

## Sample Itinerary

- Day 1 Leave Colorado Springs and arrive in Oaxaca at 10:00 PM.
- Day 2 HQ hotel day... relax, check bikes and head for the Zocalo!
- Day 3 Drive to Santa Catarina Ixtepeji National Forest. Ride and have lunch.
- Day 4 Leave for Sierra del Norte 1 ½ hours by 4-wheel drive. Ride and spend the night in mountain cabañas.
- Day 5 Second day of riding among the villages of Pueblos Mancomunados.
- Day 6 Return to HQ hotel in Oaxaca. Rest day, laundry, visit Benito Juarez Market.
- Day 7 Visit Monte Alban. Pack for trip to Puerto Escondido on Day 8.
- Day 8 Leave for Puerto Escondido and ride 80 kilometers to Ejutla de Crespo.
- Day 9 Leave by van 1 hour to breakfast in Miahuatlan. Ride in van for 30 more minutes to Cuixia. Ride 50 kilometers to San Sebastian Coatlan over the south mountain. Camp out.
- Day 10 Leave at 9:00 AM and continue across the south mountains. Camp by the river at La Reforma. Swim and make a bonfire!
- Day 11 At 7:00 AM hike to a natural but very impressive part of the tour. After 1 hour "it is necessary to leave our clothes" and swim to a cascade. Ride 30 kilometers to Puerto Escondido.
- Day 12 Hang out in the world famous surfing and fishing village of Puerto Escondido!
- Day 13 Fly back to Oaxaca and to our HQ hotel.
- Day 14 Last day in Oaxaca.
- Day 15 Return to Colorado Springs.

The trip itinerary may change at any time.



## Climate

The climate of the State of Oaxaca for the most part mimics the beautiful days of summer & fall in Colorado Springs. The daytime temperatures range from a comfortable 72° to 80° F and rarely dip even at night below a chilly 62° F.



## Elevation

The City of Oaxaca lies in the "Valle de Oaxaca" at approximately 5000' above "the main sea level." The Sierra Madres del Norte and the Sierra Madres del Sur rise at their heights to 9000' - 9700'. These facts may lead you to believe you're riding the same trails as in Colorado, but the beauty of the mountain jungles with the exotic sounds and sights of deep Southern Mexico will quickly change your mind.

## People

The 17 indigenous tribes of the Valley of Oaxaca create a delightful mix of culture & color. All are cheerful and eager to please their American guests. For the most part, we will be living among the Zapotecs. They call themselves "Ben Zaa," which means "people of the clouds." Mexico's most famous President Bentio Juarez was of Zapotec origin.

You can expect an outstanding experience riding through this semi-modernized third world country. The isolation of the jungle and mountain trails is a sharp contrast to the hustle and bustle of the villages and towns. Any previous impression you had of Mexico and its people will soon be forever changed. We hope you will join us on this adventure!

Sand Creek Sports<sup>inc.</sup>

Presents

## THE TOUR OF OAXACA

Guided mountain bicycle tours in the Southern Mexican State of Oaxaca

15-day tours beginning September 2006



With single track no wider than a water bottle, this is a great adventure not to be missed...and never to be forgotten!

The trails of the Pueblos Mancomunados of the Sierra Madres in Oaxaca, Mexico provide the finest riding anywhere. Ride from the City of Oaxaca to Playa Zicatela in Puerto Escondido on the Southern Mexican Coast.

SAND CREEK SPORTS, INC.

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## Traveling in Mexico

1. A valid US passport is required. In addition, a driver's license or photo ID may be requested. On the plane you will be given a "Tourist Visa" which is your permit to be in Mexico. **DO NOT LOOSE THIS!** You will need this to leave Mexico.
2. Learning the language is a plus. However, many Mexicans don't speak Spanish but the dialect of their village or their own native language. In our travels we have managed with "pocito Español." Our guides speak English and many local dialects.
3. Securing and maintaining the safety of personal items, money, bikes, medicines, etc., remains solely in the hands of the individual for the duration of the trip. Most hotels will have a safe.
4. The people of Mexico are very devoted to their religions and cultures. Make yourself aware of customs in advance to avoid embarrassment.
5. Mexico City, Oaxaca, and Puerto Escondido are on Central Daylight Time and use 110 volts.
6. Upon departing Mexico, you will be given a customs form to fill out before landing. A sample form can be found on our website.

## Food & Drink

1. Meals on the trail are prepared for us and are included in the cost of the tour. While at city hotels, you are on our own to choose from the varied restaurants and street vendors. We have many recommendations and sample menus.
2. Oaxaca is known for its fresh foods and baked goods. The cuisine is not only delicious but quite healthy as well. Most food, even "street food," is prepared upon your order from the freshest and cleanest ingredients. Fresh vegetables, fruits, and fruit juices are available at the markets and from street vendors. Vegetarians will find it easy to satisfy their diets in Oaxaca. Hamburguesas (not your normal hamburgers), hot dogs wrapped in bacon, and elote (corn on the cob) are traditional evening street foods. The rotisserie chicken will melt in your mouth.
3. Use only bottled water, including for brushing your teeth and rinsing your toothbrush! Also, the water in showers may not be purified and may not be hot.

## Mexico



## Clothing & Packing

1. Check with the airlines for the current carry-on requirements and restrictions. Pack one suitcase, preferably with wheels. You will also need a light sleeping bag and pad.
2. Bikes must be properly packed for international travel.
3. Bring at least one extra tire, several tubes, any tools that you need, helmet, at least two pairs of riding shorts, jerseys, gloves, and swimming suit.
4. Be ready for any type of weather. Pack light!
5. A light jacket and a sweater is usually all that is required. Rain gear is a must, as is a hat. Light and casual day and evening clothing is fine almost everywhere. Shorts are not always acceptable. Dress should always be modest.
6. Pack your sharp items and "questionables" in your suitcase so they go under the plane. Unknowns may be confiscated by customs.

## Lodging

1. Our hotels in Oaxaca and Puerto Escondido are 3-Star Hotels. Rates based on double occupancy. The nights in the Pueblos Mancomunados are in small cabañas (cabins) some with chimeneas. Bottled purified water is provided at the hotels.
2. On the trail to Puerto Escondido we camp two nights, one by a river. On one evening we stay with a friend of our guide in what is known as a "campaign store," and another night we visit a country property hotel.

## Miscellaneous

1. No beginners, no wimps, no whining!
2. One Mexican peso is about a dime. Ten pesos is approximately \$1.00 US. We recommend getting about \$150 US in 20 and 50 peso bills. Always use small bills. As the exchange rate in Oaxaca is far better than in the US, you can change dollars for pesos at a money exchange when you arrive. ATM's will give you pesos.
3. Visa and MasterCard are accepted in the larger cities while American Express is seldom taken. American Express Travelers Checks are usually the only ones accepted when buying pesos.
4. Your medical insurance will not work in Mexico. The larger cities have good doctors and hospitals which take only cash. We recommend getting an emergency evacuation service prior to departure.
5. Recommended reading: Oaxaca by Moon Handbooks (This is a must if you've never been to Mexico), Mexican Spanish-The Rough Guide, Oaxaca Journal by Oliver Sacks.
6. Must be 18 years or older to participate.
7. Oaxaca is pronounced "Wa-Ha-Ka."

## Costs and Payments

(Approximated at Printing)

1. \$1620 cashiers check made payable to Sand Creek Sports, Inc. due at least 60 days prior to departure.
2. No refunds within 60 days of departure.
3. If your tour is not filled with 6 people 60 days prior to departure, payments are transferable to other tours as space provides. Or refunds will be made available in a timely manner.
4. Participants are responsible for their own airfare. Purchase refundable tickets. SCS, Inc. is not responsible for airline tickets or any refunds thereof.
5. See our website for costs included in \$1800 payment, airline recommendations, and more.

## For Dates, Reservations & Information

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