

# Itinerary

- Day 1:** After **arriving in México City** at the international airport, look for a representative from *Discover Veracruz Tours*. He will direct you to where you will board a modern air conditioned bus for a **2 hour scenic trip from the airport to the city of Puebla**. *Note:* You can also check for direct flights to Puebla. From the Puebla bus station, you can take a taxi to the *Hotel Colonial*. You will be met by a representative who will welcome you and help you check in. Try to arrive early so you will have time to wander around this picturesque colonial city. Puebla has many beautiful buildings, art galleries, and cathedrals all within walking distance of our hotel. You can sign up in advance for an afternoon **guided walking tour of the city of Puebla** (3:30 – 6:30). There will be a **Welcome/Orientation Reception** with Dan in the evening complete with snacks and drinks.
- Day 2:** We will get up early and travel to the town of Tlachichuca where we will meet our mountain/bike guides who will take us in **4x4 vehicles up to the base camp of Pico de Orizaba (14,500')**. This is where the mountain climbers begin their ascent to the snow-covered peak of this 3<sup>rd</sup> tallest mountain in North America. We will have some time at the base camp to take photos, and for those who would like to, you can **hike a short distance up the trail that starts the ascent to the top (18,500')**. We will actually be above the clouds taking in the magnificent vistas of the snow-covered summit (weather permitting) and the surrounding high altitude scenery. Dress warm. It is at this point, you will have one of 3 choices. There will be **dual suspension mountain bikes**, helmets, and bike gloves for those who would like to attempt riding down the opposite side of the mountain. This will be a **10,000' vertical descent on a challenging, winding, rut-filled, rocky dirt road**. Be aware that 98% of the time, you will not need to pedal. It is almost all downhill! Support vehicles will be behind you the entire way. At anytime, you can take a break and hitch a ride in one of the vehicles. You also have the choice of riding in the support vehicle in the beginning of the descent and then starting your biking portion further down the mountain on less intimidating terrain. Thirdly, you can skip the biking altogether and just enjoy the bumpy ride and the **spectacular mountain views** from inside the support vehicles. Afterwards, we will travel to *Rancho Santa Barbara Adventure Lodge* near the town of Coscomatepec for a home-cooked Mexican meal. In the evening, we will have our first formal **Off Balance on Purpose session with Dan**. (B,L,D)
- Day 3:** After a relaxing breakfast, we will go on a hike down into an enormous wooded valley to experience our first encounter with Zipline traverses – seven in all. You will be **"flying" from tree platform to tree platform**. We return back to *RSBAL* for lunch and then the **second session with Dan** begins. That evening, we will have a good ole **Mexican-style outdoor barbeque** followed up with an **OBOP session with Dan around the campfire**. Spontaneous outbursts of campfire songs are always encouraged. (B,L,D)
- Day 4:** Make sure your batteries are charged as you get ready for an awesome day of adventures. **We are heading for the tropics!** Today, we will travel to the steamy riverside town of Jalcomulco. Our first challenge will be to hike high above the river. Then our professional adventure guides will brief us on the proper techniques to rappelling off a 180' cliff. Who wants to go first? After you catch your breath, we will get you flying high again with an even longer and faster zipline ride across the Pescados River ... and back again. Following lunch, it's off for a body-soaking white water rafting ride. We will work as a team to fight the class 2 & 3 rapids. At one point, you will make the decision if you dare to climb up a rocky cliff and jump from about 20' into the deep river. Later, we will travel back to *RSBAL*. (B,L,D)
- Day 5:** Step outside of *Rancho Santa Barbara Adventure Lodge*, hike a short distance, and you will find yourself in dense tropical jungle. This morning, you will have the opportunity to do some exploring with one of the local guides as he takes you on a **1-2 hour jungle trek**. Then we will retreat back to enjoy a hot breakfast. The **final OBOP session with Dan** will be held late morning. Lunch follows and then we pack up to travel back to Mexico City where we will overnight near the airport at the *Fiesta Inn Hotel*. (B,L,D)

**Day 6:**

After breakfast at the hotel, a free shuttle will take you to the airport for your flight home. You also have the option of arranging for a later flight and signing up to go on a **tour of Mexico City** (8:30am – approx. 1:30pm). ¡Buen Viaje! (B)