

Index

See also GreenDex p309

A

accommodations 247-50, *see also individual locations*
apartments 248-9
B&Bs 248-9
cabanas 249
camping 249
hostels 249
hotels 249-50
online bookings 247
responsible travel 22
taxes 248

activities 12-13, 64-70, 250, *see also*
bird-watching, cycling, diving, fishing, hiking, kayaking, kiteboarding, snorkeling, volunteering, wildlife watching, windsurfing, ziplining

Agua Azul 245

air travel

airlines 266-7, 270
airports 266
responsible travel 22, 268
tickets 267, 268, 269
to/from the Yucatán 266-9
within the Yucatán 270

Akumal 119-20

alcohol 52

alternative tourism 99

aluxes 104

Amatenango del Valle 245

animals 59-61, *see also* ants, birds, crocodiles, flamingos, howler monkeys, jaguars, sharks, spider monkeys, turtles, whale sharks, wildlife watching
bites 280, 281
books 61
endangered species 61
internet resources 58, 60
rabies 279

animism 44

ants 145

archaeological sites

Aguada Grande 114
Balamkú 221-2
Becán 224
Bonampak 243-6

books 48

Calakmul 222-3

Chicanná 223-4

Chichén Itzá 15, 32, 33, 43, 186-93, **187**, 15

Chinkultic 245

Cobá 15, 129-32, **130**, 15

Comalcalco 230

Corredor Arqueológico 145-7

Dzibanché 145-6

Dzibilchaltún 15, 156, 182-3, 15

Dzibilnocac 217-18

Edzná 214-16, **215**

Ek' Balam 196-7

El Castillo Real 114

El Tabasqueño 217

El Tigre 221

Hochob 217

Hormiguero 226

Kabah 171-2, **171**

Kinich-Kakmó 186

Kohulich 146-7

Labná 173, **173**

Mayapán 174-5

Ox-Huadz 186

Oxkintok 167

Palenque 15, 240-2, **241**, 14

Río Bec 13, 226, 13

sacbeob 129, 131

San Gervasio 114-15

Sayil 172-3

Tohcok 217

Toniná 245

Tulum 15, 124-6, **125**, 16

Uxmal 167-71, **168**

Xcalak 138

Xcambó 184

Xlapak 173

Xpuhil 224

Yamil Lu'um 76

Yaxchilán 243-6

Zona Arqueológica El Rey 76

architecture 47-9

books 48

Chenes style 48-9

Classic style 48

Cocom style 49

Esperanza style 48

Maya style 47-9

Puuc style 48-9

pyramids 47

Río Bec style 48-9, 13

Spanish Colonial style 49

Toltec-Maya style 49

area codes 261, *see also inside front cover*

art galleries, *see* museums & galleries

arts 44-9, *see also* architecture, dance, handicrafts, literature, music books 49

Atasta Peninsula 221

ATMs 257

Aztec people 33

B

Bahías de Punta Solimán 121

Balamkú 221-2

balché 52, 53

Banco Chinchorro 7, 62, 137

bargaining 258

baseball 41

bathrooms 262

beaches

Akumal 119-20

Bahías de Punta Solimán 121

Cancún 76-8

Celestún 181

Cozumel 113

El Cuyo 200

Isla Aguada 219

Isla Mujeres 9, 90

itineraries **29**, **29**

Paamul 119

Playa del Carmen 104-5

Playa Norte 9, 220, 8

Playa Varadero 219

Progreso 183

Puerto Ceiba 231

Punta Bete 102

safety 78, 252

Tankah 121-2

Telchac Puerto 184-5

Tulum 124-6, 16

Xpu-há 119

Bécal 214

Becán 224

Belize 146

border crossings 269

bicycle travel, *see* cycling

- biosphere reserves
 Banco Chinchorro 7, 62, 137
 Calakmul 9, 62, 222
 El Triunfo 245
 La Encrucijada 245
 Montes Azules 244
 Pántanos de Centla 230-1
 Ría Celestún 9, 62, 180
 Ría Lagartos 9, 62, 198
 Sian Ka'an 9, 62, 133-4
 birds 59-60, *see also* bird-watching, flamingos
 bird-watching 59-60, *see also* biosphere reserves, flamingos
 Bahías de Punta Solimán 121
 books 59
 Calakmul 9, 62, 222
 Celestún 179-81
 El Tigre 221
 festivals 23
 internet resources 68
 Isla de Pájaros 219
 Laguna Bacalar 139
 Laguna de Términos 219-20
 Parque Nacional Isla Contoy 9, 62, 96, 8
 Punta Laguna 132-3
 Reserva de la Biósfera El Triunfo 245
 Reserva de la Biósfera Pántanos de Centla 230-1
 Reserva de la Biósfera Ría Celestún 9, 62, 180-1
 Reserva de la Biósfera Sian Ka'an 9, 62, 133-4
 Río Lagartos 198-9
 San Felipe 200
 Selva Lacandona 242, 9
 Tankah 121
 Toh Festival de Aves de Yucatán 23
 tours 157
 Uaymitún 184
 Xcalak 13, 138
 boat travel
 to/from the Yucatán 270
 within the Yucatán 271
 Bonampak 243-6
 books, *see also* literature
 animals 61
 archaeological sites 48
 architecture 48
 arts 49
- 000 Map pages
 000 Photograph pages
- birds 59
 culture 39
 fish 61
 health 277
 history 30, 32
 Maya civilization 30, 32, 35, 42, 44-5
 travel literature 21-2
 border crossings
 to/from Belize 146, 269
 to/from the USA 269
 bus travel
 to/from the Yucatán 269
 within the Yucatán 271-2
 bushwalking, *see* hiking
 business hours 250, *see also inside front cover*
- C**
 Calakmul 9, 62, 222-3
 Calderón Hinojosa, Felipe 19
 calendar, Maya 36, 43, 188
 Campeche (city) 15, 203-13, **206**, 14
 accommodations 208-10
 activities 204-5, 207-8
 courses 208
 drinking 211
 entertainment 211-12
 festivals 208
 food 210-11
 history 203
 internet access 203
 medical services 203
 shopping 212
 sights 204-5, 207-8
 tourist information 204
 tours 208
 travel to/from 212-13
 travel within 213
 Campeche state 202-26, **204**
 itineraries 27, **27**
 Cancún 72-88, **74**, **75**, **77**
 accommodations 79-81
 activities 76-8
 emergency services 74
 entertainment 84-5
 food 81-4
 internet access 74
 itineraries 25, **25**
 medical services 74
 safety 76, 78
 shopping 85-6
 sights 76-8
 tourist information 76
 tours 78
- travel to/from 86-7
 travel within 88
 canoeing, *see* kayaking
 Cañón del Sumidero 245
 cantinas 54
 car travel
 car rental 274
 driving distances map **273**
 insurance 270
 organizations 274
 road conditions 274-5
 road rules 275
 to/from the Yucatán 269-71
 within the Yucatán 272-5
 Carnaval 23, *see also* festivals
 casas de cambio 257
 cathedrals, *see* churches & cathedrals
 Catholicism 44
 caves
 Balankanché 191
 Calcehtok 167
 diving 120-1
 Loltún 174
 Nohoch Nah Chich 120
 Ox Bel Ha 120
 San Cristóbal 245
 Xtucumbilxuna'an 217
 Celestún 156, 179-82
 cell phones 260
 cenotes 6-7, 58, 64, 124
 Angelita 7, 123-4
 Azul 119, 139
 Cristalino Cenote 119, 4
 Cuzamá 9, 156, 175-6
 diving 64, 78, 100, 123-4
 Dos Ojos 120-1
 Dzitnup 195
 El Jardín de Edén 119
 Gran Cenote 129
 Ik Kil 190-1
 Sagrado 189
 Samulá 195
 Sima de Las Cotorras 245
 snorkeling 64, 100
 Taj Mahal 78
 Tankah 121-2
 Tekit 175
 Valladolid 7, 194-5, 7
 Xlacah 183
 Zací 194
 Chaltún Há 186
 Champotón 218-19
 Chamulan people 238
 Chetumal 140-5, **142**
 Chiapa de Corzo 245
- Chiapas 231-46, **229**
 safety 231
 Chicanná 223-4
 Chicén Itzá 15, 32, 33, 43, 186-93, **187**, **15**
 Chicxulub 31
 Chilam Balam 21-2, 32, 44
 children, travel with 78, 250-1
 food 54
 health 278
 cholera 279
 Chumayel 175
 churches & cathedrals
 Catedral de Nuestra Señora de la Purísima Concepción 205
 Catedral de San Ildefonso 154
 Ex-Templo de San José 207
 Iglesia de San Antonio de Padua 176
 Iglesia de San Francisco de Asís 213
 Iglesia de San Lorenzo 238
 Iglesia La Mejorada 157
 Parroquia Los Santos Reyes de Tizimin 197
 Santuario de la Virgen de Izamal 185
 Santuario de la Virgen del Carmen 220
 Templo de San Bernardino 193-4
 Templo de San Juan 238
 Templo de Santo Domingo 234
- cinema 44, 45
 Ciudad del Carmen 220-1
 climate 20, 251
 change 268
 clothing
 guayaberas 164, 259
 huipiles 40, 46, 164, 259
 panama hats 46-7, 164, 214, 259
 Cobá 15, 129-32, **130**, **15**
 Cocomes people 33, 34, 174
 colectivo travel 272
 Columbus, Christopher 33
 Comalcalco 230
 combi travel 272
 conservation 61, 62, 63
 consulates 253
 convents, *see* monasteries & convents
 corals 60
 Corozal 147
 Corredor Arqueológico 145-7
 Cortés, Hernán 33
 Costa Maya 136-7
 costs 20-1, *see also inside front cover*
- courses 251
 language 105, 157, 208, 235
 Cozumel 13, 64, 108-18, **109**, **111**, **13**
 accommodations 115-16
 activities 112-15
 diving 64-6, 112, 113
 emergency services 110
 entertainment 117
 food 116-17
 history 108-10
 internet access 110
 medical services 110
 sights 110, 112-15
 tourist information 110
 travel to/from 117
 travel within 117-18
 cranial deformation 131
 credit cards 257
 Cristalino Cenote 119, 4
 crocodiles 60
 Cobá 130
 Cozumel 114
 Rancho Punta Venado 119
 Reserva de la Biósfera Pántanos de Centla 230-1
 Reserva de la Biósfera Ría Lagartos 9, 198-9
 Reserva de la Biósfera Sian Ka'an 134
 Cuauhtémoc 186
 cultural considerations 39
 culture 39-49, *see also* Maya people
 arts 44-9
 identity 39
 internet resources 39, 41
 lifestyle 40
 population 40
 religion 40-4
 sports 40-1
 currency 257, *see also inside front cover*
 customs regulations 251-2
 Cuzamá 9, 156, 175-6
 cycling 13, 68, 157, 270-1, **13**
- D**
 dance 46, 254, *see also* vaquerías
 dangers, *see* safe travel
 debit cards 257
 deforestation 63
 dengue fever 278
 departure tax
 domestic 271
 international 269
 Día de la Marina 199
 Día de los Reyes Magos 23, 197, 254
- Día de Nuestra Señora de Guadalupe 23, 208, 254
 Díaz, Porfirio 35, 36, 37
 disabilities, travelers with 262
 diving 6-7, 64-6, **65**, 6-7, **12**
 Akumal 120
 Banco Chinchorro 7, 137
 Cancún 78
 caves 120-1
 cenotes 64, 78, 100, 123-4
 Cozumel 64-6, 112, 113
 dive shops 67
 internet resources 66
 Isla Mujeres 91
 itineraries 29, **29**
 Laguna Bacalar 139
 Mahahual 136-7
 marine life 6-7, 60-1, 6-7
 Paamul 119
 Playa del Carmen 104
 Puerto Morelos 100
 Punta Allen 134
 responsible diving 64, 66, 67
 Tulum 122-4
 Xcalak 137-8
- drinks 52-3
 alcoholic 52
 balché 52, 53
 cantinas 54
 glossary 57
 nonalcoholic 52-3
 water 248, 280-1
 xtabentún 52
 driving, *see* car travel
 drugs 252
 DVDs 248
 Dzibanché 145-6
 Dzibilchaltún 15, 156, 182-3, **15**
 Dzibilnocac 217-18
- E**
 economy 37-8
 ecoparks
 Punta Sur 7, 114, 7
 Tres Ríos 102
 Xcaret 118-19
 Xel-Há 120-1
 Edzná 214-16, **215**
 Ejército Zapatista de Liberación Nacional, *see* Zapatistas
 Ek' Balam 196-7
 El Cuyo 200
 El Tabasqueño 217
 El Tigre 221
 electricity 248

email services 255-6
 embassies 253
 emergencies, *see inside front cover*
 environment 58-63
 environmental issues 62-3
 conservation 61
 deforestation 61
 global warming 63
 internet resources 58, 61
 oil exploration 63
 volunteering 69, 264
 water conservation 63

Escárcega 221
 events, *see festivals*
 exchange rates, *see inside front cover*

F

fauna, *see individual animals*, birds
 fax services 261
 Felipe Carrillo Puerto 15, 37, 134-6, **135**
 festivals 23, 253-4
 Carnaval (Chetumal) 140
 Carnaval (Ciudad del Carmen) 220
 Carnaval (Cozumel) 108
 Carnaval (Mérida) 158
 Día de la Candelaria 254
 Día de la Independencia 254
 Día de la Marina 199
 Día de la Virgen de Guadalupe 234
 Día de los Muertos 53, 254
 Día de los Reyes Magos 23, 197, 254
 Día de Navidad 254
 Día de Nuestra Señora de Guadalupe 23, 208, 254
 Día de Todos los Santos 254
 Exposición de Altares de los Muertos 158
 Feria de la Primavera y de la Paz 235
 Feria de San Román 208
 Feria de Santiago 199
 Festival Cervantino Barroco 23, 235, 254
 Festival de Nuestra Señora de Carmen 23, 220
 Festival de Trova Yucateca 158
 Festival del Centro Histórico 208
 Fiesta de Flor del Jip 214
 fiesta of the Virgin of Izamal 185
 food 53

000 Map pages
 000 Photograph pages

Posadas 254
 Semana Santa (Mérida) 158
 Semana Santa (San Cristóbal de Las Casas) 235
 Toh Festival 59
 fiestas, *see festivals*
 films 44, 45
 fish 60-1
 books 61
 sharks 13, 92, 97, 137, **12**
 fishing 69
 Akumal 120
 Isla Mujeres 92
 Playa del Carmen 105
 Punta Allen 134
 flamingos 62, 9
 Reserva de la Biósfera Ría Celestún 9, 62, 179, 181
 Reserva de la Biósfera Sian Ka'an 134
 Río Lagartos 198-9
 Uaymitún 184
 floods 228, 247
 flora, *see plants*
 food 10-11, 50-7, 254-5, 10-11, *see also individual locations*
 antojitos 50
 campechano cuisine 210-11
 children 54
 cochinita pibil 11, 51
 festivals 53
 glossary 54-7
 habanero chilies 52
 honey 11, 218, 260, **11**
 recados 51
 responsible travel 22
 seafood 51
 tamales 50
 vegan travelers 54
 vegetarian travelers 54
 Yucatecan specialties 50-2
 football 40-1
 Fox, Vicente 19
 Frontera Corozal 244, 246
 Fuerte de San Miguel 207
 Fuerte Museo San José del Alto 207

G

galleries, *see museums & galleries*
 gay travelers 255
 Cancún 84
 geography 58
 geology 58
 golf 70
 Gran Cenote 129

GreenDex 309
 Grutas de Balankanché 191
 Grutas de Calcehtok 167
 Grutas de Loltún 174
 Grutas de San Cristóbal 245
 Grutas de Xtacumbilxuna'an 217
 guayaberas 164, 259

H

habanero chilies 52
 Habuk 186
 haciendas & mansions
 Casa de Montejo 155
 Hacienda de Tixel 219
 Hacienda La Luz 231
 Hacienda Mundaca 90-1
 Hacienda Ochil 167
 Hacienda Real de Salinas 181
 Hacienda Yaxcopoil 166-7
 Ruined Haciendas Route 182
 hammocks 163, 249, 259
 handicrafts 46-7, *see also clothing*
 hats, *see panama hats*
 health 276-81
 animal bites 280, 281
 books 277
 children 278
 cholera 279
 deep vein thrombosis 277
 dengue fever 278
 DVT 277
 heat exhaustion 281
 hepatitis 278-9
 immunizations 276
 insect bites 280
 insurance 255, 276-8
 internet resources 277
 malaria 278
 medical services 277-8
 pregnancy 278
 rabies 279
 sun exposure 281
 travelers diarrhea 280
 typhoid fever 279
 vaccinations 276
 water 248, 280-1
 women travelers 278
 Hecelchakán 213-14
 henequen production 181
 hepatitis 278-9
 hiking 67-8
 history 30-8, *see also Maya civilization*
 books 30, 32
 colonial period 34
 independence 34-6

internet resources 41
 Mérida 34
 Spanish conquest 33-6
 War of the Castes 36, 37, 135, 149, 195
 hitchhiking 275
 Hochob 217
 holidays 20, 255, *see also festivals*
 honey 11, 218, 260, **11**
 Hopolchéén 216-17
 Hormiguero 226
 howler monkeys 60, 132, 134, 221, 222, 230
 huipiles 40, 46, 164, 259
 hurricanes 19, 20, 59, 247
 Hurricane Dean 38, 59, 65, 120, 133, 136-7, 140, 145
 Hurricane Wilma 37, 59, 62, 64, 99, 108, 112

I

immunizations 276
 insurance 255
 car & motorcycle 270
 health 276-8
 internet access 255-6
 internet resources 24
 accommodations bookings 247
 air tickets 267, 268, 269
 animals 58, 60
 bird-watching 68
 carbon offset schemes 268
 culture 39, 41
 diving 66
 environmental issues 58, 61
 health 277
 history 41
 Maya civilization 30, 32, 38, 40
 plants 58
 responsible travel 22
 snorkeling 66
 tours 68
 wildlife watching 59
 Isla Aguada 219
 Isla Contoy, *see Parque Nacional Isla Contoy*
 Isla Cozumel, *see Cozumel*
 Isla de Pájaros 219
 Isla Holbox 13, 96-9
 Isla Mujeres 9, 88-96, **74, 89, 91**
 accommodations 93-4
 activities 90-2
 drinking 94-5
 emergency services 90
 entertainment 94-5

food 94
 history 89
 internet access 90
 medical services 90
 sights 90-2
 tourist information 90
 travel to/from 95
 travel within 95-6
 itineraries 4, 25-9, **4, 25, 26, 27, 28, 29**
 beaches 29, **29**
 Campeche state 27, **27**
 Cancún 25, **25**
 diving 29, **29**
 Maya civilization 28-9, **28**
 Riviera Maya 25, **25**
 snorkeling 29, **29**
 wildlife watching 28, **28**
 Iturbide 218
 Itzá people 32-3, 174
 Ixchel 44
 Izamal 185-6
 Iztamatul 186

J

jaguars 60, 132, 134, 222, 230, 242, 8
 Jardín Botánico 102
 jet lag 277
 jipijapas, *see panama hats*

K

Kabah 171-2, **171**
 kayaking 66-7, 132
 Atasta Peninsula 221
 Bahías de Punta Solimán 121
 Laguna Bacalar 139
 Rancho Punta Venado 119
 Xcalak 13, 138
 Kimbilá 186
 kiteboarding 13, 67, 183
 Kukulcán 32, 169, 174, 187

L

La Venta 231
 Labná 173, **173**
 Lacandon Jungle 9, 242, 9
 Lacandon people 244
 Lacanjá Chansayab 245, 246
 Lagos de Montebello 245
 Laguna Bacalar 13, 139-40, **12**
 Laguna de Términos 219-20
 Laguna Miramar 245
 Laguna Yal-Kú 7, 120
 Landa, Friar Diego de 35, 175

language 282-9
 courses 105, 157, 208, 235, 251
 food vocabulary 54-7
 glossary 290
 Maya 40, 41, 288
 Spanish 282-7
 Yucatec Maya 288-9
 Las Coloradas 200
 legal matters 85, 256
 lesbian travelers 255
 Cancún 84
 limestone sinkholes, *see cenotes*
 literature 44-5, *see also books*
 Chilam Balam 21-2, 32, 44
 Popul Yuh 32, 45
 lotería 211

M

Mahauhal 136-7
 malaria 278
 Malpasito 231
 Mama 175
 Maní 175
 mansions, *see haciendas & mansions*
 maps 256
 marine life 6-7, 60-1, 6-7
 Maya civilization 35
 aluxes 104
 architecture 47-9
 bloodletting 42
 books 30, 32, 35, 42, 44-5
 calendar 36, 43, 188
 Classic Maya period 31-2
 cosmology 41, 141
 cranial deformation 131
 history 31-2, 34-6
 internet resources 30, 32, 38, 40
 itineraries 28-9, **28**
 piercing 131
 Post-Classic Maya period 32-3
 religion 41-4
 Ruta Puuc 172-4
 tattoos 131
 World-Tree 41, 42-4
 Xibalbá 41, 42-4
 Maya people 15, 30-2, 34-6, 47, 178, *see also Maya civilization*, language
 Maya ruins 23, 76, *see also archaeological sites*
 Mayapán 174-5
 measures 248, *see also inside front cover*
 medical services 277-8, *see also health*
 Mennonite people 216

Mérida 149-66, **152-3**
 accommodations 158-60
 drinking 162
 emergency services 149
 festivals 158
 food 160-2
 history 149
 internet access 151
 medical services 151
 money 151
 safety 153
 shopping 164
 sights 153-7
 tourist information 153
 tours 157-8
 travel to/from 164-6
 travel within 166

meteorites 31
 metric conversions, *see inside front cover*
 Mexican Revolution 37, 179
 Mexico
 border crossings 269
 Misol-Ha 245
 mobile phones 260
 monasteries & convents
 Convento de San Antonio de Padua 185-6
 Convento de San Francisco de Asís 184
 Convento de Sisal 193-4
 Oxkutzcab Franciscan mission 179
 Templo & Ex-Convento de Santo Domingo 234
 Tizimin Franciscan monastery 197
 money 20-1, 253, 257-8, *see also inside front cover*
 monkeys 60
 howler 132, 124, 221, 222, 230
 spider 61, 102, 132
 Montejo, Francisco de 34, 149, 154, 174, 193, 203
 motorcycle travel 269-71
 driving distances map **273**
 insurance 270
 motorcycle rental 274
 road conditions 274-5
 road rules 275
 to/from the Yucatán 269-71
 within the Yucatán 272-5

museums & galleries
 Museo Arqueológico de Campeche 207
 Museo Arqueológico del Camino Real 213
 Museo de Arte Contemporáneo 155
 Museo de Arte Popular de Yucatán 156-7
 Museo de Arte Sacro 184
 Museo de Historia Natural 228
 Museo de la Arquitectura Maya 205
 Museo de la Ciudad (Campeche) 205
 Museo de la Ciudad (Chetumal) 143
 Museo de la Cultura Maya 141-2
 Museo de la Guerra de Castas 179
 Museo de la Isla de Cozumel 110-12
 Museo de la Medicina Maya 235
 Museo de los Grandes Maestros del Arte Mexicano 185
 Museo de San Roque 194
 Museo de Sitio 240
 Museo del Ámbar de Chiapas 235
 Museo del Pueblo Maya 183
 Museo Inah 76
 Museo Jsotz' Levetik 238
 Museo Regional de Antropología 156
 Museo y Galería de Arte Popular 205
 Na Bolom 234
 Regional Anthropology Museum 228

music 45-6

N

national marine parks 62
 national parks & reserves 62, *see also* biosphere reserves
 Parque Nacional Isla Contoy 9, 62, 96, 8
 Parque Nacional Palenque 240
 Parque Nacional Tulum 62
 newspapers 248
 Nuevo Durango 79

O

Obrador, Andrés Manuel López 19
 Ocosingo 245
 oil production 37-8, 220
 Olmec people 30
 Oxkutzcab 175, 178-9

P

Paamul 119
 Palenque 15, 238-43, **239**
 ruins 15, 240-2, **241**, 14
 panama hats 46-7, 164, 214, 259

Parque Chankanaab 113-14
 Parque Nacional Isla Contoy 9, 62, 96, 8
 Parque Nacional Palenque 240
 Parque Nacional Tulum 62
 Parque Punta Sur 7, 114, 7
 passports 248, 266, *see also* visas
 peoples
 Aztec 33
 Chamulan 238
 Cocom 33, 34, 174
 Itzá 32-3, 174
 Lacandon 244
 Maya 15, 30-2, 34-6, 47, 178
 Mennonite 216
 Olmec 30
 Toltec 32, 187, 188, 189
 Tzeltal 244
 Tzotzil 238, 244
 Xiú 33, 34, 154

phone cards 260
 photography 258
 cultural considerations 39, 231, 258
 pirates 90, 109, 179
 in Campeche 15, 205, 207
 planning 20-4, 253, *see also* itineraries
 holidays 255
 plants 61-2
 internet resources 58
 Playa del Carmen 102-8, **103**
 population 40
Popul Vuh 32, 45
porfiriato 35, 36
 postal services 258-9
 pottery 259
 Progreso 13, 183-4
 prostitution 85
 public holidays 20, 255
 Puerto Morelos 99-102
 Punta Allen 134
 Punta Bete 102
 Punta Laguna 132-3
 Punta Molas 114
 Punta Sur (Cozumel) 7, 114, 7
 Punta Sur (Isla Mujeres) 91

Q
 Quetzalcóatl 32, 33, 49, 169, 174, 187
 Quintana Roo 71-147, **73**

R
 rabies 279
 Rancho Punta Venado 119

recados 51
 religion 41-4
reservas de la biosfera, *see* biosphere reserves
 responsible travel 22, 62, 268
 cultural considerations 39, 231, 258
 diving 64, 66, 67
 flamingos 198
 GreenDex 309
 internet resources 22
 snorkeling 64, 66
 restaurants, *see individual locations*, food
 Río Bec ruins 13, 226, 13
 Río Lagartos 198-9
 Riviera Maya 99-132, **100**
 itineraries 25, **25**
 dive sites **65**
 road distances map **273**
 robbery 252-3
 Ruinas de Mayapán 33, 49, 174-5
 Ruta Puuc 156, 172-4

S

Sabancuy 219
sacbeob 129, 131
 safe travel 172
 beaches 78, 252
 hitchhiking 275
 robbery 252-3
 theft 252-3
 San Cristóbal de Las Casas 231-8, **232-3**
 San Felipe 200-1
 San Gervasio 114-15
 San Juan Chamula 238
 San Lorenzo Zinacantán 238
 San Miguel de Cozumel **111**
 Santa Elena 171
 Santuario de la Cruz Parlante 136
 Sayil 172-3
 scams 122, 146
 Selva de Norte 62
 Selva Lacandona 9, 242, 9
 Semana Santa 23, *see also* festivals
 sharks 13, 92, 97, 137, 12
 shopping 259-60, *see also individual locations*
 sinkholes, *see* cenotes
 sisal production 181
 snorkeling 6-7, 64-6, 6
 Akumal 120
 Bahías de Punta Solimán 121

Banco Chinchorro 137
 Cancún 78
 cenotes 64, 100
 Cozumel 64-6, 112, 113
 Gran Cenote 129
 internet resources 66
 Isla Mujeres 91
 itineraries **29, 29**
 Laguna Bacalar 139
 Mahahual 136-7
 Parque Nacional Isla Contoy 96
 Playa del Carmen 104
 Puerto Morelos 100
 Punta Allen 134
 Rancho Punta Venado 119
 responsible snorkeling 64, 66
 Tankah 121-2
 Tulum 122-3
 with whale sharks 92
 Xcalak 137-8

soccer 40-1
 solo travelers 260
 Spanish conquest 33-6
 spider monkeys 60, 61, 102, 132
 sports 40-1, *see also* baseball, football, golf, soccer
 street signs, Mérida 157
 sustainable travel, *see also* responsible travel
 GreenDex 309
 sweat lodges 42
 swimming, *see* beaches

T

Tabasco 228-31, **229**
 floods 228, 247
 talking cross 15, 37, 41, 135
 Santuario de la Cruz Parlante 136
 Tankah 121-2
 taxes 54, 248, 257-8
 departure tax 269, 271
 Teabo 175
 Teapa 231
 Tekax 175, 179
 Tekit 175
 Telchac Puerto 184-5
 telephone services 260-2
temescales 42
 textiles, *see* clothing, handicrafts
 theft 76, 122, 153, 252-3
 Thompson, Edward 188, 189
 Ticul 15, 176-8, **176**
 Tiho-suco 179
 time 262, **310-11**

tipping 54, 258
 Tizimin 197-8
 Toh Festival de Aves de Yucatán 23
 Tohcok 217
 toilets 262
 Toltec people 32, 187, 188, 189
 Toniná 245
 tourist cards 263
 tourist information 262
 tours 275
 alternative tourism 68, 99
 Atasta Peninsula 221
 bird-watching 157
 Campeche 208
 Cancún 78
 Celestún 180
 cycling 157
 day trips 79, 156, 175
 DIY trips 79, 156, 175, 186, 231, 245
 hiking 68
 internet resources 68
 kayaking 157-8
 Mérida 157
 Playa del Carmen 105
 Reserva de la Biosfera Ría Celestún 180
 Reserva de la Biosfera Sian Ka'an 134
 Río Lagartos 198-9
 snorkeling with whale sharks 92
 Uxmal 170
 Xpujil 225

train travel 275
 tramping, *see* hiking
 traveler's checks 257
 travelers diarrhea 280
 trekking, *see* hiking
 Tres Ríos 102
 Tulum 15, 122-8, **123**, 16
 ruins 15, 124-6, **125**, 16
 turtles 61, 92
 Bahías de Punta Solimán 121
 Banco Chinchorro 137
 Isla Mujeres 92
 Laguna de Términos 219-20
 Paamul 119
 Punta Allen 134
 turtle farms 92
 TV 248
 typhoid fever 279
 Tzeltal people 244
 Tzotzil people 238, 244

- U**
Uaymitún 184
USA
border crossings 269
Uxmal 167-71, **168**
- V**
vacations 20, 255
vaccinations 276
Valladolid 193-6, **194**
cenotes 7, 194-5, 7
vaquerías 46
vegan travelers 54
vegetarian travelers 54
Vernal Equinox 23
Vicente Guerrero 218
video systems 258
Villahermosa 228-30
visas 262-4, *see also* passports
Belize 146
tourist cards 263
VOIP 262
volunteering 69, 264
- W**
walking, *see* hiking
War of the Castes 36, 37, 135, 149, 193
Museo de la Guerra de Castas 179
- water, drinking 248, 280-1
water sports 78, *see also* diving,
kayaking, kiteboarding,
snorkeling, windsurfing
weather 20, 251
websites, *see* internet resources
weights 248, *see also inside front cover*
whale sharks 13, 92, 97, 12
wildlife 59-62, *see also individual*
animals, birds, bird-watching,
plants, wildlife watching
wildlife watching 23, 68-9, *see*
also biosphere reserves, national
parks & reserves
Bahías de Punta Solimán 121
Calakmul 9, 62, 222
internet resources 59
itineraries 28, **28**
Laguna de Términos 219-20
Punta Laguna 132-3
Reserva de la Biósfera Pántanos de
Centla 230-1
Reserva de la Biósfera Sian Ka'an
9, 62, 133-4
Río Lagartos 198-9
Selva Lacandona 9, 242, 9
volunteering 69
Xcalak 138
- windsurfing 67, 183
women travelers 264
health 278
work 265
volunteering 69, 264
- X**
Xcalak 13, 137-9
Xcambó 184
Xcaret 118-19
Xel-Há 120-1
Xiú people 33, 34, 154
Xlapak 173
Xpu-há 119
Xpujil 224-6
xtabentún 52
- Y**
Yaxchilán 243-6
Yotholín 175
Yucatán state 148-201, **150-1**
- Z**
Zapatistas 231, 234, 236
ziplining 69, 132
Zoh-Laguna 224, 225
Zona Libre 147
zoos 156