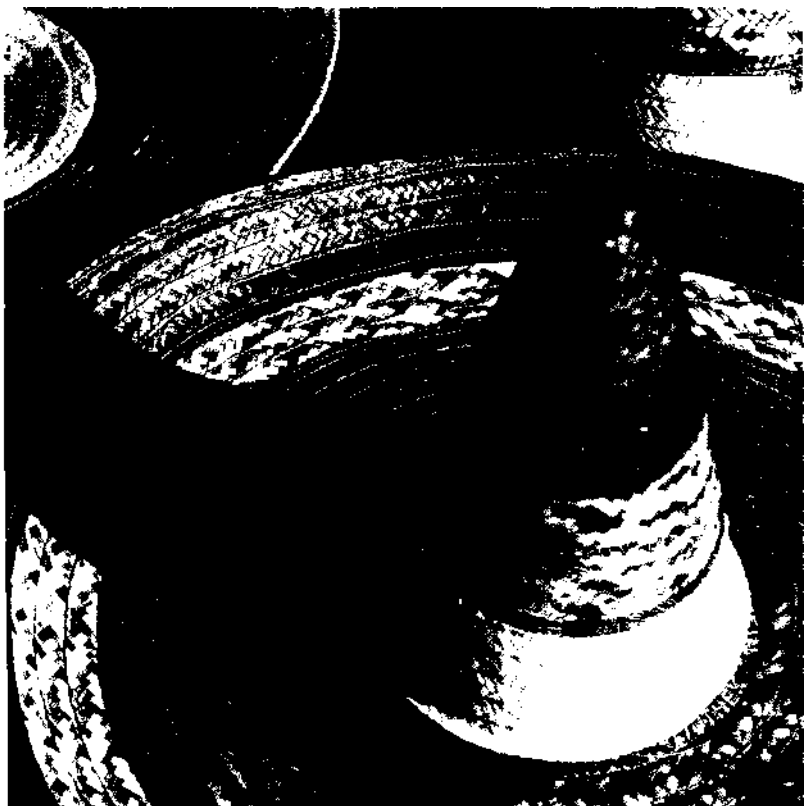




# Mexico

John Noble, Sandra Bao, Susan Forsyth, Beth Greenfield, Michael Grosberg,  
Morgan Konn, Andrew Dean Nystrom, Suzanne Plank, Michael Read,  
Daniel C Schechter, Iain Stewart, Wendy Yanagihara



# Contents

Highlights	6	Northern Central Highlands
Getting Started	13	Central Gulf Coast
Itineraries	17	Oaxaca State
The Authors	26	Tabasco & Chiapas
Snapshot	30	Yucatan Peninsula
History	31	Directory
The Culture	49	Transportation
Environment	76	Health
Food & Drink	82	World Time Zones
Mexico City	94	Language
Around Mexico City	176	Glossary
Baja California	252	Behind the Scenes
Northwest Mexico	297	Index
Central North Mexico	337	Legend
Northeast Mexico	365	
Central Pacific Coast	409	
Western Central Highlands	502	