elena | Uxmal

The archaeological site of Uxmal is the capital of the Puuc region, on the western side of the Yucatán peninsula—a unique sub-area within the greater Maya zone with its own brand of architecture and mosaic-stone decoration. Uxmal's "Governor's Palace" was one of Frank Lloyd Wright's favorite buildings. Spend the morning exploring this UNESCO World Heritage Site. After lunch, we visit a family farm in Santa Elena, located southeast of Uxmal, to see their traditional house. The family will show how they "rasp" henequén to make twine and rope, and how to make corn tortillas the traditional way. Return to our hotel in Uxmal and gather for dinner. (B,L,D)



# Thursday, December 12: Muna: Visit with a local pottery painter | Ría Celestún Biosphere Reserve

Check-out of our hotel and take a short drive to Muna, whose inhabitants are primarily of Maya origin. In Muna, we meet with painter Patricia Martín Morales, who uses ancient Maya techniques and colors on wonderful pottery that is made by her husband. We will also see handmade wooden crafts at her shop. Continue on toward our hotel, making a photo stop at "Mirador de Muna," a scenic lookout point with breathtaking views. Arrive at Xixim Mundo Imperial, a wellness sanctuary located in the heart of the Ría Celestún Biosphere Reserve, recognized by UNESCO as a biosphere reserve since 2004. Spend the afternoon exploring the reserve, home to approximately 35,000 flamingos from November to April. Observe them in their natural habitat among 1,150 species including crocodiles, herons, and turtles, plus a variety of flora and mangroves. Overnight at the 5-star Xixim Mundo Imperial for two nights. (B,L,D)

### Friday, December 13: Ría Celestún Biosphere Reserve

Today we explore more of the Ría Celestún Biosphere Reserve, a beautiful landscape filled with diverse flora and fauna. We take a boat ride through the reserve, accompanied by an expert local birding guide, to see not only flamingos but also many of the more than 300 bird species in this privileged area, including Black-throated Bobwhite, Mexican Sheartail hummingbird, and Yucatán Wren, endemic to this area. Alternatively, take some time to enjoy the amenities of our hotel, relax on the beach, or go for a swim in a cenote before we gather for dinner. (B,L,D)

### Saturday, December 14: Final lecture | Mérida: Afternoon at leisure, Farewell dinner

This morning we gather for a final lecture to reflect on all we have seen and have a relaxed question and answer session with our faculty leaders. This afternoon we drive back to Mérida, check-in to our hotel near the airport, and enjoy some free time to relax or explore Mérida before we gather for a farewell dinner. *Overnight at the 4-star Villa Mercedes by Hilton*. (B,L,D)

#### Sunday, December 15: Fly home

Transfer to Mérida International Airport (MID) for flights homeward.

"One of the things that has been really enjoyable about the trips we've taken with Carleton is the people we have met. That has not always been the case with trips we've taken with other organizations."

- Clare, Massachusetts



MODERATE: Must be able to walk one to three miles per day on mostly flat, but often uneven, terrain.

### What to Expect

You must be able to make long walks, unassisted, over uneven terrain and up and down steps that may be steep and without handrails. Participants who are not able to walk or stand unassisted for extended periods are kindly advised not to join this tour. All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. Some sites require strenuous and/or brisk walking or climbing, sometimes with difficult footing. All participants will be required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws. Any participant showing signs of illness will be asked to wear a mask when in close proximity to others. If the tour manager decides that a participant cannot visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand and discuss whether or not this program is appropriate for you. Hotels have been chosen for their excellent locations and generous comfort. At the time of year that we visit this region the weather is generally sunny and dry, with average temperatures in the mid- to high-80s during the day and in the mid-60s at night. There is always a chance of light to moderate rain showers. Complete pre-departure details and what to pack will be sent to participants.









Above (from left) woven baskets; Ría Celestún Biosphere Reserve; Chichén Itzá; chiles rellenos, a traditional local food

### Tour Prices Per Person (9 nights)

Double Occupancy (24-26 participants)\$5	,245
Double Occupancy (21-23 participants)\$5	,445
Double Occupancy (15-20 participants)\$5	5,745
Single Supplement\$1	,395

Single room supplement will be charged when requested or required (limited availability). With fewer than 15 participants, a small group surcharge may be added.

### **Prices Include:**

- Carleton faculty leaders Constanza Ocampo-Raeder and Daniel Hernández, plus an experienced tour manager/local guide and drivers
- Group arrival and departure airport transfers
- All ground transportation in air-conditioned vehicles with bottled water available at all times
- All accommodations, as indicated in the itinerary, chosen for their excellent locations and generous comfort
- All meals, except on days of arrival and departure, including welcome
  and farewell dinners with cocktails; a soft drink or beer will be served
  with lunches and dinners
- Entrance fees to all sites listed in the itinerary
- **All gratuities** for the tour manager/guide, drivers, waitstaff for included meals, and porters
- Comprehensive pre-departure information, including what to pack and a suggested reading/media guide

### Flights & Transfers

Airfare from/to home is not included. Group arrival and departure transfers from/to Mérida International Airport (MID) are provided (times TBD). Your flight itinerary must be provided to our office prior to the tour. Once you have received your final payment invoice, you should book your flights. If you are considering booking non-refundable airline tickets before this time, please contact our office first. We do not accept any liability for cancellation penalties related to domestic or international airline tickets.

Prices do not include: Any airfare; passport and visa fees; all airport fees and departure taxes; meals and beverages (except as indicated); excess baggage charges; personal, trip cancellation, and baggage insurance; any activities not specified in the itinerary; all items of a personal nature such as laundry, medical expenses, and room service; optional excursions or deviations from scheduled tour; and other items not listed as included.

**Payments:** A deposit of \$1,000 per person is required to reserve your space on the tour and is payable by Visa, MasterCard, American Express, or check made payable to "Eos CAA-Yucatan12/24." Final payment is due 120 days prior to departure and must be by check, ACH transfer, or wire transfer only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure or elsewhere published.

Participant Cancellation Fees: All requests by participants for cancellations must be received in writing by Alumni Adventures. Cancellations received at least 180 days prior to departure (June 9, 2024) are fully refunded. Cancellations received from 179 through 121 days (August 7, 2024) prior to departure are refunded less a cancellation fee of \$500 per person. Cancellations received from 120 through 61 days prior to departure are subject to a cancellation fee equal to 50% of the tour cost. Cancellations received 60 days or less prior to departure are subject to a cancellation fee of 100% of the tour cost. For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. Information will be provided with confirmation of receipt of your deposit.

**Note**: Prices are based on tariffs and exchange rates in effect at the time of publication and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, and the price of fuel, services, and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, accommodations, and leaders are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to participants who do not complete the tour for whatever reason.

Due to space limitations, this is abbreviated information. Complete terms and conditions will be sent upon confirmation or upon request, and can be viewed online at carleton.edu/alumni/adventures.

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with Professors Constanza Ocampo-Raeder & Daniel Hernández

"Carleton trips are reliably well run and fun. I love the educational component of having a professor along to educate and provide insights I would have missed on my own."

- Julia, North Carolina



To fill out an online reservation form, <u>click here</u>. Or, print and mail or fax this form to the address below.



### —— RESERVATION FORM —

# **MEXICO'S YUCATÁN**

### CULTURE, CUISINE & ECOSYSTEMS

December 6-15, 2024 (10 days | 26 guests) with Professors Constanza Ocampo-Raeder & Daniel Hernández

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	ACCOMMODATIONS: (Accommodation preferences are not guaranteed.)
Double ( <i>one bed</i> ) 🗖 Twin ( <i>two beds</i> ) 🗓	1 Single
I will be sharing with:	□ Share - please assign a roommate (not guaranteed)
	☐ Please share my contact information with potential roommate(s).
	RESERVATIONS & PAYMENT:
	is required to confirm a reservation. Final payment is due 120 days prior to departure. ds are not accepted for final payment. All prices and payments are in US dollars.
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Please complete this reservation f	form, choose/enclose your method of deposit, and sign the release statement below.  Submit via email, mail, or fax to:
Carleton Alu	ımni Adventures - P.O. Box 938, Walpole, NH 03608-0938
	x: 603-756-2922 • Email: carleton@studytours.org
	vledging that you have read and agree to all Terms & Conditions delineated throughout.
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# TERMS AND CONDITIONS, RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND DISPUTE RESOLUTION AGREEMENT

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Sponsors/Operator and others and covers certain expenses in conjunction with cancellation due to illness or accident and damaged or lost luggage. Sponsors/Operator will send participants an application upon receipt of their reservation. PRICES: Prices quoted are based on fares in effect at the time of publication and are subject to changes at any time. On all programs, even after full payment, Sponsors/Operator reserve the right to increase the tour price in the event of cost increases due to changes in supplier costs, tax increases, currency fluctuations, or fuel and energy surcharges, and all such increases are to be paid to Sponsors/Operator upon notice to the participant. FORUM AND METHODOLOGY FOR DISPUTE RESOLUTION: Any dispute or claim which refers or relates to this contract, any literature related to the trip, or the trip itself shall be litigated solely and exclusively in and for courts in Keene, New Hampshire, subject to substantive and procedural New Hampshire law, and for this limited purpose, the parties agree to exclusive venue and personal jurisdiction therein. At the participant's option, however, in lieu of litigation, Sponsors/Operator will agree to dispute resolution in Keene, New Hampshire, subject to substantive, but not procedural, New Hampshire law, pursuant to the then existing commercial rules of the American Arbitration Association. In any such arbitration, the arbitrator, and not any federal, state, or local court or agency, shall have exclusive authority to resolve any dispute relating to the interpretation, applicability, enforceability, conscionability, or formation of this contract, including but not limited to any claim that all or any part of this contract is void or voidable. U.S. STATE DEPARTMENT & CENTERS FOR DISEASE CONTROL: Both the Centers for Disease Control and U.S. State Department publish and update important country-specific information for travelers. We strongly recommend that you review them. They can presently be found at: <a href="https://wwwnc.cdc.gov/travel/notices">https://wwwnc.cdc.gov/travel/notices</a> and <a href="https://travel.gov/travel/notices">https://travel.gov/travel/notices</a> and <a href="https://travel.gov/travel/notices">https://travel/notices</a> and <a href="https://travel.gov/travel/notices">https://travel.gov/travel/notices</a> and <a href="https://travel.gov/travel/notices">https://travel/notices</a> and <a href="https://travel.gov/travel/notices">https://travel/notices</a> and state.gov/content/passports/en/alertswarnings.html. ASSUMPTION OF RISK: Participants agree to fully accept all known and unknown risks, including the potential risk of exposure to respiratory illnesses or other illnesses, viruses, diseases, or conditions. Participants understand and agree to hold Sponsors/Operator, their officers, vendors and suppliers harmless and not liable for any real or perceived symptoms of any disease, virus, illness, or condition, nor for exacerbating any existing symptoms of any illness, virus, disease or condition, quarantine requirements, disability, and other short-term and long-term health effects, including death. MISCELLANEOUS: Participants should not purchase airline tickets prior to receiving their final payment invoice so as to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Baggage and personal effects are at all times the sole responsibility of the participant. If, due to weather, flight schedules, or other uncontrollable factors, you are required to spend (an) additional night(s), you will be responsible for your own hotel, transfers, and meal costs. Baggage is entirely at owner's risk. 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ACCEPTANCE OF CONTRACT: By forwarding of deposit, the participant certifies that he/she agrees with these terms and conditions, and accepts the terms contained in these Terms and Conditions, Release of Liability, Assumption of Risk and Dispute Resolution Agreement. The participant affirms that he/she has not received or relied upon any oral representation of Sponsors/Operator as a basis for executing this Release.

11/2021