

A Shortcut Guide to



MEXICO

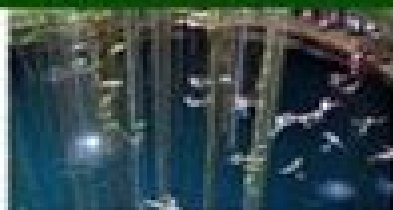
by Savored Journeys



With endless white beaches and a pleasant climate year-round, Mexico is a favorite vacation destination. Whether you're visiting the interior of the country or one of the World Class beach resorts, you'll be able to indulge in some delicious Mexican cuisine and see the sights that make Mexico famous, like the many Mayan and Aztec pyramids and ruins. Don't miss Mexico City - the bustling, vibrant capital city.

WHEN TO GO

WHAT TO DO



- See the Mayan & Aztec pyramids
- Try Tequila in Tequila
- Visit the beaches in Baja
- Go wine tasting in Guadalupe
- Scuba diving in Cancun
- Stay at an All-Inclusive in Cancun
- Swim in a cenote in Valladolid
- Visit Chichen Itza
- Listen to a Mariachi band
- Eat tons of delicious Mexican food

BEST TIME TO GO

For the best weather and the lowest crowds, April-May and late October-November is best.

HIGH SEASON

December to April and June-August at the beach resorts. It's also hot and rainy in summer.

HURRICANE SEASON

September to mid-October, along the coast

WHERE TO GO



WHAT TO EAT

The Holiday Guide To Mexico

Wenbin Ji



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The Holiday Guide to Mexico The Editors Of Holiday,1976 *The Holiday Guide to Mexico* ,1979 **The New Holiday Guide to Mexico** ,1988 The Rough Guide to Mexico (Travel Guide eBook) Rough Guides,2019-08-01 World renowned tell it like it is guidebook available Discover Mexico with this comprehensive entertaining tell it like it is Rough Guide packed with comprehensive practical information and our experts honest and independent recommendations Whether you plan to see the sprawling Mayan ruins at Chich n Itz listen to mariachi in Mexico City go diving off Isla Cozumel or try Mexico s favourite tippie in Tequila The Rough Guide to Mexico will help you discover the best places to explore sleep eat drink and shop along the way Features of The Rough Guide to Mexico Detailed regional coverage provides in depth practical information for each step of all kinds of trip from intrepid off the beaten track adventures to chilled out breaks in popular tourist areas Regions covered include Mexico City Acapulco Inland Jalisco The Baj o Veracruz Copper Canyon Baja California Oaxaca Chiapas and Tabasco The Yucat n Honest independent reviews written with Rough Guides trademark blend of humour honesty and expertise and recommendations you can truly trust our writers will help you get the most from your trip to Mexico Meticulous mapping always full colour with clearly numbered colour coded keys Find your way around the colonial town of Guanajuato the beautiful beaches of Baja and many more locations without needing to get online Fabulous full colour photography features a richness of inspirational colour photography including the rich wildlife of Sian Ka an Biosphere Reserve and the ancient temples at Bonampak Things not to miss Rough Guides rundown of Mexico s best sights and top experiences from Real de Catorce and The Z calo to El Taj n and Tulum Itineraries carefully planned routes will help you organise your trip and inspire and inform your on the road experiences Basics section packed with essential pre departure information including getting there getting around accommodation food and drink health the media festivals sports and outdoor activities culture and etiquette shopping and more Background information comprehensive Contexts chapter provides fascinating insights into Mexico with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary About Rough Guides Rough Guides have been inspiring travellers for over 35 years with over 30 million copies sold globally Synonymous with practical travel tips quality writing and a trustworthy tell it like it is ethos the Rough Guides list includes more than 260 travel guides to 120 destinations gift books and phrasebooks

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web die methode strebt ein von beginn an angstfreies erleben der situation an und wird vor allem bei spezifischen phobien z b prüfungsangst angewandt bei der reizüberflutung flooding wird der patient von anfang an dem am meisten angst auslösenden reiz ausgesetzt und motiviert die situation so lange auszuhalten bis die angst nachlässt

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