



Titolo Viaggio: **Viaggio Didattico Territoriale in Messico**  
*Study Trip full name:*

Viaggio ID: MAGCA2324Ex  
15/03/2024 - 26/03/2024

Tutor: M. Relli

#### FRIDAY, MARCH 15th 2024

06:45

Meeting in Bra Movicentro

07:00 - 08:00

Departure and transfer to Turin airport

10:50

1 LH9521 T 15MAR 5 TRNFRA 10.50-12.10

2 LH 498 T 15MAR 5 FRAMEX 13.40-19.00

19:00

Arrival in Mexico City and transfer to hotel

Hotel Soy Local CDMX

<https://soylocal.co/>

Dinner TBC

#### SATURDAY, MARCH 16th 2024

Light breakfast the hotel

09:30

Meeting with Elisa IG: elisaomed, from the local Slow Food that will take us on a food and market tour of the city. We will start from the Mercado de la Merced, the biggest non-whole sale market in Mexico, to then move on to the city center and the Zocalo. During the day, we will have street food here and there both at the market and after.

Practical notes: we will be divided into two groups to make the visits easier. Expect the day to be quite tiring, we will walk a lot, it will be warm, there will be a crowd...it will be very much Mexico!!! While at the market, keep your belongings in front of you, avoid expensive, visible stuff, NEVER leave your phone in the back-pocket. Well...the usual as for any crowded place!

We will be back at the hotel for rest at around 4 or 5 pm

6:30pm

Easy, informal Pozole (corn based soup) dinner at Huerta Romita. This small, community garden space, it's hidden in a quiet little square just a few minutes away from the hotel. Here we will rest, have a beer, chat with Elisa and a couple of other UNISG friends and alumni. Just a way to be together, and recuperate after a long day.

IG huertoromita

Arlette, an ex-student from UNISG, will tell us about her project A de Abejas. Only certified honey sommelier in whole of Mexico, Arlette travel the country searching for special honeys. She will lead us in a guided tasting, an original way to discover the country geography and environment as honey "it's maybe the product the most attached to terroir".

IG mieles.adeabeja

09:00pm

Free to go back to the hotel

#### SUNDAY, MARCH 17th 2024

Free breakfast and morning as to give you some exploring time in Mexico City

Breakfast suggestions: very close to the hotel there are two interesting places. One, Café Nin serves



really, really delicious “viennoiseries”, and it might be your last chance for a more “european style breakfast” before we go in full Mexican mode. The other one is called La Rifa, and it is a great, great project working directly with cacao producers to collect mono variety cocoas making bars and, especially, cacao to drink. If you wish to try cacao drinks in the most traditional way (often made with water and no milk and foamed up with the traditional wood “molinillo”) this is the place to be.

IG cafe\_nin

IG larifachocolateria

3:45pm

Meeting in the lobby with luggage

4:00pm

Say goodbye to CDMX, and get into full traveling mode. For the rest of the trip we will visit Mexico with two private buses.

6:00pm

Meeting Ernesto, founder of the micro distillery 4 Volcanes in Tlaxcala. Using locally sourced ingredients, to make distillates quite far from the local traditions such as corn whiskey, gins and absent.

Followed by tasting and dinner

10:00pm

Arrival at Posada Tlaxcala and check-in

#### MONDAY, MARCH 18th 2024

08:15

Departure from the hotel. We will have breakfast when arriving at the producer

09:00 - 3:00pm

Arriving at Saniz Maguey, producers of agave, aguamiel, pulque and a distillate of pulque. With Don Alejandro and family we will learn all about agave production and processing.

We will also see how “Ximbote”, a traditional and rural recipe, is prepared. Following the walk in the fields, we will taste their different products and have lunch at the farm

IG sanizmaguey

4:00pm

Back to Tlaxcala to rest

6:00-8:00pm

Commented dinner with chef Irad Santacruz from the Research Center for Tlaxcala Cuisine . You can check-out his episode on the Tacos de Canasta from the Netflix series “Tacos Chronicles”

IG cocina\_tlaxcalteca

#### TUESDAY, MARCH 19th 2024

07:00-08:00

Departure from the hotel with luggage. We will grab a take away pic-nic breakfast in order to have a little something on the way (and have a thermos of coffee!!!)

08:00-10:00

Early morning is motivated by a special opportunity only possible at this time of the year: harvesting honey ants!

11:00

Arriving at the house of the Esteban Zempoaltecatl family, producers of corn and amaranth. We will learn about the cultivation, the cultural importance of corn, the nixtamalization process, as well as how the family interacts with the community, bringing good quality food to the kids of the local families.

Amaranth and corn based lunch prepared by Doña Irene

4:00pm-6:00pm

Leaving to Xalapa

6:00pm



Check-in at Posada El Cafeto  
8:00pm  
Dinner TBD  
[www.pradodelrio.com](http://www.pradodelrio.com)

#### WEDNESDAY, MARCH 20th 2024

08:30  
Breakfast at the market or in the hotel TBC  
09:30  
Meeting with chef Cris and Azul, from the restaurant La Covacha Cocina Cotidiana  
Specific timings to be confirmed. The day will be about sharing and cooking together in a very beautiful place. More details to come... ;-)  
IG acovachate  
IG tetlanman\_chantico  
6:00pm  
Return the hotel and free dinner

#### THURSDAY, MARCH 21st 2024

Breakfast at the hotel or TBC  
During the day, visit to the project Sierra del Mar, created by Emilio Velez. Selecting coffee from surrounding producers in the high mountains of Xalapa. Sierra del Mar also produces vegetables and dried meats used in their restaurant/cafeteria in Veracruz.  
7:00pm  
Dinner at Casa Mercado, Museo del Mole. Walk through the local inspired museum of "mole" in Coatepec. What "mole" is and a short review of its history throughout Mexico.  
IG sierradelmarcafe

#### FRIDAY, MARCH 22nd 2024

Free breakfast  
07:30-08:30  
Breakfast in the hotel and departure with luggage towards Veracruz  
10:00  
Meeting with Chef Erik Guerrero at Namik restaurant. Chef Guerrero works with local fishermen in order to optimize the value of all varieties of fish, including those considered less valuable and accompanying them in the choice of more selective fishing techniques.  
IG namikrestaurante  
01:00 pm  
Back to the restaurant Namik for lunch  
04:00 pm  
Transfer to the hotel and check-in  
07:30 pm  
Dinner at restaurant La Monchosa by chef Raul Zamudio  
IG lamonchosa.mx

#### SATURDAY, MARCH 23rd 2024

Free breakfast  
08:30 - 10:30  
Departure to Cordoba.  
10:30-3:00pm  
Meeting with Nelly Sanchez, from the local Slow Food Community. We will visit a small rural community.



Understanding what the economic and social issues of a community living basically on autoconsumption agriculture are. How can agriculture be a remedy to the migration of local young people. What is the value of agricultural knowledge, and how can we give more value to local agricultural practices in order for people to find a new form of food sovereignty. Lunch at Rancho Fernando Maus Palacios, prepared by locals.

3:00 - 6:00 pm

Transfer to Zapotitlan Salinas

Check-in at hotel Zapotitlan

07:30 pm

Dinner at restaurant Itandehui

### SUNDAY, MARCH 24th 2024

Free breakfast

09:30

Departure from the hotel to meet with Juan Diego Hernandez, salinero from the pre-colombian salt mines of Zapotitlan Salinas. Visit to the salt mines.

12:00

Following, visit to the Don Isauro Mezcal. Production of mezcal, from the growing of the agave to the distillation. Demo on how agave is processed, tasting and lunch.

IG donisauromezcal

3:30 pm

Departure and transfer to Cholula

6:30 pm

Arrival in Cholula and check-in at hotel Vitorina Cholula

Free dinner

### MONDAY, MARCH 25th 2024

07:30

Departure from the hotel to reach El Rinconcito, in the community of San Mateo Ozolco at the feet of the Popocatepétl volcano. We will have breakfast at our arrival.

Here we will meet Alberto, owner of the Rinconcito Tourist Center and Restaurant, and Leonardo, from the Milli Cholula Association and local Slow Food. Both originary from the local Nahuatl community, Alberto and Leonardo, work together to empower the local community through "campesino" rural tourism as well as didactic activities to share with visitors the Nahuatl culture.

IG rinconcitopue

IG mollicholula

During the visit we will learn about corn production, the typical local recipe of Ayonanacatl, a tamales workshop as well as a walk through the forest and a ritual to Mother Earth.

3:00pm-6:00pm

Transfer to the airport for flight

LH 499 S 25MAR 1 MEXFRA HK1 2100 1440+1

4 LH6902 S 26MAR 2 FRAMXP HK1 1630 1740