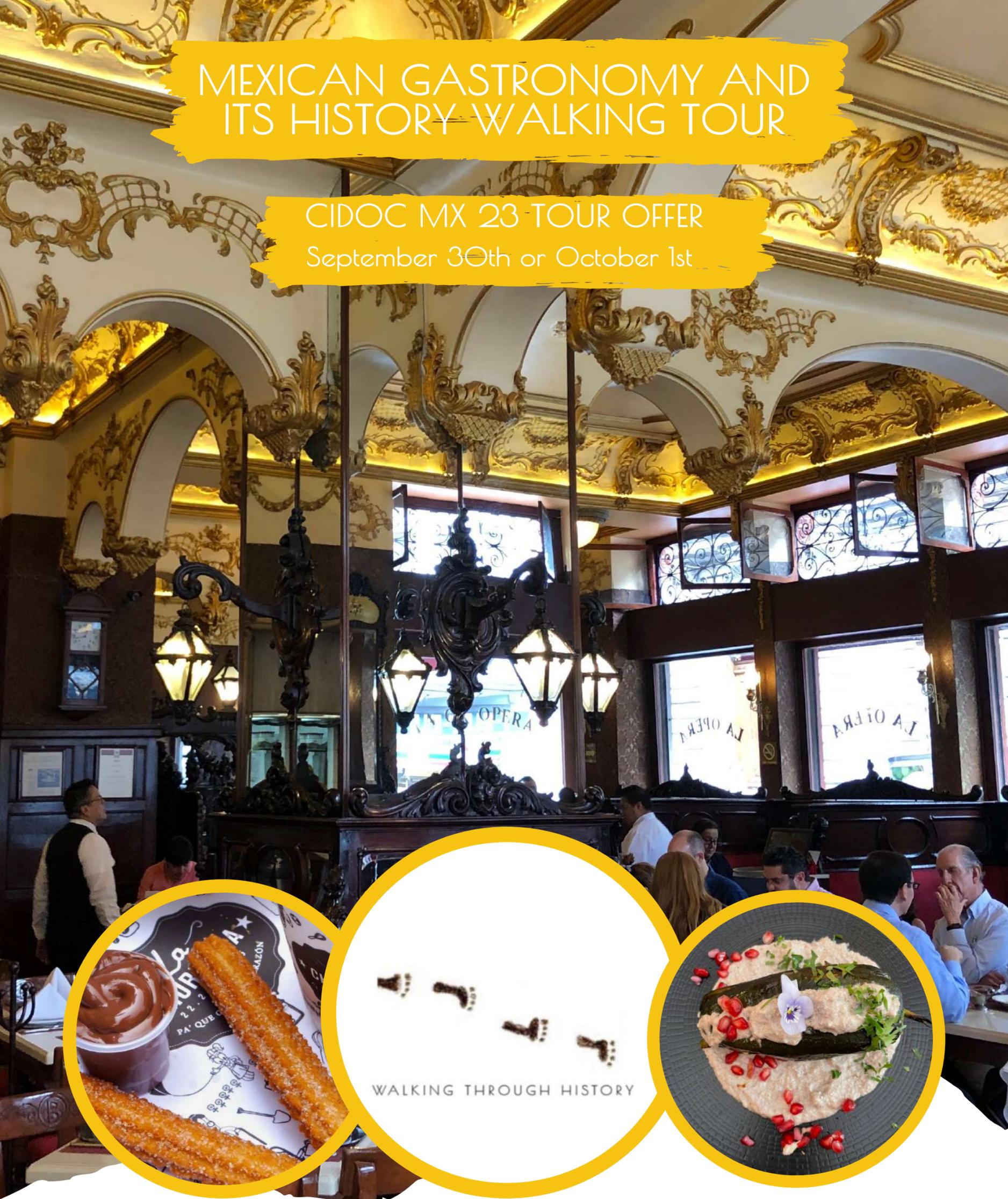


# MEXICAN GASTRONOMY AND ITS HISTORY WALKING TOUR

CIDOC MX 23 TOUR OFFER

September 30th or October 1st



## ABOUT THIS TOUR:

Enjoy a walking tour in which you will learn -by tasting different flavors- how gastronomy has been enriched over time thanks to the arrival of different ingredients and the influence of other cultures. The tasting of a dish and drink will accompany each stop.

\*Only insect snacks and a mezcal cocktail are included

## COSTS:

**PRIVATE GROUP:** 353 USD / MXN 6,500 per tour  
From 2-5 people. For larger groups, an MXN 700 extra fee will be charged per person.

**SHARED GROUP:** 76 USD / MXN 1,300 per person  
From 2-25 people.

**DURATION:** 4 Hrs.

**SCHEDULE:** 13:00 - 17:00

**INCLUDES:** Insect snacks + a mezcal cocktail

**CHILDREN:** under 11 do not pay

WALKING THROUGH HISTORY

[booking@walkingthroughhistory.com](mailto:booking@walkingthroughhistory.com)

[www.walkingthroughhistory.com](http://www.walkingthroughhistory.com)

## What will be visited

On this walking tour, you will travel back in time through Mexican gastronomy and History.

Begin at a terrace overlooking the Mexica main temple (Aztec), tasting **snacks with insects** and learning why this source of protein was present in **Mesoamerican gastronomy** during pre-Hispanic times.

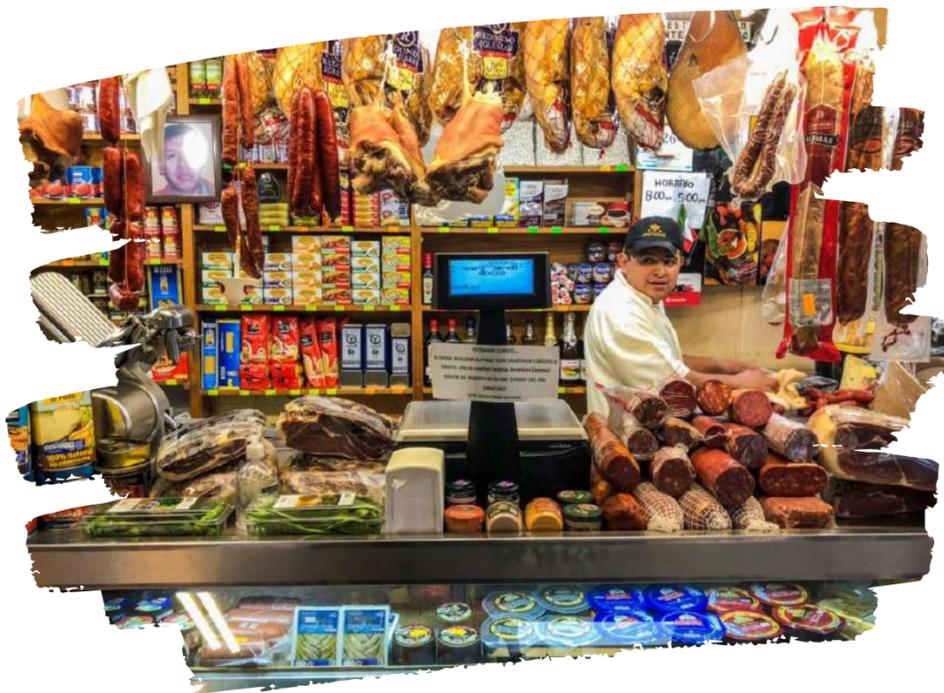


In a **candy store from 1874**, preserved as it was then, you will taste sweets and candy made with **original recipes from the 1500s** to the beginning of the 20th century.

Throughout the tour, you will visit different restaurants and places to **understand the influence of other cultures on Mexican gastronomy**.



Visiting a **traditional cafe from 1940**, you will learn about the **Chinese influence** on food with their famous "**Chinese bread**" and its contribution to the bread display cases at the front of their restaurants.



At the San Juan market, you will taste typical Spanish tapas accompanied by wine to understand the **influence of the arrival of Spanish refugees** during the civil war during the late 1930s.

Finish this tour tasting natural and flavored pulques in a **century-old pulqueria** to imagine what **revolutionary times** were like in Mexico. Also, enjoy the tour with **music to set the mood for each period to which the dishes belong**.



# More info about this tour

**Duration:** 4 hours

**Meeting point:** El Mayor Restaurant

**Address:** República de Argentina 15, Centro Histórico, Cuauhtémoc, 06020 Ciudad de México, CDMX

\*Access the Porrúa Bookstore, then take the elevator to the 2nd floor. Exit the elevator, and your guide will be waiting there for you.

## Includes:

- A walking tour with an expert guide with a graduate academic degree (Art Historian, Historian, or Archeologist).
- In large groups, headsets will be provided to hear the tour guide.
- Three different sopes (thick corn tortillas) with three different types of insects: agave worms, Chicana ants, and escamoles (ant larvae).
  - You can also have them without any insects.
  - Snacks are only considered for adults.

## Not included:

- Extra hours
- Food or beverages

## What to bring:

- Walking shoes.
- Comfortable clothes.
- If you bring a professional camera, keep it safe in a bag while walking.
- Raincoat or umbrella (from April to October).
- Sunblock.

## Children:

- When bringing children along, an adult must always accompany them.
- Children under 12 do not pay

## Contact us at:

+52 5529 00 0506

booking@walkingthroughhistory.com

