



# Local Food & Punta Laguna Reserve

Private Tour | Gastronomical Experience | Mayan Community  
Authentic Lunch | Cenote | Punta Laguna Nature Reserve

Come with us on a guided day tour to get in touch with the local culture and nature. On this exclusively hand-picked experience you will harvest your own food in a Mayan community, eat with the locals, swim and snorkel in a cenote, and make a walk in an untouched piece of jungle where two monkey species still roam free in the wild...and many more adventures await!

## Tour Itinerary

### 9:30 Local Food Experience

Welcome to a Mayan community where the native population keeps the traditions of the elders alive. You will see where and how the locals grow their food. In the „milpa“, the traditional Mayan garden where beans, corn and squash is planted, you will learn about the typical edible plants and harvest what we will eat later.



### 11:30 Authentic Mayan Brunch

Ko'ox hanal - means "let's eat" in Mayan. We'll prepare and eat together the plants fresh from the field to a delicious meal in the home of a Mayan family.

### 13:00 Introduction to Medicinal Plants

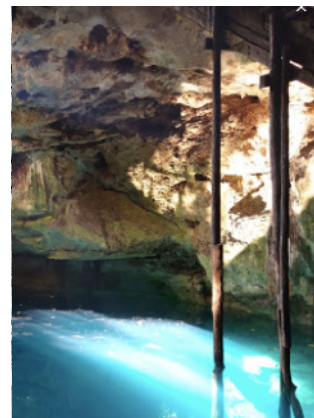
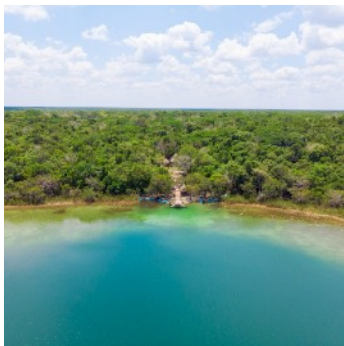
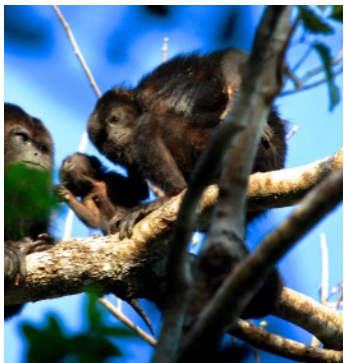
At the rustic home of the Mayan family Cahum you will be amazed by the healing powers of the native medicinal plants that are still used today to cure many different illnesses.

### 14:30 Cenote Aktun Tsoots'

Let's refresh with a jump into a secret cenote. In the half-open cave filled with fresh groundwater you can see millions of years old rock formations with your snorkel and, if you dare, jump into the water from a rock platform.

### 16:00 Punta Laguna Nature Reserve

Now we're heading into the jungle. You'll visit the nature reserve "Otoch Ma'ax Yetel Kooh", meaning home of the spider monkey and puma in Mayan. Learn about the flora and fauna and see monkeys in the wild! After a walk you can zip-line over a lagoon, paddle back in a canoe, and enjoy the view from a watchtower.



## Includes

- Tuluminiña as your guide for the day
- Transportation
- Pick-up & drop-off
- Entrance fees
- Lunch
- Snacks & Drinks
- Snorkel equipment
- A tree planted in your name
- Totally private tour only for your group

## Prices

- Depending on the size of your group

## Contact to Book