



Traditional dress during a festival in Oaxaca

History, Culture, and Cuisine in Mexico World Physiotherapy Congress Post Congress Tour 17 – 25 May 2027

Post Tour Extension to Bahías de Huatulco
25 – 29 May 2027



Level 3
MODERATE





The Pyramid of the Sun, Teotihuacan

Journey through ancient civilisations, colonial cities and vibrant communities to uncover the spirit and colour of Mexico on this vivid adventure in the company of your fellow professionals.

The tour visits three of Mexico's most important cultural centres, including the colonial grandeur of the capital, where one of the 20th centuries most influential artists, Frida Kahlo, found inspiration.

Trace the story of Mexico through the legacy of its great civilisations. Visit the vast and mysterious pyramid complex of Teotihuacan and the ancient Zapotec capital of Monte Albán. Wander the Talavera decorated streets of colonial Puebla and see the traditional crafts of the Zapotec people in Oaxaca, where you can try your hand at making tortillas.

This tour follows the World Physiotherapy Congress 2027, which takes place in Guadalajara from 14–16 May 2027. The tour itinerary includes a series of professional visits and talks, organised in partnership with the

Mexican Physiotherapy Organization, with details to be confirmed closer to departure.

There is also the option to extend your stay for 4 nights in the unspoiled coastal destination of Bahías de Huatulco.

**'I loved this post-congress tour!
Gillian was really wonderful – energetic, patient and full of fun!
The variety and mix of visits, clinics, touring, restaurants have been wonderful.'**

**Fiona McKinnon, World Physiotherapy Congress
Post Congress Tour in Japan, June 2025**

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader

Professor Gillian Webb is an Australian physiotherapist with a physiotherapy career spanning more than five decades. She has been involved in physiotherapy education for most of those five decades.

Her research interests are in health professional education and particularly in clinical education, assessment of student learning and curriculum development. Her most recent work has been in educating physiotherapy students about the Sustainable Development Goals and Sustainability in health practice. She was the President of the International Society of Physiotherapy Educators for ten years and has recently become involved in developing a program for inter-professional education for health professional students through a Global Learning Partnership project. She has extensive experience in assisting in physiotherapy curriculum design in many countries, including India, Nepal, Afghanistan, Fiji, Malaysia, Bangladesh and Indonesia. She has led a number of workshops in the region on accreditation and regulation, curriculum development and in leadership. She has been



an advisor for the development of a number of degrees in physiotherapy in the region and is a past chair and executive member of the World Physiotherapy Asia Western Pacific region.

She was awarded an Order of Australia (AM) in 2015 for significant service to community health in the field of physiotherapy and is an Honoured Member of the Australian Physiotherapy Association. Gillian has previously led successful study tours to Japan and Vietnam.

'Gillian is an amazing tour leader! She makes you feel instantly comfortable, she's informative, kind and warm. Wherever she goes I would love to join her. She's an inspiration.'

Victoria Chesterman, Therapy and Rehabilitation in Nepal, October 2025



Frida Kahlo Museum, the 'Blue House' (Casa Azul), Coyoacan

3 nights Mexico City – 2 nights Puebla – 3 nights Oaxaca de Juárez



Day 1: Mexico City (Mon, 17 May) **D**

Am: Make your way to Mexico City following the World Physio Congress and check in to Histórico Central.

Eve: Listen to a brief background on the tour followed by a welcome dinner in the historic centre of Mexico City.

Day 2: Mexico City (Tues, 18 May) **B**

Am: Take a guided city tour, passing the Presidential Palace and strolling through the enormous Zócalo before visiting the mighty Catedral Metropolitana, the oldest cathedral in the Americas. Continue to the Museum Antiguo Colegio de San Ildefonso. Sample local delicacies at Mercado 77 San Juan.

Pm: Professional visit and talk. At leisure.

Day 3: Mexico City (Wed, 19 May) **B L**

Am: Visit the Museo Nacional de Antropología, whose 12 exhibition halls are each dedicated to a different pre-Columbian civilization of Mexico. Continue to Coyoacán, a tranquil neighbourhood known for its cobblestone streets, colourful colonial architecture, markets, cafés, and restaurants. See Frida Kahlo's cobalt-blue home, which became a museum following her death in 1954.

Pm: Explore the Museo Casa Estudio Diego Rivera, where the artist couple Diego Rivera and Frida Kahlo once lived. Diego Rivera's studio displays a selection of his paintings, photographs, painting tools, and personal belongings.

Day 4: Mexico City / Puebla (Thurs, 20 May) **B D**

Am: Take a short walk to visit the two basilicas dedicated to the Virgin of Guadalupe. Drive to Teotihuacán to explore its vast pyramid complex. Built between 250 BC and 700 AD, it is regarded as the first city in the New World.

Pm: Continue to Puebla and check in to Hotel San Pedro before dinner in the city centre.

Day 5: Puebla (Fri, 21 May) **B L**

Am: Guided tour of Puebla, visiting the Cathedral and the Plaza de la Constitución, one of the most beautiful squares in Mexico. This colonial city can be identified by its distinctive blue and white Talavera tiles, which were originally used to decorate churches and altars. Visit a Talavera workshop to observe artisans at work. Enjoy a local lunch.

Pm: Professional physiotherapy visit and talk.

Day 6: Puebla / Oaxaca de Juárez (Sat, 22 May) **B L D**

Am: Travel to Zapotitlán Salinas, a region famous for its impressive cacti forest. Visit the Jardín Botánico, an unspoiled natural landscape that can be explored via a network of paths and stairways. It's surrounded by towering columnar cacti, palms, and elephant-foot trees.

Pm: Drive to Oaxaca de Juárez and check in to the hotel in the centre of Oaxaca.

Day 7: Oaxaca de Juárez (Sun, 23 May) **B** **L**

Am: Explore Monte Albán, the ancient capital of the Zapotec and later, the Mixtec civilisations, whose magnificent ruins date from 500–800 AD. Situated on a dramatic flattened mountaintop overlooking the Oaxaca valleys, the site incorporates sloping terraces, houses, temples and tombs. Return to Oaxaca to visit a local market to select ingredients for your tortilla-making class. Afterwards, enjoy the fruits of your labour.

Pm: Visit the Museo Cultural de Oaxaca, housed within a former 16th-century Dominican monastery and featuring masterpieces of Mixtec art and jewellery. Explore the cobbled streets and markets of Oaxaca, one of Mexico's most beautiful cities, and admire the magnificent Church of Santo Domingo de Guzmán.

Day 8: Oaxaca de Juárez (Mon, 24 May) **B** **D**

Am: Visit the peaceful village of Santa María del Tule and see one of the largest, oldest trees in the world. According to legend, the enormous Ahuehuete tree was planted by a priest of the Aztec god, Ehécatl, and is believed to be more than

2,000 years old. Continue to Teotitlán del Valle, a village renowned for its carpet weaving. Each family, mostly of Zapotec origin, has its own distinctive style and tradition.

Pm: At leisure until the farewell dinner.

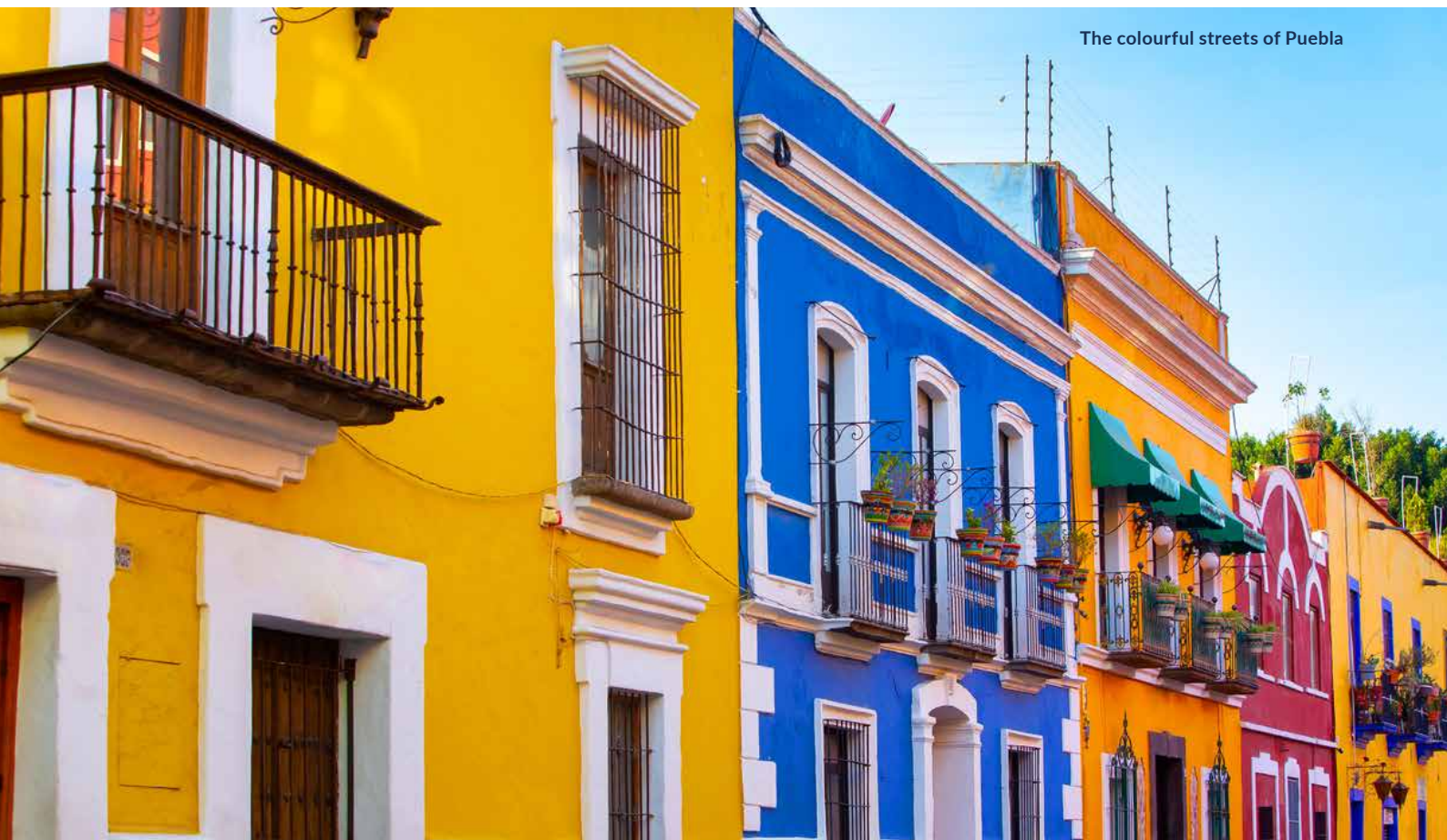
Day 9: Oaxaca de Juárez (Tues, 25 May) **B**

Am: Depart the hotel after breakfast.

Post Tour Extension to Bahías de Huatulco
25 – 29 May 2027

Transfer from Oaxaca to Bahías de Huatulco on 25 May, where you'll spend four nights in this beautiful coastal destination. Stay in the charming Casa Bocana Hotel and enjoy a relaxed beachside stay discovering Huatulco's unspoiled beaches and sampling delicious local cuisine. Check out on 29 May after breakfast.

NB: All itineraries are subject to change according to local conditions.



The colourful streets of Puebla



Santa Cruz Bay, Huatulco

Hotels

Hotel Histórico Central, Mexico City

This distinctive colonial style hotel is in the heart of the city. Balconies overlook the lively streets below, and stylish rooms are filled with natural light. There is also a 24-hour café.

Hotel San Pedro, Puebla

Located in the heart of Puebla City, just one street from the iconic Puebla Cathedral, this contemporary hotel offers spacious rooms with clean lines, high ceilings, and modern amenities. A swimming pool sits at the centre of the atrium, and the restaurant has views of the cathedral.

Holiday Inn Express Oaxaca Centro Histórico, Oaxaca de Juárez

A comfortable and well-located hotel near Church of Santo Domingo that provides bright, simple, and well-equipped rooms. Facilities include a lovely outdoor swimming pool and a gym.

Casa Bocana, Bahías de Huatulco (Extension)

A gorgeous beachside hotel with stylish rooms thoughtfully designed by local artisans. The excellent restaurant uses regional ingredients in creative and delicious ways, while the rooftop terrace offers sea views and signature cocktails. Guests can also enjoy the spa, swimming pool and generous outdoor spaces.



Lovely views of the Casa Bocana



San Francisco Acatepec, Puebla (top); Santo Domingo Church rooftop and streets in Oaxaca; The ruins of Teotihuacan; Handweaving Zapotec style wool rugs, Oaxaca (above)

The cost of the tour per person sharing a double or twin room is £2,550

The cost of the tour with a room to yourself is £2,850

The cost of the tour includes:

- 8 nights' accommodation in medium grade hotels
- The services of a tour leader, Gillian Webb
- The services of registered English-speaking national guide
- A full programme of cultural visits, excursions and activities as detailed in the itinerary
- Comprehensive briefing notes
- All breakfasts, and lunch or dinner as per itinerary
- All internal transport
- All admission fees and tips

The cost of the tour excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks with meals
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; travel insurance and visas, if applicable

The extension cost is £834 per person sharing OR £1,186 with a room to yourself

Extension cost includes:

- 4 nights' accommodation at the Casa Bocana Hotel or similar
- Transfer from hotel in Oaxaca de Juárez to Bahías de Huatulco
- Breakfast each day
- All taxes

The cost excludes

- As for main tour

World Physiotherapy Congress Package

The **World Physiotherapy Congress 2027** will take place in Guadalajara from **14-16 May 2027**.

We are planning an internal flight and transfer package for participants who wish to attend the tour post congress. Please enquire for more details.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. We also ensure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to.

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ATOL

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Colonia Del Carmen in Coyoacán (top); Santa Domingo Church in Oaxaca; Traditional food from Oaxaca; Folkloric parade and dance in Oaxaca (above)



**JON BAINES
TOURS**

