



# ISLA Cozumel

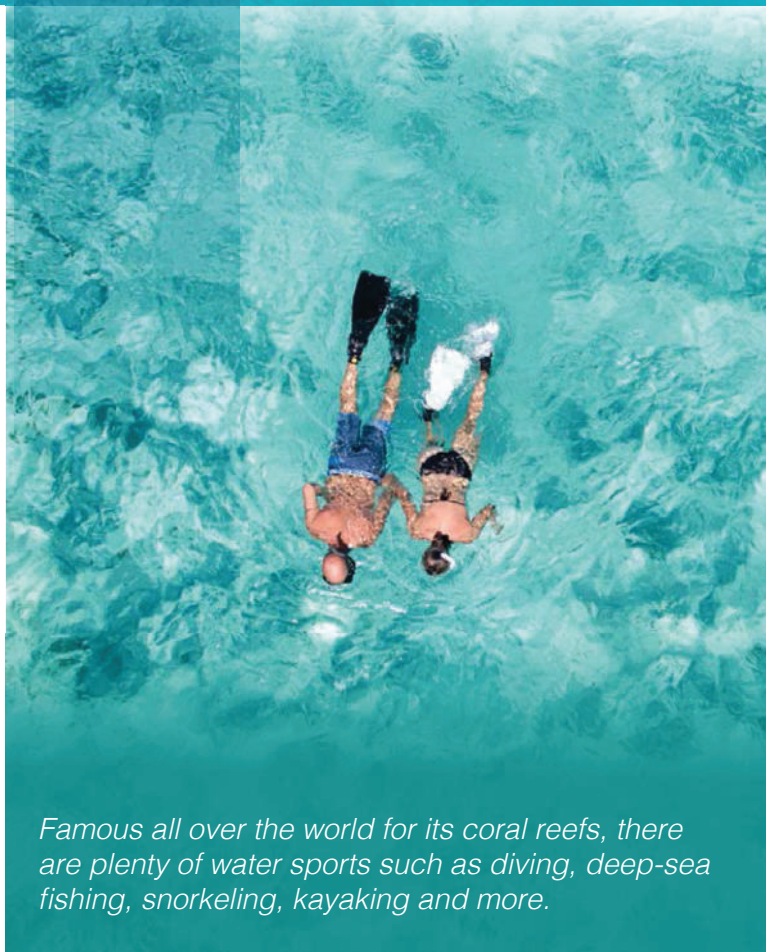
*With a Mexican heart and a Caribbean soul*

With a Mexican heart and a Caribbean soul, Cozumel is a paradise where tradition, flavor and joy come together. You will always find a friendly face and a warm welcome to make your stay an unforgettable one. Cozumel's mostly undeveloped territory at the center of the island is covered by jungle and swampy lagoons, which are home to tiny mammals and endemic birds that have never left

the island. Noteworthy is the Chankanaab National Park, a Cozumel icon, and the Punta Sur Ecological Reserve. This huge protected area at the southern tip of the island includes Punta Celarain and its historical lighthouse, as well as the Colombia Lagoon, a shelter for many of the island's endemic species, as well as other endangered forms of life, such as marine turtles and their nesting areas.

With its beautiful beaches and exotic locale, Cozumel is an ideal destination where honeymooners can enjoy colorful and breathtaking sunsets, moonlit walks on secluded beaches, swim through crystal clear blue waters and romantic candlelight dinners. Explore the beautiful waterfront and charming downtown area of San Miguel in a calm and quite atmosphere,

*Cozumel offers a wide range of accommodations to fit every taste, restaurants for all palates and top-rate bars. If shopping is what you prefer, Cozumel has it all, small shops for souvenirs, colorful crafts and the most elite and luxurious jewelry stores.*



*Famous all over the world for its coral reefs, there are plenty of water sports such as diving, deep-sea fishing, snorkeling, kayaking and more.*

and feel the warmth and hospitality of its people. Cozumel has an international airport with direct flights from major cities from the USA such as Atlanta Dallas, Denver, Charlotte and Houston among others. As well as, domestic flights from Guadalajara, Monterrey and Mexico City; there is also an air shuttle from Cancun. With fast boats, regular schedules and convenient service you can be in

Cozumel in 40 minutes departing from Playa del Carmen starting as early as 7:00 to as late as 23.00 hrs. It is the first island in the world to receive the distinction "Island of Peace" by the NGO-UN International Committee. Beside, Cozumel is a member of the World Network of Biosphere Reserves and the Sustainable Cities Network of UNESCO, as well as being the First Intelligent Island of Mexico.

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This island has a rich history and the people from Cozumel are faithful guardians of their cultural traditions. During the 3rd century D.C. Maya groups came from Petén, region of northern Guatemala. And in some places of the island there are vestiges of this culture, especially in the area known as Santa Rita and part of San Gervasio. In the 7th century AD, during the Late Classic period, the Mayan-putunes migrated from southern Campeche and Tabasco to Cozumel, changing the social organization, the architecture and the religion. There were numerous temples throughout the island, more than 30 archaeological sites have been documented, but there were six main settlements: Muluk Mul (Eleven Hills), it was a commercial port located near the cove; Xamanha (Northland), known today as Cozumel City, was the main port, a commercial center and the place where the pilgrims arrived to the island; Tantun Cuzamil (flat stone of the place of the swallows) religious and administrative center known today as San Gervasio; Oycib (nest or the place of honey) agricultural center, known today as The Cedral;

Colombia and Buena Vista (the Mayan name is unknown), located on the east coast. The first Spanish expedition to visit Cozumel was led by Juan de Grijalva in 1518, and he was amazed at the signs of civilization shown everywhere, especially in the architecture. The Spanish captain named the island "Isla de la Santa Cruz" (Holy Cross Island) and the first Catholic mass

## DISCOVER THE HISTORY OF THE ISLAND

*Cozumel became an important stop on the coastal trade route that extended from the Gulf of Mexico to the Central American Caribbean coastal towns. With this changes came the cult of Ixchel, goddess of the moon, the love, the birth and the fertility. Maya women seeking to ensure a fruitful marriage would travel to the sanctuary of Ixchel on Cozumel, so it became the most important place of pilgrimage throughout the Mayan world, after Chichén Itzá.*



The Spanish explorers encountered complex cities rivaling or surpassing those in Europe, an extensive knowledge in the medical field, remarkable artistic and scientific achievements, and the Mayan calendar more accurate than the Gregorian calendar.



In Meso-America was celebrated, on May 6, 1518, at a location currently named Las Casitas (little houses). During colonial times, the island was practically uninhabited and by the early 17th century pirates had discovered Cozumel and used it as a safe harbor. The island was resettled in 1848, when refugees escaping the tumult of the Caste War of Yucatán arrived to Cozumel. The new settlers became fishermen and farmers growing fruits, henequen and gum. In the mid-20th century, the crystal clear waters and the amazing reefs of Cozumel brought the attention

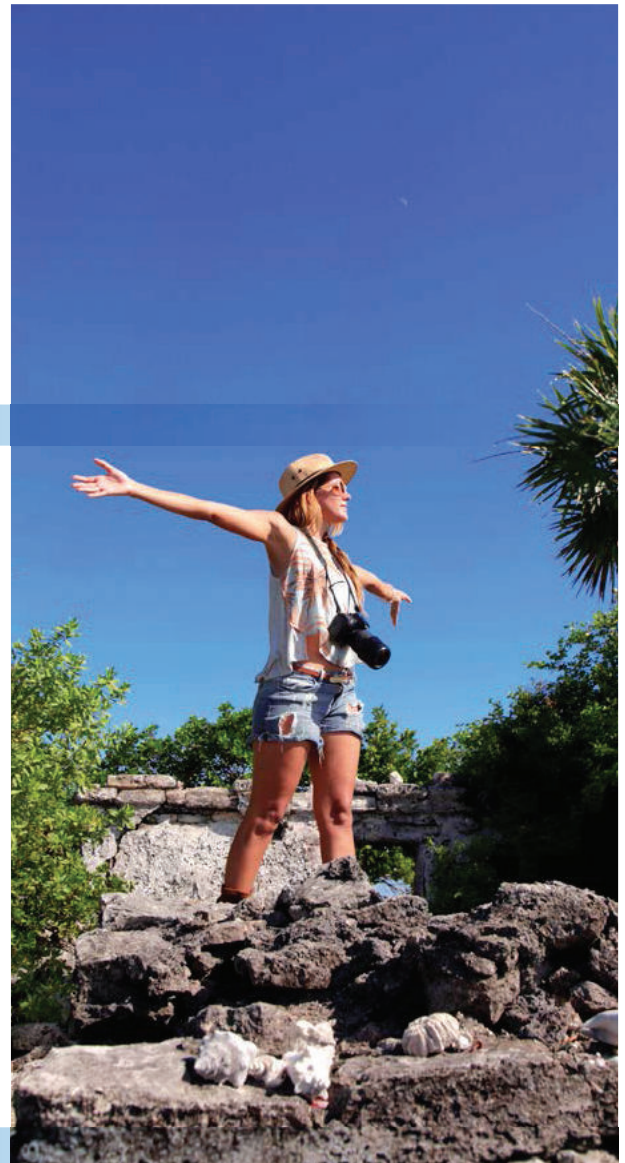
of diving enthusiasts. In the late 1960s the famous oceanographer Jacques Cousteau visit the island and turned Cozumel into an internationally recognized dive destination, now ranked as one of the top five scuba diving areas in the world. In the 1970s the principal cruise lines include Cozumel into their itineraries, and became the most important cruise line destinations in Mexico. Cozumel has been able to preserve an austere simplicity, enveloped in a

tranquil and peaceful atmosphere of a lovely fishing village.

# MAYAN INHERITANCE IN COZUMEL

## EL CEDRAL

It is the oldest archaeological site on the island but only sparse evidence remains of El Cedral's past glory, because much of the site was destroyed by conquistadors, but it is the oldest site on the island. Today is the site of the Festival of El Cedral celebration held each May. Commemorating the Day of the Holy Cross, the 150+ year tradition honors the safe passage of 11 founding families who fled the mainland for Cozumel in 1848 during the "Guerra de Castas" (the Caste War).





## SAN GERVASIO

Marvel at the natural environment and the mysteries of San Gervasio. It is the most important Mayan site in Cozumel's Island. You can become part of Mayan culture and its mysteries. San Gervasio was a sacred Maya site, plus a strategic site for commerce and politics in the area. It was a sanctuary to Goddess Ixchel and an obligatory visit site for Mayas once in their lifetime. The site includes several architectural complexes connected by a network of sacbes (ancient elevated roads). The first group, known as Manitas because of the red-colored handprints on the interior walls, was the residence of the halach unik, or the Mayan ruler of Cozumel. It has an outer room and an inner sanctum. As one goes further, you can see a small temple named Nah Chichán or Small House. The road to the west leads to the "El Álamo" building, that along with "El Palacio" (The Palace), "Los Murales" (The Murals), "El Osario" (The Ossuary) and "Las Pilastras" (The Pilasters) are a group of buildings used as palaces and ceremonial centers. At the northwest corner of the square there is a Maya arch. This corbelled arch is the entrance of the main religious Sacbé. Walking along this pathway you get to Nohoch Nah or Big House, one of the best preserved buildings in the site, the interior walls

still show signs of a red, ochre and blue mural painting, and behind the building there is a cenote. To the west you will find "Los Murciélagos" (The Bats), the older building in San Gervasio, the compound is made up of several rooms and out-buildings. The largest single structure is Ka'na Nah or Tall House, this structure may have been a temple for Ixchel. Open daily from 8:00 to 15:45 hrs.

### EL CARACOL

The site was occupied during the Late Post classic (AD 1200-1500). It's believed to have been a lighthouse where Maya used smoke and flames to lead boats to safety. The site has three

main structures, two temples and an altar. "El Caracol" (The Snail) is a small, conch-shaped structure with openings at the top acting as whistles to alert Maya to approaching tropical storms and hurricanes. It is located inside the Punta Sur Ecological Reserve. Open daily from 9:00 to 16:00 hrs.

### CASTILLO REAL

A 1200-year-old Maya site on the eastern coast of the island. The castillo (castle) comprises a lookout tower, the base of a pyramid, and a temple with two chambers capped by a false arch. The waters here harbor several shipwrecks and it's a fine spot for snorkeling.



# WHAT TO SEE IN COZUMEL



## SAN MIGUEL

This is the largest town in the island; it was named in honor of Archangel Michael, considered the protector of Cozumel. When you walk through the town, the streets come alive with colored buildings and you feel immediately in a Caribbean village. The downtown area along the ocean front street is loaded with boutiques, restaurants, bars, shops with souvenirs and crafts and just about everything you could imagine. At night the

island, offers many options to have fun and spend unforgettable moments.

## MUSEO SUBACUÁTICO DEL BUZO DE ORO (MUSUBO)

The Underwater Museum of the Golden Diver (MUSUBO) was inaugurated by Jean-Michel Cousteau in the Cozumel Scubafest diving festival. This underwater museum seeks to diversify water tourism and reduce the impact of visitors to the Cozumel Reef National Park. This area pays homage to the men and women who love the sea and are part of the history of diving. It is also a way to promote aquatic activities with incredible underwater bronze sculptures of different shapes and sizes submerged between 3 and 5 meters depth that with time have been covered of marine life. In addition, it is the only underwater park illuminated in the world.



## SEA WALLS: "ARTISTS FOR OCEANS"

It is an innovative urban art project created by members of a non-profit organization based in Hawaii, known as PangeaSeed. This is art program that brings the oceans into streets around the world. With the help of a growing community of 300+ supporting artists, the organization has a continuous work of bringing attention to the global plight of the oceans through ARTivism. In Cozumel world-renowned artists have created large-

scale public murals on the island in which educational efforts were joined with the community, focusing attention on the serious environmental situations currently facing the oceans, promoting the importance of long-term sustainability of natural resources.

## ISLAND MUSEUM

A former luxury hotel, features four exhibit rooms. The exhibits on the ground floor focus on Cozumel's ecosystems. The second floor offers a comprehensive overview of the island throughout history with a display of ancient Maya





artifacts, and an exhibit of Cozumel's cultural and economic development during the 20th century. Open Monday to Saturday from 9:00 to 16:00 hrs.

*COZUMEL PLANETARIUM*  
 "Chá an Ká an" is the name of the planetarium and it means 'watch' or 'enjoy' the sky in Maya. The facility is fully equipped with state of the art technology and 3D systems, it is one of the most modern facility of its kind in all of Latin America. The place will also include an interactive museum of water, plus different areas dedicated to scientific and technological development, as well as an observatory, a museographic space on Maya cosmology and a special telescope to safely observe the sun. There is also a Nature Interpretation Center with an amazing display of the endemic flora of Cozumel. Every week the facility offer conferences, movies and other activities for kids, adults and families.

### *DISCOVER MEXICO*

It is a cultural theme park about Mexico, where the entire family can truly experience this rich country trough its different historical periods and amazing culture: pre-Hispanic, Colonial, and modern. This park is truly spectacular, as you will enjoy an exterior walk of Mexico's most important archeological sites and colonial buildings, on site museum with temporary and permanent exhibits, as well as a state-of-the-art video experience room to view award-winning videos and documentaries, and a pleasant place to enjoy regional food. Open Monday to Saturday from 8:00 to 16:00 hrs.

### *EL PUEBLO DEL MAÍZ*

#### *(THE PEOPLE OF CORN)*

This has become one of the best attractions in the island. It is a journey back in time where you can live a Mayan experience. Enjoy part of the pre-Hispanic history visiting a chewing gum camp to show you the

process of gum extraction from the great tree of the "chicozapote". The tour continue in the temple of Ixchel to pray for the fertility of the earth. Once the offerings have been delivered the Xaman will purify the visitors to grant them access to the town of the People of the Corn, where you will be received with dances full of mysticism and a welcome ceremony. There are several palapas offering experiences that date back to ancient times of the Maya culture, and each

one will receive you with unique activities dedicated to the hallowed lord of the corn (Hunal-ye), to the deity of the honey bee (Xunan kab), the venerable lord of cocoa (Ek-chuah), to the sisal (Soskil), and to the art of amatecatl or feather art. You will be able to share the inheritance of body painting, making your face or body a perfect canvas, or enjoy the process of preparing the chocolate in a metate, or make a rope with the sisal fiber.

*More about Cozumel*



# SAN MIGUEL MAP



## SYMBOLGY

-  Airport
-  Shopping Mall
-  Ferry
-  Church
-  Cruise Port
-  Museum
-  Point of interest
-  Convenience Store
-  Medical service



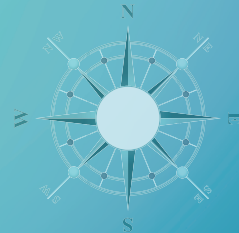
# MAP OF COZUMEL

## SYMBOLOLOGY

- |            |                      |
|------------|----------------------|
| Airport    | Small pyramids       |
| Diving     | Museum               |
| Snorkel    | Swimming             |
| Lighthouse | Horse ride           |
| Ferry      | Fishing              |
| Golf       | Windsurf             |
| Jet Ski    | Archaeological zones |
| Kayak      | Cruise Port          |



Caribbean Sea





# FALL IN LOVE IN A PARADISE ISLAND

Cozumel is the country's biggest island destination – big enough to have its own international airport. This makes it a breeze for destination wedding guests to fly into Cozumel from a wide range of cities within Mexico and the U.S. Beside it has the charm of a Caribbean island with the influence of the ancient Mayan culture.

The island is a magic romantic place where incredible sunsets, the white sand beaches, and the gorgeous Caribbean Sea blue colors can be the perfect background to a dream wedding, or just to live unforgettable romantic moments.

Cozumel has amazing places like small secluded beaches surrounded by jungle landscapes, a beautiful lighthouse, natural reserves and more. There are many great hideaways ideal for a romantic evening, a honeymoon escapade, a couple's weekend getaway, and even an intimate anniversary celebration.

In case you want to have your perfect wedding in Cozumel, couples would be well-served to build a relationship with an onsite wedding coordinator, who will help handle the details and decisions that contribute to a successful wedding.

The ancient Mayan traditions can be part of the ceremony with an enchanting backdrop either of jungle or a beach. The shaman, a traditional healer, will bless your union in front of the four elements (fire, water, earth and air), asking for the energy of the Universe to be present, and giving you both a bond of energy and everlasting love.

Cozumel is surrounded by crystal clear waters and spectacular coral formations, beside the visibility is incredible year round, so why not plan your dream event underwater. For the ocean lover's, you will be able to exchange your vows in the second biggest reef formation in the world. There are judges and priests who are certified divers and can officiate these original ceremonies. This idea will ensure lifetime memories and an experience neither you or your guests will forget.

If you want to enjoy the scenery of the reefs of Cozumel but you do not want to get wet, you can have the ceremony inside a submarine.

This idyllic Caribbean island offers plenty of places for a romantic moment and a number of activities to do with your loved one.



# ENJOY THE COZUMEL CUISINE



The island offers a delicious variety of cuisine, and many restaurants offers exceptional views of the turquoise blue waters of the Mexican Caribbean.

The culinary traditions of Cozumel are based mostly in typical Yucatecan cuisine, but also has some other influences derived from the intense cultural exchange occurred in the island for centuries.

Surrounded by deep, blue ocean waters, Cozumel's chefs have access to the freshest bounty of the sea. One of the simplest dishes served on the island's outdoor beach restaurants, is freshly caught grilled fish, snapper or grouper, served on a banana leaf plate with salsa, fresh corn tortillas and lemons. You can also try the "pescado al mojo de ajo" fried with butter and garlic sauce, or the "pescado tikin-xic", a typical island dish, filets or a whole fish covered with thin coating of achiote paste (crushed seeds of the tropical annatto bush combined with other species) and baked in banana leaves.

There are restaurants in Cozumel serving traditional Yucatecan dishes like Cochinita Pibil (pork flavored with achiote and sour orange, then wrapped in banana leaves and baked in a pit dug in the ground), papadzules (tortillas filled with hard boiled egg and a spicy pumpkin seed sauce), sopa de lima (a delicate broth made with lime juice, poached chicken and fried tortilla strips).

The gastronomy of Cozumel has been enriched by a small invader in its waters: the Lionfish. This fish has no natural predators in the Caribbean, and in addition, this exotic glutton eats everything it can stuff in its mouth, and the fish are destroying life on the coral reef. The island inhabitants decided to eat this fish enhancing to restore the balance of the area. The Lionfish is a delicacy that is prepared in ceviche, grilled or breaded with coconut.

In the Cozumel restaurants, there is something for everyone. You can satisfy your craving for Italian, Chinese or Continental food, as well as traditional American favorites. Those who enjoy the finest cuisine won't be disappointment, since restaurant choices include an eclectic combination of local and international cuisine. Many of these restaurants are located along the boardwalk and in downtown San Miguel.

If you want to experience some real local Mayan food, you can try the tasty cochinita pibil tacos in one of the many street food stands.

# COZUMEL A NATURAL PARADISE



Cozumel is Mexico's largest Caribbean island, and Mexico's third-largest island. The island is a treasure trove of biodiversity, here you will find all the ecosystems of the Yucatan Peninsula: reef, coastal dunes, forests and wetlands.



The Island has been known to be a paradise for tourist but you may not know that it is home to more than 30 endemic animal species like the lizard picasombra, the raccoon *Procyonpigmaeus* dwarf, the dwarf coati *Nasua badger* or *nelsoni*, tamanduas and the Cozumel thrasher. It is considered home to 23 species of amphibians and reptiles, 224 of birds, 15 land-mammals and 24 bats.

The indigenous snakes are not poisonous. Crocodiles live only in the lagoons and mangroves, and there are no big cats on the island. The island is a safe environment for scholars and observers of nature.

Cozumel is one of the favorite places of the marine turtles to spawn. Thousands of turtles such as green sea turtle and the hawksbill turtle arrive to the beaches of island during the summer and part of autumn.

Like that of all tropical regions, Cozumel's plant life is varied and plentiful, here you can find 542 species of plants, that means about 40 percent of the flora of the State of Quintana Roo. Among them, there are some endemic, like four species of mangroves and one palm of the region, known as Chit.

The immense coral reef structures, teeming with a wealth of vibrant marine life surrounding the island, along with the management and conservation measures, have placed Cozumel as one of the 5 top dive sites in the world. The reef system of Cozumel consists of over 1100 marine species, of which 403 are algae, 62 coral, 293 fish, 301 invertebrates (sea urchins, starfish, crustaceans, mollusks and polychaetes) and 67 sponges, an absolute world treasure.

To preserve this unique biodiversity, over 185,000 hectares have been declared as protected area. Means 75% of island's area is protected; this is the highest percentage of territory as natural parks in Mexico.



# PROTECTED AREAS OF COZUMEL



Cozumel has five natural areas that promote the conservation of the unique natural resources of the island.

## COZUMEL REEFS NATIONAL MARINE PARK

The site covers 11,987 ha. of coral reefs off the southern coast of Cozumel island. Part of the great Mesoamerican reef, known as the second biggest coral reef in the world. It contains rich biological communities among the coral formations and a wide reef lagoon with sea grasses fields. The authorities verify the physical condition of the reefs and instruct the tourist resort managers, diving instructors, local community and visitors with policies towards conservation and management of the reefs.

### WHAT TO DO ?

It is considered one of the best places in the world to practice diving.



## FLORA AND FAUNA PROTECTION AREA "THE NORTHERN PORTION AND THE EASTERN, TERRESTRIAL AND MARINE COASTAL STRIP OF THE ISLAND OF COZUMEL (APFFIC)

The new area offers protection for flora and fauna, both on land and water, and spans the northern and eastern coastal strip. The total area is 93,477 acres (37,829 hectares.) with a great diversity of ecosystems such as reefs, seagrass beds, mangroves, coastal dunes, jungles and the largest system of wetlands and coastal lagoons of the island. It is an important area that protects terrestrial and aquatic wildlife species. For conservation of biodiversity, environment, and natural resources there are several guidelines associated with cultural values and traditional natural resource management system.

### WHAT TO DO ?

Located north of the island, is a place that offers beautiful scenery and the opportunity to venture out to enjoy nature. There are some of the most beautiful beaches of the island and a recognizable landmark, the old lighthouse at Punta Molas, which is accessible only with a 4x4 vehicle through a narrow unpaved road surrounded by tropical vegetation. The beaches are not suitable for swimming, but you can enjoy a panoramic view, since it is hard to see the coast of the Riviera Maya, as well as cruise ships and yachts arriving to the island by the north channel of Cozumel.

The beaches here are generally too dangerous for swimming but if you can climb to the top of the lighthouse, you will be rewarded with 360-degree views of the coastline and the Eco reserve.

You should carry everything you need for a day on a secluded beach because you will not find any services. Also, there are some ruins near the waterline, "Castillo Real" (Royal Castle), in front of the lighthouse worth checking out.



### *CHANKANAAB NATIONAL PARK*

It is a state protected area, with an area of almost 14 hectares of land. Chankanaab boasts the world's only inland coral reef, and is home to numerous ecosystems and a natural aquarium with over 60 species of tropical fish, crustaceans and corals.

#### *WHAT TO DO ?*

The park is adventure, fun, tranquility and security. It provides dedicated areas for scuba diving and snorkeling. The shallow site promotes opportunities to take underwater photos of a 14-foot Christ statue and a smaller statue of the Virgin Mary against a background teeming with marine life. Here you can swim with the dolphins and enjoy the lush green vegetation of the island.

### *COLUMBIA LAGOON, AREA SUBJECT TO ECOLOGICAL CONSERVATION (PUNTA SUR ECOLOGICAL PARK)*

With an area of more than a thousand hectares (247-acre), the Natural Protected Area has a remarkable variety of natural wonders. There are coastal dunes, mangroves, lagoon systems and beautiful beaches.

#### *WHAT TO DO ?*

At the park's (and the island's) southernmost point stands the Faro Celarain, and in what used to be the lighthouse keeper's home, there is a museum dedicated to navigation with five exhibit rooms depicting Maya navigators, buccaneers, marine navigational signs and a display on how lighthouse keepers lived in the 1930's.

The highlights of this park include wide and deserted beautiful beaches that serve as a sanctuary for sea turtles, and there's great snorkeling offshore. Spot crocodiles and birds from observation towers near Colombia Lagoon or take the amazing boat ride on the Colombia Lagoon and enter a world of mangroves, creeping plants and coastal jungles.

### *FORESTS AND WETLANDS OF COZUMEL STATE PARK*

It is a State Protected Natural Area, which covers an area of nearly 20,000 ha of jungle. It is home to 30 endemic species found in island. It is an important place with a unique biodiversity, which seeks to protect each of its elements, but primarily the results of forest and water ecosystem interaction.

#### *WHAT TO DO ?*

It is an excellent option for those who like bird watching and enjoy nature.

# UNFORGETTABLE EXPERIENCES IN COZUMEL

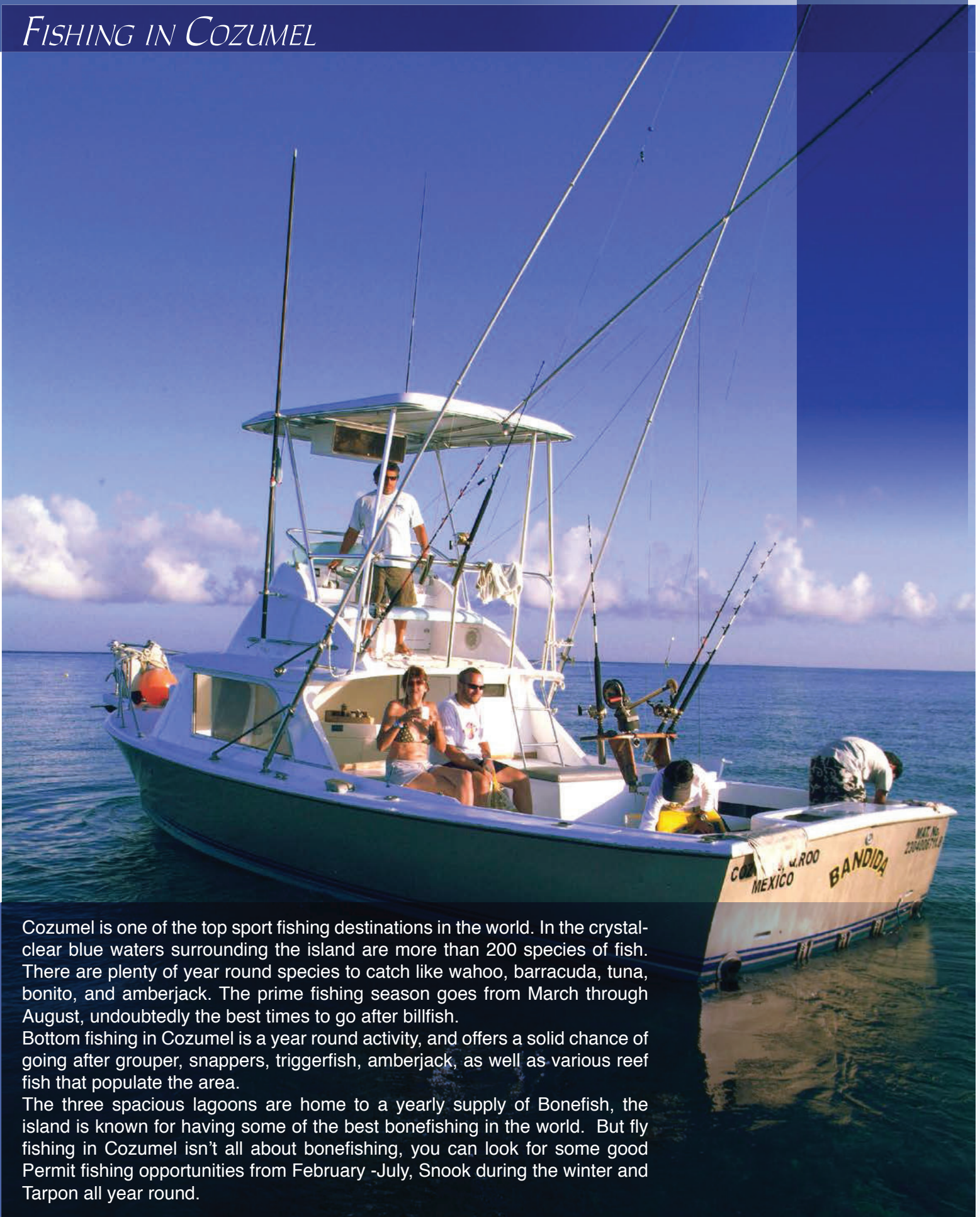
## GOLF IN COZUMEL



Cozumel Country Club, on Cozumel's north shore, features 18 holes of great golf from Nicklaus Design Group. This is an impressive 6,734-yard, par-72 course, which winds around trees, mangroves and wetlands, incorporating the natural habitats of the island, and offers a challenge to golfers of any level. The course maintains a high degree of environmental quality and became the first golf course in Mexico to earn the designation of Certified Audubon Cooperative Sanctuary from Audubon International. The golf course is home to blue crabs, iguanas, crocodiles, raccoons and a multitude of species of birds as well as other wildlife, which call this habitat home. It is located just 15 minutes from the International cruise ship pier and 10 minutes from the airport.

### COZUMEL COUNTRY CLUB





Cozumel is one of the top sport fishing destinations in the world. In the crystal-clear blue waters surrounding the island are more than 200 species of fish. There are plenty of year round species to catch like wahoo, barracuda, tuna, bonito, and amberjack. The prime fishing season goes from March through August, undoubtedly the best times to go after billfish.

Bottom fishing in Cozumel is a year round activity, and offers a solid chance of going after grouper, snappers, triggerfish, amberjack, as well as various reef fish that populate the area.

The three spacious lagoons are home to a yearly supply of Bonefish, the island is known for having some of the best bonefishing in the world. But fly fishing in Cozumel isn't all about bonefishing, you can look for some good Permit fishing opportunities from February -July, Snook during the winter and Tarpon all year round.



# FISHING SEASONS IN COZUMEL

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
AMBER JACK	***	***	**	**	*	*	*	**	***	***	***	***
BARRACUDA	***	***	***	***	***	***	***	***	***	***	***	***
BLACK FIN TUNA	***	***	***	***	***	***	***	***	***	***	***	***
BLUE MARLIN	*	*	*	**	***	***	***	***	**	*	*	*
BONITO	***	***	***	***	***	***	***	***	***	***	***	***
DORADO	*	**	***	***	***	***	***	**	*	*	*	*
GROUPE	***	***	***	**	*	*	**	***	***	***	***	***
KING FISH	***	***	**	**	*	*	*	*	**	**	***	***
SNAPPER	*	**	***	***	***	***	***	***	**	*	*	*
SAILFISH	*	***	***	***	**	**	***	***	***	***	***	***
WHITE MARLIN	*	*	**	***	***	***	***	***	**	*	*	*

\*\*\* HIGH SEASON

\*\* MEDIUM SEASON

\* LOW SEASON



## KAYAK IN COZUMEL

Kayaking in Cozumel is a very popular beach activity due to the relatively calm and crystal clear waters of Cozumel. There is a selection of single and double kayaks or tours in glass kayaks so that you can see marine life up close without getting wet. These “dry snorkeling” tours last approximately 45 minute. Cozumel has beaches ideal for kayaking. Some of the best spots are: Playa San Francisco, its calm waters invite you to take in the natural surroundings as you kayak in the open sea. Playa de San Juan, here you can do a pleasant kayaking outing thanks to its shallow waters and gentle waves. Parque Faro Celaráin, it has virgin beaches and wonderful jungle landscape. This ecological reserve has a lagoon surrounded by lush vegetation and it offers great kayaking conditions due to its calm waters. Playa Mia, which is one of the user-friendliest kayaks available in Cozumel.



# 4WD, ATV's & OFF-ROAD TOURS

This excursion is a great way to experience the thrill and adventure of the island wilderness. Drive your off-road vehicle along the coastline road or through winding trails to explore the beautiful jungle of Cozumel. You can enjoy Jade Cavern swimming in its crystal clear, fresh water; visit an ancient Mayan Ruin that was used for weather observatory; or ride along the Columbia Lagoon, teeming with nesting birds and a sanctuary for crocodiles. Mud, rocks, narrow paths, twists and turns, speed...whatever you want, these Cozumel vehicles can deliver.

The all-terrain vehicles ensure a safe and exciting ride. The experience is guaranteed to bring out your adventurous side.

## ATV's

A fun way to explore Cozumel's inland jungle and trails is aboard a thrilling ATV and discover the island mysteries like El Cedral archeological site, or you can hop on your ATV for an adventure ride to a secluded beach.

## SEA-TREK & SNUBA

Is the easiest and most comfortable way to explore the Cozumel's pristine underwater world. You wear a special helmet and your hair doesn't get wet and you can even wear prescription glasses. Sea Trek lets you feel the bottom of the ocean under your feet and enjoy watching colorful fish. Snuba is for those seeking more than a snorkel, you can swim at your own level of comfort with a maximum of 20 feet depth without having to carry heavy gear.

## TREKKING & HIKING

Hike through the lush Mayan jungle is the perfect way to immerse oneself in the stunning natural environment of the island and experience the lingering Mayan spirits and the legacies of their temples. There is a broad range of tours sure to suit all tastes.



## BIKING

One of the most relaxing and rewarding ways to see more of Cozumel is on a 4-person bike. This is a great option for families as the bikes can accommodate two adults and two children under the age of 12. Ride along the northern scenic coastal road of the island on a specially made bike trail. You will stop at several monuments along the way and enjoy the views of the blue Caribbean Sea. There are also tours that will take you into the Mayan jungle to learn about the regional flora and fauna.

## MOTORCYCLE TOUR


Cozumel is the ideal destination for motorcycle enthusiasts. You get to pick from among a variety of new models and a large selection of styles. You can hop on a Harley and explore the coastline and head south on the way over to the “Wild Side” of the island. The road parallels the gorgeous Caribbean water on one side with lush jungle on the other side. You can ride through the Chankanaab National Park; have a sightseeing stop at the first Mayan town of El Cedral, or head to the southern tip of the island where you can enjoy the view from the Punta Celarain Lighthouse. All driving is on relatively smooth, paved roads. Another option is just ride the streets and avenues of San Miguel, and visit the main plaza.

## PARASAILING

You will experience the thrill of flying over 600 ft. above the crystal clear waters of the Caribbean and see the island like few will ever see. Start safely from the parasailing boat's platform, then pulled behind a speedboat at high speed, and with the aid of your parachute, you rise high in the air for an approximately 12 minute flight. Enjoy the views and the silence floating above the water before returning again safely to the platform on the back of your boat. This excursion is available as a single flight as well as double/tandem flights. Don't forget your waterproof camera or portable binoculars - the view is breathtaking!

Safety is very important; all instructors are certified by the PAPO (Professional Association Parasailing Operators).





Experience the thrill of flying high above the jungle floor on a series of zip lines. There is a park with 6 towers where you'll have panoramic views of Cozumel. There are 3 towers with the maximum height of 80 feet, while the other three have different models of bridges. Through a series of pulleys and cables, you will climb the first tower, hook into the pulley/cable system and zip down to the next tower. There are 2 steel cables for your added safety and protection. There is another Zip Line Adventure, a perfect excursion for real adventurers to experience the sensation of flying from tree to tree over the jungle.

## *HORSEBACK RIDING*

Horseback riding is a nice way to relax and enjoy the scenery of the island. You can ride along sandy trails that border the Caribbean or head deep into the Mayan jungle, exploring Mayan ruins, ancient caves and cenotes. The horseback rides are suitable for kids and families of all ages, since you are matched up to a horse according to your riding ability.

## *JET SKI*

Enjoy some high-speed Jet Ski fun in Cozumel. You choose to ride the Jet Ski single or double. Enjoy the warm sunshine and the cool breeze on your jet ski fully automatic and easy to drive.

## *PADDLE SURF*

StandUp Paddle or SUP is one of the fastest growing water sports today; it is like a cross between kayaking, canoeing and surfing. Unlike surfing, this sport does not require waves, the flat water here is great. All you will really need is one lesson on the SUP to be up on the board and paddling as you enjoy and explore the beautiful, turquoise blue Caribbean water on your 1.5 hour guided tour. Easy and fun...this is a great sport for the young and young at heart alike.

## BOAT TOURS

There are a wide variety of tour boats to enjoy the crystal clear waters surrounding Cozumel. All vessels are in excellent conditions and have experienced crew.

You can experience the beautiful sunsets of the Mayan Caribbean from the deck of a state-of-the-art 65-foot sailing catamaran. Take a ride on a glass bottom boat, where you can see the tropical fish and marine life going by below you as you motor out to the reefs. Or just enjoy luxury and comfort on a 55' luxury yacht.

The most thrilling experience in Cozumel is a world famous jet boat ride. The fun starts from the moment the captain steps on the accelerator, zooming through the turquoise Caribbean waters at speeds of 45mph. Make sure to hold on tight when your captain makes the signal for a 360° spin, when the jet boat quickly turns in a circle without losing momentum. Another exciting moment is when the jet boat stops at full speed, having the entire boat nosedive into the refreshing ocean before heading back to shore.

A submarine tour provides visitors with a glimpse of reefs and rich marine life of Chankanaab Park. You will actually fully submerge in a real submarine, and dive to depths of 100 feet beneath the surface of the water. Throughout your submarine voyage an experienced co-pilot who will be happy to answer any questions provides an informative, live narration.

Travel back in time to the era of the pirates on board the Old Spanish Galleon, and indulge yourself in a delicious dinner while sailing through the Caribbean waters of Cozumel.



## FLYBOARD

This is one of the most ultimate adrenaline activities in Cozumel. Cruise above the water on a flyboard like a bird or dip below the water like a dolphin. Easy to learn, fun to try and safe to practice. You are propelled by water jets beneath the board supplied by an 18 meter hose. With just a few minutes with a certified instructor, you can be flyboarding. It all depends on your 18-meter skills and natural abilities. This is one of the most amazing things you have ever experienced.

## KITEBOARDING



Cozumel offers a wide variety of riding venues (flatwater, chop or waves). The island is quickly gaining steam as one of the world's top kiting destinations. Found along the entire northern Cozumel bank are a series of lagoons, fantastic for flat water riding, but be aware that there are strong currents if you get too far out. Punta Molas Lighthouse, is a great place to do downwinders (heading south west), you'll hit breaks, kickers and ship wreck sliders! The Country Club Beach is the most popular and most accessible launch area with the typical northeast winds. Cozumel's east coast has a number of launch areas, one of the best is Playa Bonita, and here the waves are always on, sometimes 10-12' high. The best time to come for kiting is in the 'cooler' winter months when the temperature is in the low to mid 20's (70's F).

## SEGWAY

Explore the scenic waterfront of Cozumel by Segway, a unique and fun type of personal transportation. You can enjoy the views of the stunning Caribbean Sea and the beautiful beaches.



Cozumel is a major nesting ground for the Loggerhead, the Green Sea Turtle and the White Sea Turtle, and all of them are endangered. There is nothing more exciting than watching the little turtles make an effort to reach the sea.

There is an active participation of the government, various sectors of civil society and the private sector in the Municipal Committee of Protection of Cozumel Sea Turtle. Each year many during nesting and hatching season, volunteers get together at the turtle camp “San Martin” to protect the marine turtles. This project has many beautiful stories and extraordinary results.

Over the years the number of sea turtle nests marked and monitored on Cozumel’s east side beaches has grown from just a few hundred to over 5,000 nests each year.

During the nights of April through September each year, the beaches of Cozumel plays host to thousands of sea turtles who come ashore on the eastern side of the island to nest, this time of year is perfect for nature enthusiasts. Sea turtle nests marked and monitored on Cozumel’s east side beaches has grown from just a few hundred to an average of over 5,000 nests each year. Tourists visiting Cozumel have the opportunity to observe, learn and release baby turtles one night for a few hours with a turtle brigade for a nominal donation per person.

In Punta Sur there is a sea turtle research and protection center, which includes 8 Kilometers of beach for marine turtle nesting. In this program there are activities in the field that mark the nests, follow the process of incubation and liberation of young hatchings.

### BIRD WATCHING

The Yucatan Peninsula has 548 bird species, of which 224 are located in Cozumel. The island has 19 endemic species and subspecies, and some of the most important are: Ocofaisan Cozumeleño, the Cozumel Emerald Hummingbird, Rose-throated Tanager and Yellow Warbler.

Additionally, thousands of migratory birds winter each year on the in sheltered lagoons and coasts of Cozumel like the American Redstart, the Flaming Warbler, the Yellow-throated Warbler, the Roseate Spoonbill, the Ibis, a wide diversity of Canadian ducks, among others. The best time to see the migratory birds is from October to March.

# HEALTH & BEAUTY IN COZUMEL



Cozumel offers a wide range of holistic and personal care treatments. Some hotels offer various treatments, but there are specialized centers with very attractive options, both with professional therapists trained in modern and ancient techniques.

Enjoy a relaxing Caribbean beachfront massage, in any of its modalities (Swedish, deep tissue, Shiatsu, Thai, hot stone), as you listen to the sound of the ebb and flow of the waves.

There's no better way to indulge and relieve stress than with a facial, a full body exfoliation, or a mud wrap to cleanse and reactivate your body.

On the island you can find a wide range of the most effective alternative treatments such as acupuncture, reiki, biomagnetism, floral therapy, reflexology, aromatherapy and postural alignment.

If you want to harmonize the body, mind and spirit, there are several hotels and a center offering yoga classes and workshops, or you can try the Temazcal, a relaxing and cleansing therapy for the nervous system and reactivation of the skin cells, at the end you will be invited to bath in the fresh water cenote, a mystical and magical experience.