



MAIZ, MOLE & MEZCAL

A CULINARY JOURNEY TO OAXACA

December 30, 2020 - Jan 6, 2021
6 NIGHTS

Travel with:

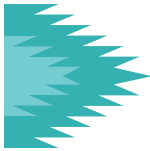


THE LAURA & ALVIN SIEGAL
LIFELONG LEARNING
PROGRAM

Tia Stephanie TOURS

Cultural Journeys

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MAIZ, MOLE & MEZCAL:

A CULINARY JOURNEY TO OAXACA

Oaxaca has become a hot spot for culinary travel, yet its foods are ancestral. From native corn, to the land of mole and tequila's smoky cousin, mezcal, Oaxaca is a place to savor with all the senses. This culinary journey will take travelers on a veritable historic journey, beginning with the ancestral foods that gave rise to the great Zapotec Civilization, the sustenance of Mexico today, and will also showcase chefs who are introducing contemporary expressions of these heritage foods. Communities, restaurants, chefs, farmers, mezcal producers, all figure prominently on this journey!

PROGRAM HIGHLIGHTS

- Learn about native corn varieties of Oaxaca's Central Valleys.
- Understand how corn was and is vital to the Zapotec & Mixtec people of the region.
- Visit communities and learn about daily ritual of food, markets and preparations.
- Understand the vast variety of mole sauces: black, red, yellow, green, almendrado and more!
- Visit a mezcal producer to see ancestral methods of producing this smoky distilled drink, made from agave.
- Take a cooking class from a renowned chef from Oaxaca.
- Grind corn and make tamales and salsas in a small community.

LOCATION





ITINERARY

Pre Day:

Monday, Dec. 30, We Recommend arriving a day early. We'll make hotel arrangements and provide your transfer in.

Day 1:

Tuesday, Dec 31, Arrive Oaxaca City, Welcome Reception and Welcome Dinner Introduction to Mole sauces, corn and Mezcal (D).

You'll arrive to the OAX International Airport and will be transferred to your charming hotel, home for the next 6-7 nights. We'll enjoy a welcome reception and our first introduction to the famed mole sauces, native corn and smokey distilled beverage, mezcal.

Day 2:

Wednesday, Jan 1, Oaxaca City Walking Orientation Tour: Focus on City Markets (B, L, D).

Today, you'll enjoy a wonderful Oaxaca City orientation walking tour, to begin connecting the dots between the past and present of this important Pre-hispanic, Colonial and Contemporary city. You'll visit the Museum of Oaxacan Cultures, the Church of Santo Domingo, and walk the green quarry stone streets that connect the Santo Domingo cultural complex to the Zocalo and Main Cathedral. Being a culinary tour, we can't miss a visit to the famed Oaxaca City markets of Benito Juarez and 20 de Noviembre. Here, you'll see a bustling array of foods, crafts, textiles, baskets, cheeses, mole, mezcal, chocolate, coffee and many other tasty and colorful crafts and foods. Lunch will be at a favorite spot for what else...mole!!

Day 3:

Thursday, Jan 2, Cooking Class: Exploring mole sauces and more! Afternoon visit to El Mogote, the first settlement after the domestication of corn. (B, L)

Today we'll try our hand at a cooking class, where you'll be led in the instruction of the prep and cooking of some of Oaxaca's favorites, including a couple of different mole sauces, fresh salsas, hand-made tortillas, fresh fruit "waters", soup, appetizers and dessert. After "comida", a late and large lunch, we'll enjoy an excursion to the very ancient and "Formative Period" site of El Mogote. It is here, that humans began to "settle" into a more sedentary life, given the advent of domestication of agriculture. Hunters and gatherers became farmers. Returning to Oaxaca, your evening is at leisure.



ITINERARY

Day 4:

Friday, Jan 3, Monte Albán, Jan. 3, Free Afternoon, Farewell Dinner (B, L, D)

Monte Alban was the first urban center of Mesoamerica, and an important center of power for 1300 years. We'll spend the morning learning about the ancient civilization of the Zapotec, by visiting the on-site museum and impressive ancient site, overlooking Oaxaca's Central Valleys. Enjoy a light lunch at the lovely lunch, "al fresco", at the lovely on-site restaurant, before returning to Oaxaca City for some R & R or last walks in town. We'll meet in the evening for our farewell dinner, as we reflect on the sights and aromas, we've experienced on this journey to Oaxaca.

Day 5:

Saturday, Jan 4, Southern Craft Tour (B, L)

After breakfast, we head out on what is known as the "Southern Craft Route". Beginning in the town of Ocotlan, birthplace of artist Rodolfo Morales, we'll visit the Museum and Convent that Morales lovingly restored. We'll visit artisans in the communities of Santo Tomas Jalieza, known for their cotton backstrap weavings, and in San Bartolo Coyotepec to learn about the black pottery, made so famous by Dona Rosa. A last visit is to the Museum of Popular Cultures. Lunch today, is at a favorite restaurant, where you'll enjoy comida "al fresco". The food is delicious! Your evening is free to explore independently.

Day 6:

Sunday, Jan 5, Tlacolula Sunday Market, Teotitlan del Valle, Cooking in the Village, native corn tortillas, salsas, tlayudas. (B, L)

It's Sunday! That means we're off to the village of Tlacolula to visit this beloved and ancient market that dates to prehispanic times. Trading and barter are still conducted today; one turkey for 4 bags of coffee? After we have scoured this vibrant village market, we'll visit our friends in the tapestry weaving community of Teotitlan del Valle. In addition to learning about their use of natural dyes and weaving techniques, we'll enjoy a demo (or hands-on for those who would like to participate!) in the making of regional delicacies such as quesadillas and tlayudas (both made from native corn), fresh salsa made in the "molcajete" lava rock grinder. While the food is simple, it's the fresh and native ingredients that make them particularly delicious. Returning to Oaxaca City, your evening is at leisure to stroll, people watch, enjoy a meal with new friends, or head out independently.

Day 7:

Monday, Jan 6, Return Flights or extend

Traditions & Flavors of Oaxaca

PRICING & INCLUSIONS

Price Per Person Double Occupancy: \$2,799

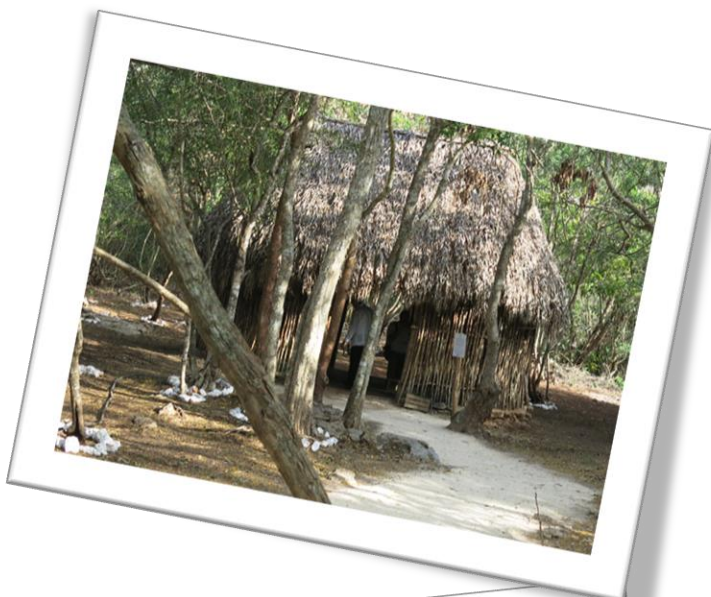
Single Supplement: \$475

INCLUDES:

- Airport Transfers
- 6 Nights 4/5 Star Hotel
- All breakfasts (6)
- All lunches (5)
- Dinners (2)
- Tips: Driver/Guide/Hotel Porter/Chambermaids

DOES NOT INCLUDE:

- Air tickets
- Dinners not included
- Alcoholic beverages (unless part of a mezcal tasting)
- Personal items: laundry, phone, taxi cabs
- Travel Insurance





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Reservation and Information Form

Form Section I

To Sign up, please complete fully, read and sign. Return form to Tia Stephanie Tours by mail or email. Upon receipt of this completed, signed form and your deposit, we will reserve your spot on this tour.

Please see cancellation policy and terms and conditions below.

Tour Name: Maiz, Mole, & Mezcal: A Culinary Journey to Oaxaca **Tour Date:** Dec 30, 2020 - Jan 6, 2021 (6 nights)

General Information

Travelers Name (as it appears on Passport): _____

Date of Birth: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

Passport No. _____

Place of Issue: _____ Expiration Date: _____

Personal Health / Fitness

Describe any medical condition: _____

Trip Accommodations

I am traveling alone: ☐ YES ☐ NO

Please assign me a roommate: ☐ YES ☐ NO

Note

Single travelers for whom roommates are not assigned or available may be subject to a single supplement surcharge, according to hotel policy.

Reservation and Information Form

Form Section II

In Case Of Emergency, Please Contact

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Relationship: _____

Insurance

Travelers must be covered by a major medical policy. I certify that I am covered by such a policy:

☐ YES ☐ NO

Tia Stephanie Tours strongly recommends the purchase of travel protection insurance. This will protect your travel investment, personal assets and health during your trip. By doing so, you will eliminate financial risk and concern over matters beyond your control. We provide a recommended policy for your convenience.

I agree to obtain Travelers Insurance for this trip:

☐ YES ☐ NO

If no, please read and sign below:

I understand that Tia Stephanie Tours is not responsible for events such as theft, baggage loss, trip cancellation or interruption, emergency medical treatment or evacuation, flight delay or cancellation, airline or other service provider bankruptcy, jury duty, personal or family illness, U.S State Department Warnings or other risks covered in the insurance policy.

Trip insurance information will be mailed to you upon receipt of your reservation. Please contact Sarah Doody at CWRU for questions on trip insurance. Email: sxd618@case.edu , phone (904) 432-3141.

Travelers Signature: _____ Date: _____

Print Name: _____

Cancellation Policy

Cancellations received in writing 60 days prior to trip departure date will result in a cancellation fee of \$250. Cancellations after 60 days prior to the trip departure date, will not receive a refund. We strongly recommend travel cancellation and interruption insurance for this purpose. Should the trip be cancelled, payments will be fully refunded.

Terms and Conditions

TIA STEPHANIE TOURS

Travelers: Please Read Following Information Prior to Signing Up. In the Sign-Up Form, you will be asked if you have read and agree to the Terms and Conditions below. Thank you.

Cancellation Policy

Reservations are accepted and confirmed upon receipt of Trip Deposit of \$500 per traveler, payable by check in U.S Dollars, money order, cashier's check, or Pay Pal, along with a completed and signed Form. Final Payment is due 60 days prior to departure. Payments not received within 30 days of travel will be considered notification of cancellation by default and will be subject to cancellation charges.

Cancellations and Refunds

Cancellations received in writing 60 days prior to trip departure date will result in a cancellation fee of \$250. Cancellations after 60 days prior to the trip departure date, will not receive a refund. We strongly recommend travel cancellation and interruption insurance for this purpose. Should a trip be cancelled, payments will be fully refunded.

Expenses Covered

- Airport Transfers, if arrivals/ departures are according to itinerary.
- Accommodations, according to trip duration.
- Local Tour Guides and Ground Transportation, according to itinerary.
- Entry fees to Museums, Parks, according to planned itinerary.
- All Breakfasts.
- Meals, according to itinerary.

Expenses not Covered

- Airfares: International/Domestic
- Meals not noted in itinerary
- Alcoholic Beverages
- Cab fares, laundry, or other personal items
- Travel Insurance
- Medical Expenses
- Airport Departure Taxes
- Passport Application Fee
- Costs associated with trip interruption or modification due to weather, travel conditions, political/civil disputes, medical emergencies or other causes beyond our control. Travel Insurance is recommended for this purpose.

Accommodations

Accommodations are based on double occupancy. If you are traveling alone, and would like to share a room, we will try to match you with a roommate. If we are unable to, or if you prefer a single room, a single supplement will be charged.

Responsibility

Case Western Reserve University, its agent Engaging Journeys, Inc, Tia Stephanie Tours, LLC, and its and their employees, shareholders, subsidiaries, officers, directors or successors (collectively Tia Stephanie Tours, LLC) gives notice that they act only as the agent for the owners, contractors, and suppliers providing travel services and accommodations, and assume no responsibility or liability for injury, loss or damage to person or property in connection with any service resulting directly or indirectly from any defect in any vehicle, or through neglect or default of any company or person engaged in carrying out the tour or other purpose. In the event it becomes necessary or advisable for the comfort or well-being of the passengers, for any reasons whatsoever, to alter the itinerary or arrangements, such alterations may be made without penalty to the tour operators. Additional expenses, if any, shall be borne by the passengers. Also, the operators are not responsible for strikes, thefts, medical problems encountered before, during or after the trip, force majeure, failure of any means for conveyance to arrive or depart as scheduled, civil disturbances, acts of terrorism, government restrictions or regulations, discrepancies or changes in transit or hotel or other services, over which it has no control. Baggage is at owners' risk at all times.

Certification

I have read and understand all the literature describing the program and am aware that no travel is without risk. In the event of illness or accident, I understand that Tia Stephanie Tours, LLC (TST) will make every effort to contact the person listed under Emergency Contact, but I give my permission for emergency medical treatment as required if such notification is impossible or impractical under the circumstances. I understand TST will make every effort to minimize the risks inherent, but that TST cannot guarantee against circumstances over which it has little or no control. I agree that upon advancement of deposit and completed/signed registration form to TST that I will be bound to the terms and conditions recited above and agree that TST will not be held responsible for accidental injury, death or other damage to anyone arising out of activities related to this trip. I understand that if I should not be able to complete the tour for any reason, that TST will not reimburse any fees, and that trip cancellation insurance is strongly advised.

Name: _____

Date: _____