

Welcome to Mexico City – A Guide for Our Wedding Guests

Dear Guests,

We are so thrilled that you'll be joining us in Mexico to celebrate our wedding! Many of you are visiting Mexico City for the first time, one of the most exciting and largest metropolises in the world. To help you enjoy your time here safely and comfortably, we've put together this detailed guide with tips, recommendations, and important information.

General Information about Mexico City

Mexico City (Ciudad de México, CDMX) is one of the largest cities in the world, with about 22 million people in its metropolitan area. Located at an altitude of 2,240 meters, you may feel a little more tired or out of breath during your first days here. Drink plenty of water, eat light meals, and take it easy until you acclimate to the altitude! The oxygen levels here are lower than at sea level, which can cause headaches and fatigue. If you're not feeling well, take breaks and avoid strenuous physical activity during the first few days. A whiskey may also help 😊.

The climate in Mexico City is temperate, with warm days and cool nights. Between November and March, mornings and evenings can be chilly, so we recommend bringing a light jacket.

Neighborhoods & Safety

Mexico City is huge, and not all neighborhoods are equally safe. Here are some recommended areas for your stay:

- **Polanco** – A luxury district with excellent restaurants, designer shops, museums, and parks. Perfect for strolling.
- **Condesa & Roma** – Trendy neighborhoods with beautiful old houses, street art, cozy cafés, and bars. Ideal for walks.
- **Centro Histórico** – The historic center with impressive architecture, the Cathedral, and Palacio Nacional. Please only visit during the day! Avoid staying here overnight.
- **Coyoacán & San Ángel** – Colonial charm, markets, street artists, and the famous Frida Kahlo Museum.
- **Del Valle** – A pleasant, safe residential area with many restaurants, shopping, and parks.

Safety Tips:

- Be especially cautious on the metro, around the Zócalo, and at markets for pickpockets.
- Only visit Centro Histórico & Zócalo during the day.
- Use Uber or Didi instead of hailing taxis off the street.

- Keep valuables close to your body and avoid wearing flashy jewelry, expensive watches, or designer clothes.
 - Avoid dark, isolated streets, and prefer taking an Uber at night instead of walking.
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Sights & Activities

Mexico City offers an abundance of things to do. Here are some highlights:

Historic Center & Culture:

- **Zócalo:** The central square with impressive colonial architecture.
- **Mexico City Cathedral:** The largest and oldest cathedral in the Americas.
- **Palacio Nacional:** The government seat with Diego Rivera's murals.
- **Templo Mayor:** The ruins of the ancient Aztec capital Tenochtitlán.
- **Palacio de Bellas Artes:** A beautiful theater with stunning architecture and art.
- **Torre Latinoamericana:** An observation tower with breathtaking views of the city.

Museums & Art:

- **Museo Nacional de Antropología:** A world-class museum on the history of Mexico's indigenous cultures.
- **Frida Kahlo Museum:** Also known as "Casa Azul," the former home of the famous artist.
- **Casa Luis Barragán:** An architectural masterpiece by the famous Mexican architect.
- **Museo Soumaya:** An impressive modern art museum with works by Rodin, Dalí, and more.
- **Museo Tamayo & Museo Jumex:** Modern and contemporary art in Polanco.
- Mexico City boasts about 170 museums!

Nature & Relaxation:

- **Bosque de Chapultepec:** Mexico's largest city park with Chapultepec Castle and many museums.
- **Parque México & Parque España:** Lovely parks in Condesa for a relaxing walk.
- **Xochimilco:** Canals with colorful boats ("Trajineras"), perfect for a traditional boat ride with music and food.
- **Jardín Botánico UNAM:** A botanical garden showcasing native flora and fauna.

Day Trips & Adventures:

- **Teotihuacán:** Impressive pyramids of the Sun and Moon, just an hour from Mexico City.
- **Tepoztlán:** A mystical town with the famous Tepozteco mountain and fantastic markets (where our wedding will be!).
- **Puebla & Cholula:** Colonial architecture, Talavera pottery, and the world's largest pyramid.
- **Nevado de Toluca:** A volcano with two impressive crater lakes – perfect for a hike.

Special Experiences:

- **Lucha Libre:** Mexican wrestling at Arena México – an unforgettable experience!
 - **Mercado de la Ciudadela:** One of the best handicraft markets in Mexico City.
 - **Mercado de Coyoacán:** Another excellent handicraft market in the city.
 - **Plaza Garibaldi:** The best place to experience live Mariachi music.
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Food & Drink

Mexico City is a paradise for food lovers. Here are some restaurant recommendations:

Mexican Restaurants:

- **El Bajío:** Traditional Mexican cuisine with delicious tacos and tamales.
- **Azul Histórico:** A beautiful setting with excellent Mexican haute cuisine.
- **El Mayor:** Located near Templo Mayor with stunning views of the historic center.
- **El Cardenal:** Perfect for a traditional Mexican breakfast.
- **Casa de Toño:** Famous for its Pozole (corn stew) at affordable prices.

Fine Dining:

- **Botánico (Condesa):** Elegant cuisine with a Michelin star.
- **Pujol (Polanco):** One of the best restaurants in the world – book early!
- **Contramar (Condesa):** Famous for its fresh seafood and tostadas.
- **Lardo (Condesa):** Mediterranean fusion with excellent ingredients.

Sweets & Cafés:

- **El Moro:** The best churros in the city with hot chocolate.
 - **Sachs:** An elegant café with delicious pastries.
 - **Matisse:** Great brunch and cakes.
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Important Vaccines & Health Tips

While there are no mandatory vaccinations for traveling to Mexico, the following are recommended (based on online advice):

- **Standard vaccines** (Tetanus, Diphtheria, Measles, Mumps, Rubella, Polio) should be up-to-date.
- **Hepatitis A & B** – Especially recommended for longer stays or frequent contact with local cuisine.
- **Typhoid** – Recommended if you plan to explore street food or markets.
- **Rabies** – If you're spending a lot of time outdoors or interacting with animals.
- **Dengue & Malaria** – No malaria in Mexico City itself, but there are some rural areas with risk. Always use mosquito repellent.

Health Tips:

- Drink only bottled or filtered water (no tap water!).
- Be cautious with street food – avoid undercooked food.
- Ease into spicy food to avoid stomach issues.
- Don't forget sunscreen – UV radiation can be strong even on cloudy days.

If you have any questions, Pamela is happy to help!