



Mexico City, 2010

History, Points of Interest and Maps

History

Since your arrival in Mexico City you can see several streets, buildings and spaces that are barely contained by the mountains and volcanoes that can be found along its circumference. The city was built over a number of lakes, and today it has more than 20 million inhabitants that live within a contrasting and accelerated life style which can be observed in the diversity of activities that occur along the streets: cars, people on the streets, small restaurants in every corner and all types of products being sold. This scenery represents the poverty of many of the inhabitants contrasting with refinement and luxury.



The rich variety of the cities activities and the cultural singularities are reflected in a series of constructions and the majestic background that have been given by the interaction of history from several centuries behind and restless modernity. Undoubtedly a source of innumerable photographs that can be taken.

Since its foundation in the year 1325, Mexico City has been considered for its grandiosity and in it you can find centuries of change, sometimes radical in its physiognomy but also in its size, that sometimes ignores political differences and fuses old towns or creates new cities that can be considered to come out of nowhere.

Some call it D.F, an abbreviation of “Distrito Federal”, others simply call it Mexico as if the whole country could fit in the cities streets. This last detail represents the concentration of services, groups that come from all the regions of the country and several foreigners (residents and visitors) that turn this city into a cosmopolitan area.

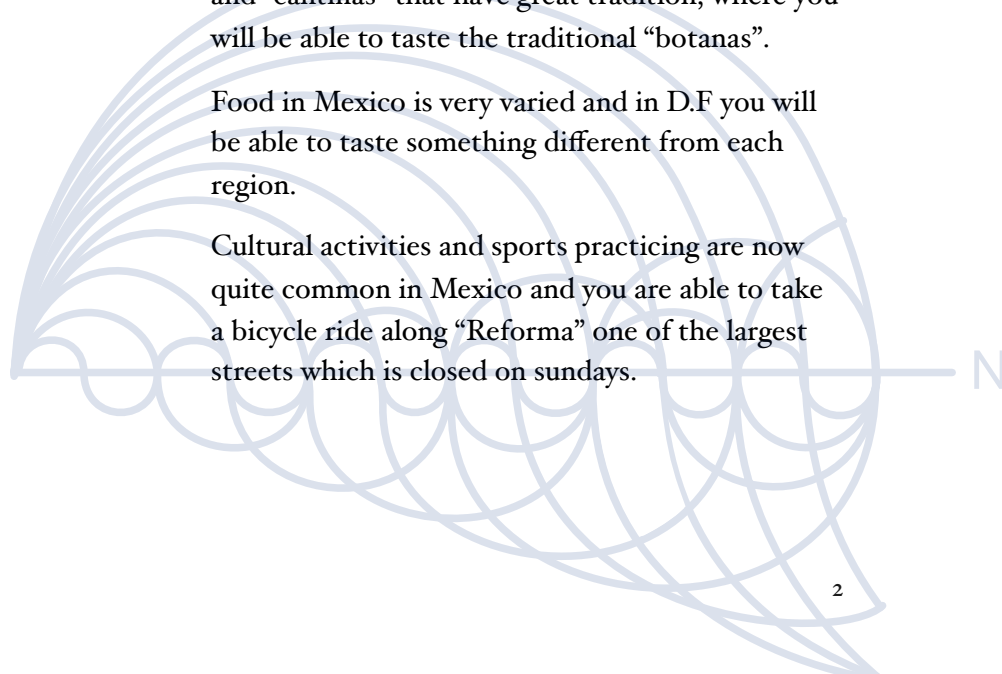
It is impressive that despite the size many of the attractive zones can be visited by foot, something that will give you several enjoyable moments, between grey sceneries and backgrounds you will be able to find colorful market places, next to portable “taco” stands you can find mystical monuments or exquisite mansions. Be prepared for a city that has been able to get together indigenous traditions together with european nostalgia, with spicy food dishes, mariachis and other interesting rythms.

The enormous amount of interesting activities that take place in the city give you the opportunity to participate in traditional activities, shows and sports events. In the cities museums you will be able to find pieces that are unique in the world as well as recreational activities for kids.

During the day, activities are numerous and you will probably need a refreshment and in Mexico City you will be able to find good cafeterias, bars and “cantinas” that have great tradition, where you will be able to taste the traditional “botanas”.

Food in Mexico is very varied and in D.F you will be able to taste something different from each region.

Cultural activities and sports practicing are now quite common in Mexico and you are able to take a bicycle ride along “Reforma” one of the largest streets which is closed on sundays.





Activities

Some of the areas that are close to the city have great natural richness and a rural feel to them; some of the most important are *Tlalpan* and *Xochimilco*. Visiting these places will take you to a discovery of first class monuments and landscapes that defy the pass of time.

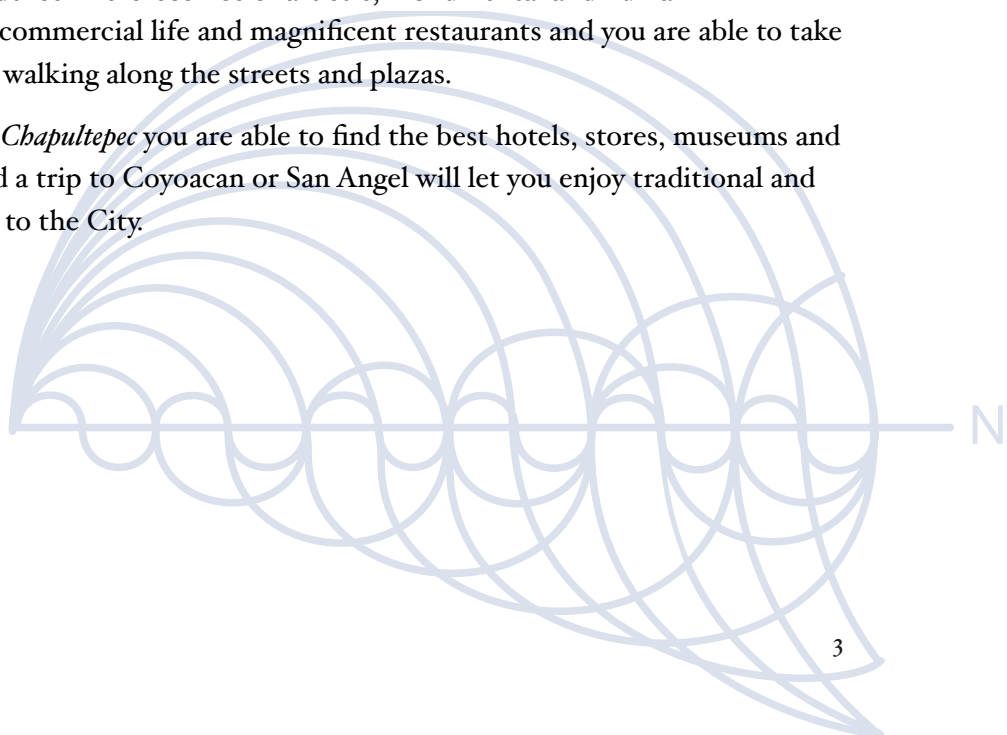
The pre-hispanic past of the city is represented to visitors only a couple of kilometers away, in the sacred city of *Teotihuacan* with its pyramids and museum.



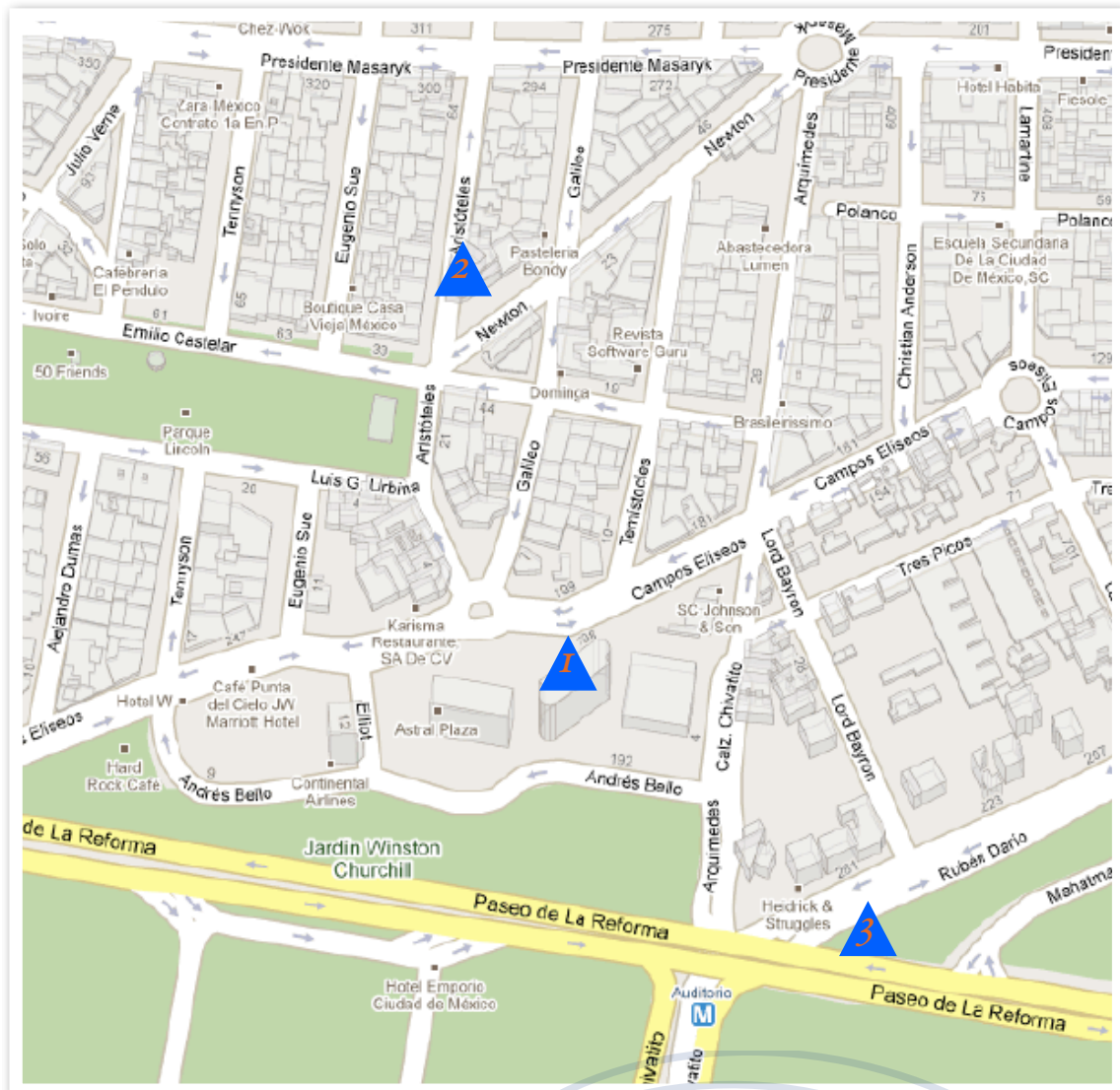
Visiting Mexico City is like visiting a great mosaic in which you will be able to find something different in each of the areas, archeological sites, old time spanish buildings, excellent museums and cultural centers, which are sometimes built inside ancient constructions.

Downtown Mexico City is a dense micro-cosmos of artistic, monumental and human representations, with a great commercial life and magnificent restaurants and you are able to take a journey through time while walking along the streets and plazas.

Along *Paseo de la Reforma* and *Chapultepec* you are able to find the best hotels, stores, museums and visits the city has to offer, and a trip to Coyoacan or San Angel will let you enjoy traditional and sophisticated ambience close to the City.



The Area



1. Hotel Presidente Intercontinental

2. KratFel, S.C

3. Anthropology Museum

Food, Water and General Health Issues

- Avoid drinking tap water or on the streets. Ask if the water is purified or order bottled water.
- It is not very recommendable to consume foods in small stands on the streets or places that show a lack of hygiene. It is also important to consider that Mexican food is usually spicy and with high amounts of grease which is why it is recommended to consume them moderately at first.
- The cities altitude makes it common for people to feel with a slightly lower physical capacity although adaptation is fairly quick.
- Pollution levels in the city might cause eye, nose and/or throat irritation as well as fatigue in some cases, try to be on the streets for short amounts of time, especially during the dry season.

Money and Currency Exchange

- You can find currency exchange offices at the airport and commercial areas of the city, you are recommended to check exchange rates constantly as they can vary constantly, you can also change mainstream currencies in banks, currently there is a 500 USD limit on foreign currency exchanges.
- Mainstream Credit/Debit cards are usually accepted in all larger establishments although local cash will still be needed for smaller transactions, especially on the street.

Climate and Etiquette

It is common to believe that based on the latitude Mexico City has a subtropical climate, this is not entirely true as the height of 2,235 mts above sea level and the mountains make it a place with moderate climate, it can be fresh during the morning and night and hot during the day, this removes humidity from the air and can be annoying for some visitors.

Security and Personal Safety

- Avoid wearing valuable objects, carrying high amounts of cash or more than one credit card.
- Maintain constant surveillance of your personal belongings at all times especially in public places.
- Conserve common sense and be calm, these will be your best allies.
- When talking to strangers try to maintain a dialogue to understand their intentions.
- Use your hotels safety deposits.
- Try to have company when you are out on the streets.
- Only use authorized taxis from the airport or try to use hotel taxis if needed.
- When boarding a taxi verify that the driver uses the taximeter, if not negotiate a reasonable fee before boarding the car. A tip is usually not given but it is welcomed, if you realize any irregularity try to get of the taxi casually.

Emergency Contacts

KratFel S.C

Aristoteles #81, Col. Polanco.
Tel. 24743266 / +52 (55) 24743266

Hotel Presidente Intercontinental

Campos Eliseos 218. Col. Polanco.
Tel. 5327 77 00 / +52 (55) 5327 7700

Mexican Emergency Number

066

Information and Lost people (LOCATEL)

Tel. 5658 11 11

Tourist Information (INFOTUR)

Tel. 5525 9380, 5525 8381

Country Code for Mexico: 52

Area Code for Mexico City: 55

For international calls: 00 + (Country Code) +
(Area Code) + Phone Number

Mexico City Airport

Terminal 1: Tel. 2482 24 24, 2482 24 00

Terminal 2: Tel. 2598 70 00

