

El Castillo (Kukulcán Temple) of Chichén Itzá

Dental Study Tour in Mexico
4–16 November 2027

With beach extension to Playa del Carmen
16–19 November 2027

AITO
The Specialist Travel Association

JON BAINES TOURS

Level 3
MODERATE



Folkloric parade and dance in Oaxaca

Journey through ancient civilisations, colonial zócalos (town squares) and vibrant communities to uncover the spirit and colour of Mexico in the company of your fellow professionals.

Begin in Mexico City, the world's largest Spanish-speaking city and a cultural trailblazer, where Frida Kahlo, one of the 20th century's most influential artists, found her inspiration. Wander Puebla's Talavera tiled streets and try the comida típica (typical foods) that have earned the city its reputation as Mexico's gastronomic capital. In Oaxaca's alleyways, tucked between imposing Baroque churches, you'll find the heritage of Zapotec craftspeople, radical street art and a mania for mezcal. Then fly to the jungles of the Yucatán Peninsula to discover Valladolid, a designated Pueblo Mágico (magical town).

Trace the story of Mexico through the legacy of its great civilisations. Visit the vast and mysterious pyramid complex of Teotihuacán, the ancient Zapotec capital of Monte Albán, and the astonishing Mayan ruins at Chichén Itzá.

The itinerary combines a rich cultural programme with CPD visits exploring dentistry and oral health. Professional visits range from hospitals and private practices to rural clinics, alongside a visit to the Mexican Dentistry Exhibition at the Museum of University Autonomy.

There is also the option to extend your stay for three-nights in the beautiful coastal destination of Playa del Carmen, where you can enjoy the azure waters of the Mexican Caribbean.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate

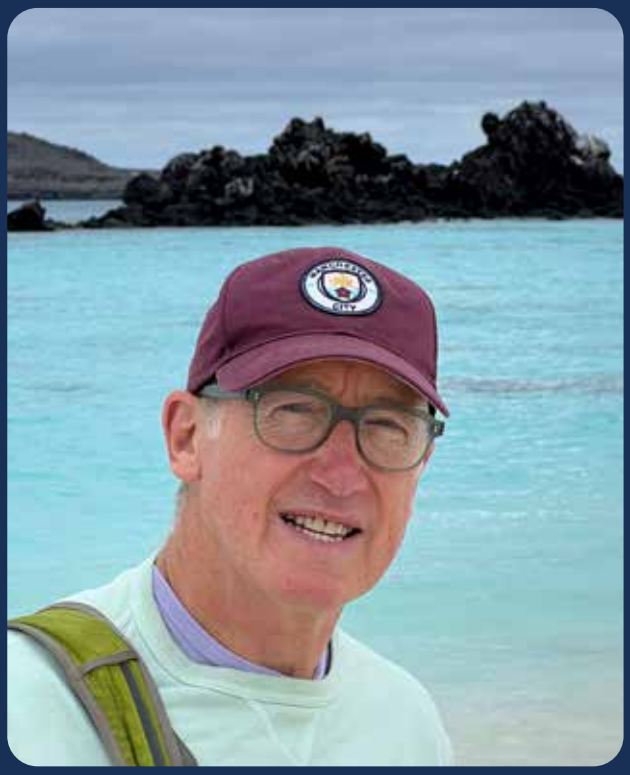
Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader

Kevin Esplin was a specialist prosthodontist for many years.

He trained at King's College Hospital, London, and then embarked on a two-year postgraduate program at the University of Connecticut, followed by a stint at the Eastman Dental Institute, London. For the past 35 years he has been in private practice in Cambridge, where he specialises in restorative dentistry and dental implants. His practice won the award of 'The Best Dental Practice in Britain' in 2015.

He has lectured in the USA and England and has been running dental education programs in his practice for the past 10 years.



"Kevin is very kind, very helpful and an excellent tour leader."

Sheila Dowell, *Dental Study Tour to Chile*, Jan 2026



Frida Kahlo Museum, also known as the Blue House (Casa Azul) in Coyoacán

Itinerary: 4 –16 November 2027

B = Breakfast L = Lunch D = Dinner

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



Day 1: Mexico City (Thur, 4 Nov) D

Am/Pm: Arrive in Mexico City and make your way to your hotel.

Eve: Listen to a brief background on the tour followed by a local dinner.

Day 2: Mexico City (Fri, 5 Nov) B D

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

Pm: Visit the Mexican Dentistry Exhibition at the Museum of University Autonomy, formerly home to the National School of Dentistry (1935–1958), to discover the history of dentistry in Mesoamerica through unique instruments, techniques, and treatments. Enjoy a welcome dinner.

Day 3: Mexico City (Sat, 6 Nov) B L

Am: Experience a different side to the city in tranquil Coyoacán, known for its colourful and cobblestoned streets, markets and cafés. 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. Take a small boat tour through Xochimilco's floating gardens, an Aztec creation and UNESCO World Heritage Site.

Day 4: Mexico City (Sun, 7 Nov) B

Am: Visit the Museo Nacional de Antropología, whose 12 exhibition halls are each dedicated to a different pre-Columbian civilization of Mexico.

Pm: Professional visit to a dental hospital and time at leisure.

Day 5: Mexico City / Puebla (Mon, 8 Nov) B D

Am: 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: Drive past snowy peaks and volcanoes to vibrant Puebla. Check in to the hotel.

Day 6: Puebla (Tue, 9 Nov) B L

Am: Guided tour of Puebla, visiting the Cathedral and the Plaza de la Constitución, one of the loveliest squares in Mexico. Distinctive blue and white Talavera tiles decorate its churches and altars.Visit a Talavera workshop and enjoy a local lunch.

Pm: Professional visit to a private dental clinic and time at leisure.

Day 7: Puebla / Oaxaca de Juárez (Wed, 10 Nov) B L

Am: Travel to Zapotitlán Salinas, a region famous for its impressive cacti forest. Visit the Jardín Botánico, surrounded by towering columnar cacti, palms, and elephant-foot trees.

Pm: Drive to Oaxaca de Juárez, an exquisite colonial town with old, cobbled streets and the magnificent Baroque church of Santo Domingo de Guzmán. Check in to the hotel.

Day 8: Oaxaca de Juárez (Thur, 11 Nov) B L

Am: Explore Monte Albán, the ancient capital of the Zapotec and later, the Mixtec civilisations. Its dramatic hilltop ruins date from 500–800 AD. Return to Oaxaca and visit one of the many colourful markets to select fresh ingredients for a tortilla-making class and tasting.

Pm: Visit the Museo de las Culturas de Oaxaca, housed within a former 16th-century Dominican monastery and featuring masterpieces of Mixtec art and jewellery.

Day 9: Oaxaca de Juárez (Fri, 12 Nov) B D

Am: Professional visit to a rural dental clinic before driving to the peaceful village of Santa María del Tule with its large Ahuehuete tree, said to have been planted by a priest of the Aztec god Ehécatl more than 2,000 years ago. Continue to the archaeological site of Mitla, which was an important religious centre of the Zapotec people. The Group of the Columns is considered one of the highlights of pre-Columbian architecture in Mexico.

Pm: Visit a mezcal distillery in Santiago Matatlán.

Day 10: Oaxaca de Juárez / Valladolid (Sat, 13 Nov) B D

Am/Pm: Fly to Cancún, then transfer to Valladolid. Check in to hotel.

Day 11: Valladolid (Sun, 14 Nov) B

Am: Walking tour of Valladolid's historic centre, founded in 1543, visiting the Ex-Convento de San Bernardino de Siena, the cathedral, the charming Calzada de los Frailes, and the Mercado Municipal, known for its traditional Mexican handicrafts.

Pm: Professional visit.

Day 12: Valladolid (Mon, 15 Nov) B D

Am: Visit Chichén Itzá to explore the ancient Maya civilization and the lush jungles of the Yucatán Peninsula. Only around 30 of the many structures hidden in the jungle have been uncovered and restored. The impressive 30-metre "El Castillo" pyramid towers above the site.

Pm: Continue to Cenote Yokdzonot, a natural sinkhole featuring an oval pool approximately 40 metres wide surrounded by 18-metre-high vertical walls draped in thick grey roots. Swim in its clear waters.

Eve: Enjoy pre-dinner drinks at the hotel's rooftop bar overlooking the city, followed by an authentic farewell dinner.

Day 13: Valladolid / Cancún (Tue, 16 Nov) B

Am: Depart the hotel after breakfast or join the extension.

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



Cenotes in the Yucatán Peninsula (natural sinkholes)

Post Tour Extension to Playa Del Carmen

16–19 November 2027

Transfer to Playa del Carmen and check in to The Beachfront by The Fives Hotel on the Riviera Maya. Enjoy three nights at leisure, with time to relax on the white-sand beach, swim in the clear Caribbean waters or explore the surrounding area. Check out on 19 November.



Hotels

NH Collection Mexico City Centro Histórico, Mexico City
This sleek, modern hotel is, as its name suggests, right in the heart of Mexico City, just steps from the Zócalo. The spacious, bright rooms are air-conditioned, and the hotel also features a gym and a terrace dining area.

NH Puebla City Centro, Puebla
Much like its sister hotel in Mexico City, this NH hotel is modern and offers comfortable, well-kept rooms close to the city centre. It also has a restaurant, bar and gym, as well as a rooftop swimming pool with views of the city.

Hotel Na'ura, Oaxaca de Juárez
A boutique hotel located in the historic centre of Oaxaca. This colonial-style hacienda has a rich history of its own and was where the Plan de la Noria, a liberal call to arms against presidential re-election, was signed in 1871. The rooms are spacious and air-conditioned, and facilities include a swimming pool, restaurant and coffee shop.

El Mesón del Marqués, Valladolid
A spacious hotel that blends colonial elegance with modern comforts. Enjoy excellent amenities, including an outdoor pool, jacuzzi, restaurant and a lovely bar terrace with views of the Church of San Servacio and Francisco Cantón Rosado Park.

Beachfront by the Fives Hotel, Playa del Carmen (Extension)
A beachfront boutique hotel located on the pristine Xcalacoco Beach in the Riviera Maya. It has chic, contemporary furnishings and a quiet, relaxed atmosphere. Facilities include a Mexican fusion restaurant serving locally sourced ingredients, a cocktail bar, an outdoor pool and a full-service spa overlooking a natural sinkhole (cenote).

The Beachfront by the Fives, Playa del Carmen (Extension)
(Ocean view rooms are available at a supplement)









Traditional food from Oaxaca (top); People dressed in traditional clothes in Oaxaca; Panorama of the Pyramid of the Sun, Teotihuacan; The colourful streets of Puebla (above)

The cost of the tour per person sharing a double or twin room is £3,980

The cost of the tour with a room to yourself is £4,580

The cost of the tour includes:

- 12 nights' accommodation in medium grade hotels based on a twin/double room
- The services of a tour leader, Kevin Esplin
- The services of a registered English-speaking national guide
- A full programme of cultural visits, excursions and activities as detailed in the itinerary
- A full programme of professional visits as detailed in the itinerary
- Comprehensive briefing notes
- All breakfasts, and lunch or dinner as specified
- All internal transfers, including an economy-class flight from Oaxaca de Juárez to Cancún
- All admission fees and tips

The cost excludes:

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

The cost of the extension per person sharing a double or twin room is £876

The cost of the extension with a room to yourself is £1,184

Extension cost includes:

- Transfer from hotel in Valladolid to Playa del Carmen
- 3 nights' at the Beachfront by the Fives Hotel in a standard garden view room on an all-inclusive basis (Ocean view rooms are also available at a supplement)
- All taxes

Extension cost excludes:

- As for main tour

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

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.

From the sublime to the humble, we provide a variety of experiences in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun!

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Colonia del Carmen in Coyoacán (top); Handweaving Zapotec-style wool rugs, Oaxaca; San Francisco Acatepec, Puebla; Santo Domingo Church rooftop and streets in Oaxaca (above)

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