

Yucatán	The YUCATÁN peninsula, the land of Maya temples, pyramids & Caribbean beach resorts. The warm turquoise sea of the Riviera Maya, fringed with white sand beaches and palm groves is second to none. The archaeological sites of Chichén Itzá, Uxmal & Tulum, among many others, invite exploration, as do the area's ecological sites
Chiapas	CHIAPAS is one of the world's most diverse biological areas. Lush green fields, forests, mountains & tropical rainforest with a range of unique flora, fauna & rare species. It was the centre of the Mayan Empire with ceremonial cities in Palenque & Yaxchilán. An area of discovery with many beautiful places hidden in the jungle & known only to the local people. Chiapas is also one of the states with the most diverse resource base, & generates 35% of Mexico's electricity via hydropower, because of the strength, height & beauty of its spectacular waterfalls.
Campeche	CAMPECHE has long been fought over for its strategic importance. With the Gulf of Mexico to the north & Guatemala & Belize on its southern borders, it has a long history of attack by pirates due to its importance as a major port area. On the Gulf coast the city of Campeche, renowned for its seafood & Spanish colonial architecture, is fortified by a wall & though not as yet a popular tourist destination, nevertheless is being used as a location set for period films.
Veracruz	The tropical town of VERACRUZ exudes Caribbean style & rhythm. The culture of the region is a mixture of Andalusian & African elements. Music featuring marimbas, flutes, harps & dance. Food is specialised in the seafood & fish of the Caribbean & this is one of Mexico's most enjoyable places to sit back, relax & be entertained.
Michoacán	A state of incredible pride in the culture & history of Mexico. Nicknamed the 'soul of Mexico', it is also home to the oldest university, founded in the Americas in 1540. Famous for the guitars of Paracho, the lace of Aranza, the masks of Tocuaro & the pottery of Capula. Archaeological sites abound & the ecological wonder of Lake Zirahuén has still to reveal its deep secrets. MICHOACÁN's craft, industry, history, leadership, natural beauty, art, music & the guardian of tradition.
Oaxaca	The city of OAXACA is a graceful blend of pre-Columbian & colonial influences, with the finest baroque church in Mexico. Many engaging museums & galleries, ebullient feast days, kaleidoscopic markets & the complexities of Oaxaqueñacuisine. The state of Oaxaca abounds in ghostly ancient ruins, Zapotec villages steeped in mysticism & a dramatic landscape with cascading waterfalls & abundant nightlife.
Guerrero	GUERRERO, on Mexico's southern coastline is a mixture of modernity, antiquity, mountains & sea. It has stunning beaches along 313 miles of coastline. Famous for its lagoons, rivers, mountains, grottos, churches, convents, cave murals, archaeological sites, historic monuments & its variety of folklore, craftsmanship & a marvellous gastronomy. Perhaps Guerrero's most famous city is Acapulco followed closely by Ixtapa & Zihuatanejo.
Jalisco	The climate in JALISCO varies from the snow-capped Nevado de Colima, to the moderate high plains, to the often steamy tropical jungles along the Pacific coast. Jalisco's indigenous population for the most part still conserve their native languages & colourful dress. Guadalajara, the state capital is a mixture of colonial splendour & modernity. The coastal city of Puerto Vallarta, is a well-visited cruise ship & tourist destination, & of course the city of Tequila, famous for perhaps Mexico's most famous export.
Guanajuato	The state of GUANAJUATO is noted primarily as Mexico's foremost mining state, with silver still to this day an important product, & was the reason for the colonization by the Spanish in the 1520's. At one time it produced over 1/3rd of the world's silver. Guanajuato is still relatively unknown by foreign visitors, though very popular with all Mexicans. The city of Guanajuato is a world heritage site & one of Mexico's most important Spanish Colonial cities with more than 20 important museums & every year hosts the most important International Festival in Latin America; 'El Festival Internacional Cervantino'.
Puebla	PUEBLA is one of Mexico's oldest & most historically important cities, home to a multitude of magnificent baroque churches with their sparkling tiled domes. Silver jewellery & Talavera dinnerware are just two of the traditional crafts to look out for in this region

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GASTRONOMIC WEEK

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