

*Teresa Beall Expeditions presents*  
**"Chilies, Chocolate, Cactus and Mezcal"**

*Oaxaca, Mexico*

*Aug 26 – Sept 2, 2010*

*\$749 pp*

*(plus \$420 airfare from SFO)*

Price includes:

- Accommodations with daily gourmet breakfasts, as described
- International flight; SFO-OAX-SFO
- Airport ground transfers
- Two half-day tours (one walking tour in Oaxaca City, and one to some surrounding local villages)
- A unique Oaxacan market visit culinary class
- A traditional Temazcal adobe steam bath



(\* Use your frequent flyer miles to get to Oaxaca for FREE, or let me help you secure air fares to Oaxaca for the above dates. Airfares start at \$420 pp (from San Francisco on AeroMexico, as of April 2010) with many other USA gateways available – please inquire!

Oaxaca is every bit as complex as the mole sauce it is famous for – a mixture of ingredients that while very different, fuse into one amazing end product. It is stately and stands with proud Zapotec roots and a Spanish colonial gloss, yet the streets are filled with unmistakably indigenous Indian faces. Equally cosmopolitan, but far more tranquil than Mexico City, Oaxaca is one of the country's best destinations for gastronomy and is also becoming the artistic capital of Mexico, drawing traditional artists from around the country. It is difficult to find a block in the Centro Historico without a fabulous café or an art gallery, many of them showcases for striking abstract and expressionist works, as well as indigenous folk art, weavings, local black pottery, wood carvings, textiles, and other handicrafts. Oaxaca is also where celebrity chefs, Rick Bayless, Bobby Flay and Alice Waters, often come for inspiration.

This discounted land-only group price is based on double occupancy for a minimum of 14 passengers (max 20). Reservations are first-come first-served and accepted immediately with a completed registration form (see below) along with a \$300 pp deposit (of which only \$100 pp is refundable if cancelled prior to final payment; otherwise the deposit is 100% nonrefundable). Final payment is due June 15, 2010. Please refer to itinerary details along with the inclusions, exclusions and fine print condition terms to follow. A valid passport (with at least six months validity) is required to visit Mexico.

For more information and to secure your reservation, please contact:

**TERESA BEALL EXPEDITIONS**

530.342.6999 (o) ~ 530.518.6999 (c) ~ [TABeall@aol.com](mailto:TABeall@aol.com)

For other group journeys, newsletters and an assortment of travel tips, log on to: [www.teresabeall.com](http://www.teresabeall.com)

*"Travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living." – Miriam Beard*

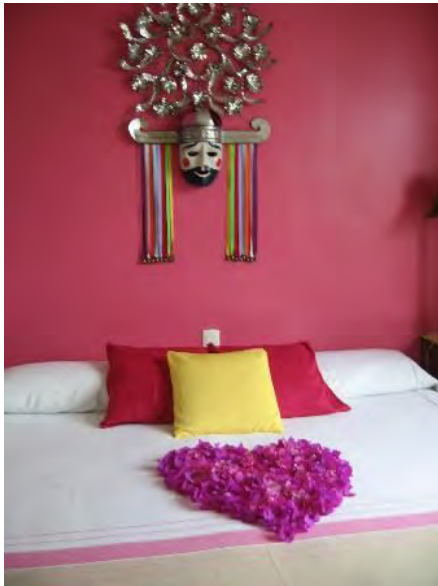
Teresa Beall Expeditions  
2724 Pillsbury Road ~ Chico, California 95973  
CST License # 207267040 ~ California License # OG82158

530.342.6999 (o) ~ 530.342.6994 (f)  
530.518.6999 (c)  
[www.TeresaBeall.com](http://www.TeresaBeall.com)

## Group Synopsis

As are all of our TBE Groups Expeditions, this is an "on-your-own" trip and can be personalized to your specific interests! Although we will fly on the same handful of international flights, stay in the same artistic hotel/inn(s), and participate in the same included tour experiences (including two half-day walking tours – one in Oaxaca City and one to the surrounding local villages, a unique Oaxacan market visit and culinary class, and a traditional Temazcal adobe steam bath), once you arrive Mexico you are free to do exactly what you want, when you want. We also have a couple *optional* tour experiences under construction (including mezcal tasting and paragliding over the Sierra Madres), but still you control how engaged or independent you want to be – come with us on none, some or all. Join others for meals and independent activities, explore and dine exclusively on your own or partake of a combination of both – the choice is yours. Whatever your travel style, leave yourself plenty of unplanned time – some of the best travel moments are those you stumble upon or spontaneously create.

## Selected Boutique Accommodations



### CASA DE LAS BUGAMBILIAS – [www.lasbugambilias.com](http://www.lasbugambilias.com)

Las Bugambilias is probably one of Oaxaca's most delightful boutique guesthouses. Like the inn itself, whose name means "The Bougainvilleas," all of the rooms are named after flowers. Each of the 10 rooms are highly individual – no one room alike, but each uniquely bright and attractive and beautifully appointed with an inspired combination of decorative antiques as well as fabulous Oaxacan contemporary and folk art. Indeed, Las Bugambilias is an art gallery as well as a guesthouse.

Although Las Bugambilias is not a full service hotel (there is no room service, no pool, and no concierge desk) we chose it because the big treat here is their stylish, authentic and unique guestrooms as well as their included daily two-course gourmet Oaxacan breakfast. Plus, we have exclusivity to their traditional Temazcal adobe steam bath treatment house – where a bouquet of herbs (eucalyptus, mugwort and rosemary) is placed on heated rocks and doused with hot water, producing a scented steam that has been clearing minds and purifying bodies since the days of the Aztecs. That, and a few whacks with a juniper branch followed by a traditional massage is included (one treatment per stay).

Las Bugambilias is perfectly situated – conveniently close to yet far enough away from the Zocalo's bustling activities, and is also just a short walk to one of the very best salsa clubs.

NOTE: There is only enough room for 14 guests at Las Bugambilias. Additional guests (up to a total maximum of 20 guests) can confirm at their sister property, **Casa De Los Milagros**, for a surcharge. Like Las Bugambilias, it is not a full service hotel, but its unique quality with attention to detail caught our attention. Daily included gourmet Oaxacan breakfasts are part of the experience. For more information, link to: <http://casadelosmilagros.com>.

## Temazcal

The Temazcal bath purifies your mind, body and spirit in an extraordinary garden setting. An adobe building set in an enchantingly beautiful garden holds the Temazcal bath chamber and an area for massage, meditation and rest afterwards. The special bath chamber is centrally heated by rocks. When boughs of herbs are laid over the hot rocks and the rocks are doused with water, a richly scented steam begins the sweating process necessary to relax and purify the body and to release toxins (spoken of by the indigenous practitioners as excess "hot" and "cold" energies). The bath is attended closely by the temazcalera who assures that the steam is not too hot or cold, and that the proper herbs are used to treat specific complaints. Relive the traditional indigenous culture in an extraordinary manner. Experience our special combination of massage techniques, aroma therapy, celestial music and spiritual sensitivity. You will leave feeling relaxed and energized. For more info, link to: [www.oaxacainfo.com/oaxaca/temazcal.htm](http://www.oaxacainfo.com/oaxaca/temazcal.htm)

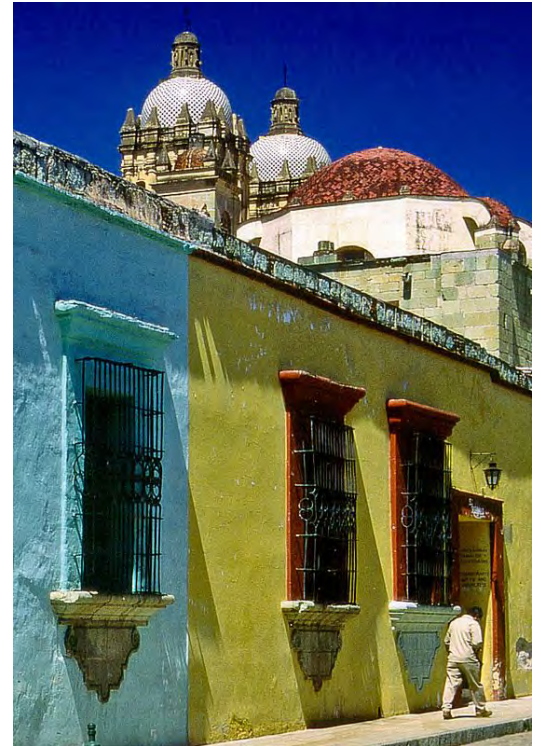
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## Snapshot Overview

**OAXACA** simmers with a passionate spirit. In many ways, it presents the purest and most engaging ethnic heritage remaining intact in Mexico. Textiles are still made in the same way they have been for a millennia (colored with animal urine in some cases) and the people themselves seem to be about a foot shorter than the rest of Mexico. A diet of local braided cheese and boiled spiced (and rather tasty) grasshoppers can't help.

Although Oaxaca is often known as a hotbed for social justice rallies (including a large-scale teachers' strike in 2006), its infectious zeal goes far beyond the political, spilling into all its pursuits. You will feel it in the buzzing handicraft and open markets, see it in the wealth of colorful crafts, and taste it in the areas culinary specialties. What is more to love?

With its thriving arts scene, rich culinary tradition and architecture dating from the sixteenth century, Oaxaca City satisfies the most sophisticated tastes. It is a never-ending maze of hues, textures and smells. The color of the city vibrates from the chilies in the artesian markets and the traditional embroidered clothing of the Indian women, to the brightly painted colonial homes that are crumbling and peeling just enough to expose layer after paint layer, revealing a colorful past, yet still hiding secrets from within its walls. The music is just as vibrant. Indigenous rhythms cross-pollinate with a legacy of French and Austrian brass bands as well as the tragic music of Spain, all mixed up with upbeat rhythms and the marimba brought over by African slaves. The streets of Oaxaca are jamming with bolero, musica ranchera, danzon, mariachi, cumbia and those wild brass bands found in every indigenous village. Throughout the city, posters plastered everywhere advertising music, art openings, and protests, only add to the beauty and gives the colonial structures a modern, urban art edge.



The pulsating town square is alive at all hours (with and without Mezcal), the museums display pre-Conquest art, and the presence of two extraordinary ruins near the city – Monte Alban and Mitla – offer great day outings. Plus, there are great opportunities for adventure in the form of insane hiking, mountain biking and paragliding. Yep... paragliding!

Come discover the enchanting spirit of Oaxacan hospitality with us. With the soul of an ancient heritage, nurtured in a landscape of exceptional beauty, this “expedition” will provide a profound intimate look into village life that remains rooted to the traditions of the land. Stroll the plazas, food markets and back streets of the colonial center... visit art galleries and folk art shops... spend a day exploring the

surrounding valleys to local Indian markets and craft villages... meet local artisans specializing in black pottery, wood carvings, textiles and more... explore nearby Zapotec and Mixtec ruins... hike, bike and paraglide the mountains... savor unique tastes and local specialties such as Oaxacan chocolate and cheese... sip Mezcal at a local distillery or learn how to make mole sauce in an authentic culinary class.

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## Basic Land Package Inclusions – \$749 per person (dbl occ)

- Seven (7) nights accommodations in Oaxaca at the **CASA DE LAS BUGAMBILIAS** (7 rooms) – [www.lasbugambilias.com](http://www.lasbugambilias.com), and/or at the **CASA DE LOS MILAGROS** (3 rooms) <http://casadelosmilagros.com> (added surcharge for this upgrade).
- Daily gourmet breakfasts.
- Traditional **TEMAZCAL ADOBE STEAM BATH** treatment (private), per couple – <http://lasbugambilias.com/temazcal.html>
- Full day unique **OAXACAN CULINARY CLASS** at Rancho Aurora – [www.seasonsofmyheart.com](http://www.seasonsofmyheart.com)
- Two half-day cultural/historic walking tour experiences (details forthcoming).
- Airport arrival and departure ground transfers.
- All service charges and governmental taxes.

## Exclusions

- International R/T flight between USA and Oaxaca. (\*) Use frequent flyer miles or inquire about fares from various gateways!
- Meals, other than included breakfasts.
- Optional tour experiences, including market, museum and historical tours, hiking ruins, and paragliding, (under construction).
- Optional travel insurance (**TRAVEL INSURED**) – Deluxe Group Plan includes trip cancellation, trip interruption, trip delay, baggage (\$1500), baggage delay, emergency accident/sickness medical (\$50,000), evacuation/repatriation (\$250,000), accidental death (\$25,000) and 24-hour travel assistance services. PREMIUM COST is determined by total land and/or flight cost: \$49 pp (\$501-\$1000 coverage); \$69 pp (\$1001-\$1500); \$89 pp (\$1501-\$2000). More info? [www.travelinsured.com](http://www.travelinsured.com)
- Gratuities to bus drivers (recommended \$1 pp for each airport transfer).
- Gratuities to guides (recommended \$3-5 pp for full day tour, \$2-3 pp for half-day tour).
- Personal expenditures, i.e. laundry, telephone bills, beverages of any kind, souvenirs etc.
- FOR SAN FRANCISCO GATEWAY PASSENGERS: Optional Park & Fly Package (including hotel, parking, airport shuttle and departure snack) at **EL RANCHO INN** in Millbrae. \$145/room (dbl occ. with parking); \$95/room (dbl occ. no parking). Triple/Quad occupancy also available for a surcharge. Depending on the flight schedule, you can choose to stay overnight on either the night before departure or the night of return (or both). For more information, log onto: [www.elranchoinn.com](http://www.elranchoinn.com)

## The Fine Print

- **PRICE:** The tour price is based on double occupancy and a minimum of 14 participants (max 26). The price is guaranteed, but if (due to unforeseen circumstances beyond the control of Teresa Beall Expeditions) our suppliers increase the costs, we will adjust the price accordingly. The price of the airfare portion is subject to change until the air tickets are issued. Should the number of participants be lower than the published minimum, the price will be adjusted accordingly or the tour will be canceled.
- **DEPOSIT AND PAYMENT POLICY:** A \$300 pp deposit is due at the time of reservation (of which only \$100 is refundable if cancelled prior to final payment; otherwise 100% nonrefundable). Final payment due May 20, 2010. **Checks are to be made payable to Teresa Beall Expeditions.** Sorry, no credit cards.
- **CANCELLATION & REFUNDS:** For cancellation more than 90 days prior to departure, a cancellation fee of \$200 tour cost will apply. For cancellation less than 90 days prior to departure, a 100% cancellation fee of the tour cost will apply. No refund will be paid for unused services such as transfers, sightseeing, meals, hotel accommodation, entrance fees, and others that are listed in the tour program.
- **LAND ARRANGEMENTS:** We reserve the right to change the itinerary due to unforeseen circumstances. In all cases, Teresa Beall Expeditions will do their best to maintain tour content. We reserve the right to change the hotel listed for another of similar quality.
- **RESPONSIBILITY & LIABILITY:** Whereas Teresa Beall Expeditions operate the program only as an agent of the aircraft, hotel, bus operators, local sight-seeing contractors and others who provide actual land arrangements, we are not liable for any act, omission, delay, injury, loss or damage or nonperformance occurring in connection with these tours. The Passenger contract in use by the airline concerned, when issued, shall constitute the sole contract between the airline and the purchaser of the tours and/or passenger. Teresa Beall Expeditions reserves the right to bring legal action to collect damages in the event that the purchaser fails to pay any fees due for services, including cancellation fees as listed in 'Cancellations & Refunds'. The parties agree that should legal action be commenced, the prevailing party will be entitled to reasonable attorney fees and court costs in addition to the actual damages sustained and proven.

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## Passenger Responsibility:

Passenger has read the above exclusions, inclusions, and fine print (terms and conditions) and agrees to each of them, and hereby warrants that he/she fully understands each of them. Specifically the passenger understands that should he/she cancel the trip for any reason, he/she will be charged the cancellation fee set out in the 'Cancellations & Refunds' section in the Fine Print details.

## Passport and Documentation:

Your passport must be valid for at least six months with at least two empty pages. For more specific passport requirements, please contact the consulates for updated information.

## Entire Agreement Severability:

This is the entire agreement of the parties and it may be amended only by written agreement signed by both Teresa Beall Expeditions and the client. If any part of this agreement is held unenforceable by a court of law, the rest of this agreement will nevertheless remain in force and effect.

## Travel Insurance:

Travel insurance is not included in the tour price. It is the passenger's responsibility to verify whether his/her local health insurance provides coverage while out of the USA. Please contact your insurance carrier for details. Teresa Beall Expeditions highly recommends the purchase of comprehensive travel insurance, which covers health, luggage and trip cancellation. A waiver must be signed if insurance is declined.

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(EXACT PASSPORT SPELLING) First name \_\_\_\_\_ Middle name \_\_\_\_\_ Last name \_\_\_\_\_

Address \_\_\_\_\_ Traveling with \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Nationality \_\_\_\_\_ Passport number \_\_\_\_\_ Valid until \_\_\_\_\_

Emergency Contact (relationship) \_\_\_\_\_ Phone \_\_\_\_\_

Pre-Departure stay at the El Rancho Inn in Millbrae (SFO)? Yes, with parking \_\_\_\_\_ Yes, without parking \_\_\_\_\_ No \_\_\_\_\_

Bed Configuration (can request, but never guaranteed)? One Bed (Q/K Bed) \_\_\_\_\_ Two Beds (Twins) \_\_\_\_\_

Need Help with Flights? Yes \_\_\_ No \_\_\_ Gateway \_\_\_\_\_ Airline preference \_\_\_\_\_ FF# \_\_\_\_\_

Travel Insurance? \_\_\_ Yes \_\_\_ No. See details above. *NOTE: If insurance is declined, you will be fully responsible for any fees/costs associated with the tour due to cancellation/medical necessities/lost baggage/delayed flights, etc. for any reason!*

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I hereby sign and agree to the terms and conditions attached to this form:

Signature \_\_\_\_\_ Date \_\_\_\_\_

**IMPORTANT – Please sign this form and return it with a check for \$300 pp, payable to Teresa Beall Expeditions.**

Send to TERESA BEALL EXPEDITIONS – 2724 Pillsbury Rd, Chico, CA 95973 – 530.342.6999 (p) – [Teresa@TeresaBeall.com](mailto:Teresa@TeresaBeall.com)

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Teresa Beall Expeditions  
2724 Pillsbury Road, Chico, California 95973  
CST License # 2072670-40

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