



**RAÍZ  
AYUUK**

**Living Roots: 2-day  
experience**

**October 2025**





We are a travel agency specialized in regenerative tourism in the Mixe Sierra of Oaxaca. We are dedicated to creating unique experiences that integrate environmental conservation, cultural revitalization, and the well-being of local communities.

Our approach is based on fostering a deep connection with nature and ancestral wisdom, offering itineraries that not only respect but also regenerate the environment and strengthen cultural traditions.



# ITINERARY

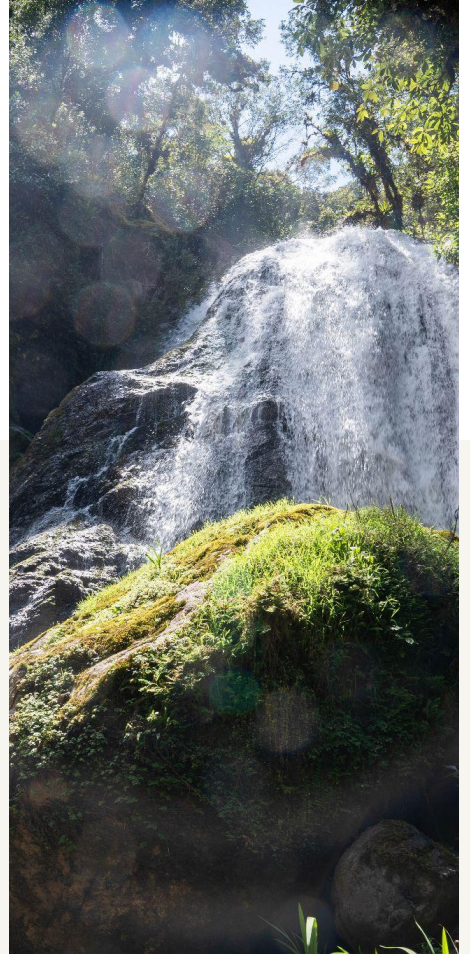
## Day 1

- Drive to the Sierra Mixe
- Ritual of Machucado
- Visits to Artisan workshops in Tlahuitoltepec
- Arrival at hotel
- Dinner

## Day 2

- Drive to Huitepec
- Breakfast at Casa de Juanita
- Hike to Pueblo Viejo and waterfalls
- Lunch at trout farm Los Cedros
- Return to Oaxaca







# DAY 1: Welcome to the Sierra Mixe



We begin our journey with a scenic drive of just under 2 hours from the center of Oaxaca City to the community of Ayutla, gateway to the Sierra Mixe.

Here, we will participate in the ritual of Machucado, a traditional corn dish full of meaning and historical importance. This meal is our first welcome into the spiritual world of the Mixe people and their connection to the land.





## Visits to artisans in Tlahuitoltepec

We will continue our tour and make our next stop in the community of Santa María Tlahuitoltepec.

We will first visit two of the most renowned artisans in the region. At the home of master potter Silvia Martínez we will learn more about how the Mixe culture is reflected in her unique pieces.

We will then delve into the world of textiles at Fernando Gutiérrez's workshop, to observe how the region's emblematic garments are created.

A typical lunch will be served at a local restaurant, after which we will head to Totontepec Villa de Morelos.





## DAY 2: Marvels of Huitepec



On the second day of our tour through the Sierra Mixe, we will have the opportunity to visit the quiet and remote community of Santa María Huitepec.

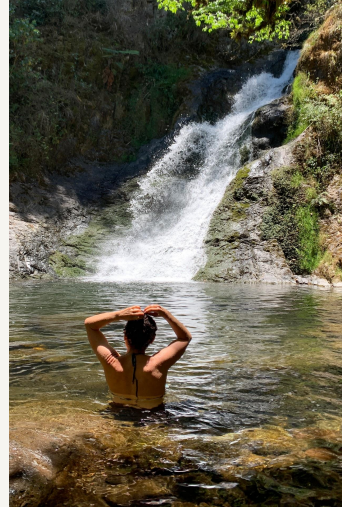
We begin the day with breakfast at the home of Juanita Elizondo, a local healer who prepares nutritious food as well as healing remedies made from plants native to the region.

# A mindful walk and cold plunge

After breakfast, we will take a medium-level hike that begins at the community orchidarium, where we can admire endemic orchids.

Our walk continues through the Cañón de la Niebla and the ruins of the Pueblo Viejo, culminating in a hidden waterfall where we can take a refreshing dip in its crystal-clear waters.


Upon returning to the town, we will enjoy a fresh and delicious lunch at the Los Cedros trout farm. Here we will close our tour and return to the city of Oaxaca.





# Private experience

## Cost depending on the number of participants



### INCLUYE

- Breakfasts, lunches, and dinners
- Accommodation in fully-equipped hotels
- Transportation throughout the journey
- All access fees for sites, hikes, visits, etc.
- Coordinator throughout the trip
- Local guides and facilitators
- Snacks and drinks

### NO INCLUYE

- Alcoholic beverages, medical expenses and transportation to meeting point.

#### **Bookings:**

- To secure your spot, a 50% deposit is required, which can be paid in full before the trip begins.

Contact us to book today!



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