

# ≡ IZTACCÍHUATL VOLCANO ROUTE AND ANCESTRAL HERITAGE



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EXPERIENCES



# IZTACCÍHUATL VOLCANO ROUTE AND ANCESTRAL HERITAGE

"An ancestral path that defies the heights, caresses the clouds, and pays tribute to the strength, courage, and tenacity of women."

In the heart of Mexico, stretches the majestic "Iztaccihuatl Volcano Route and Ancestral Heritage," an extraordinary journey made by WOMEN and for WOMEN as a tribute to the strength and determination that lies within the feminine spirit. Strong and determined women, from those who carry ancestral recipes in their kitchens to those who lead the way to the most challenging heights, this route seeks to empower women through a common desire: nature, history, and the very essence of ancestral heritage.

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# GENERAL INFORMATION:

**DIFFICULTY:** Intermediate

**DURATION OF THE TOUR:** 11 hours

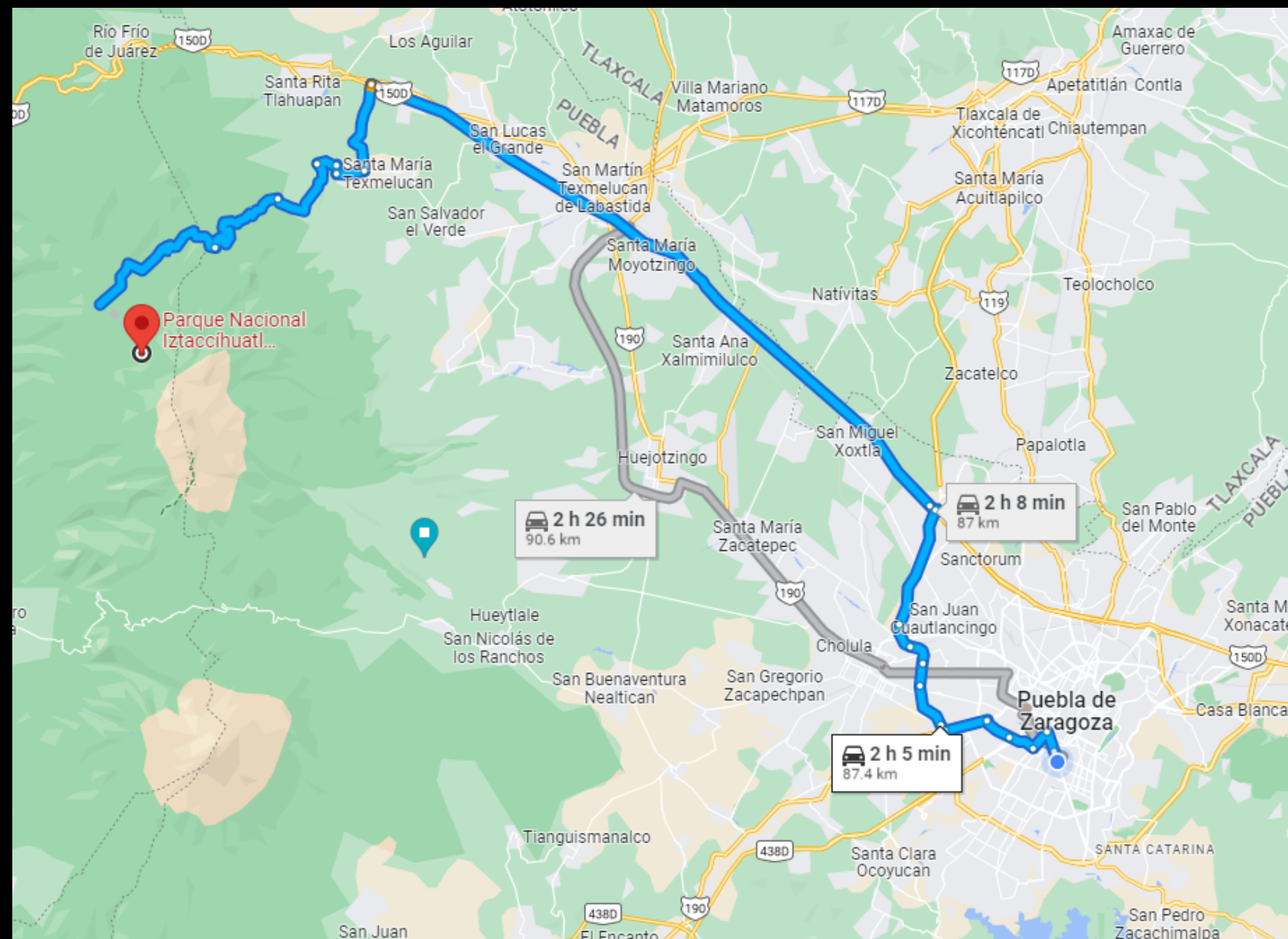
**DISTANCE FROM PUEBLA TO IZTA – POPO:** 2 hours and half

**AVERAGE TEMPERATURE:** 14 a 16 C° / 57°F

**LANGUAGE:** Spanish / English

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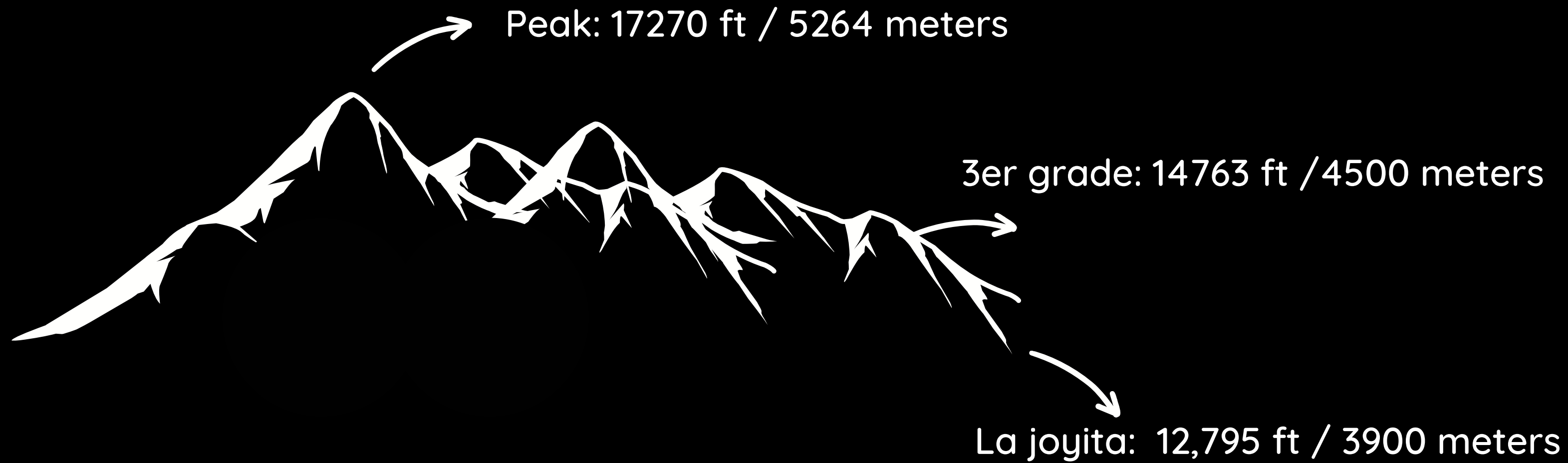
# MAP OF THE TOUR



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# MOUNTAIN SPECIFICATIONS



IZTAGCIHUATL

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# MOUNTAIN SPECIFICATIONS



IZTAGCIHUATL

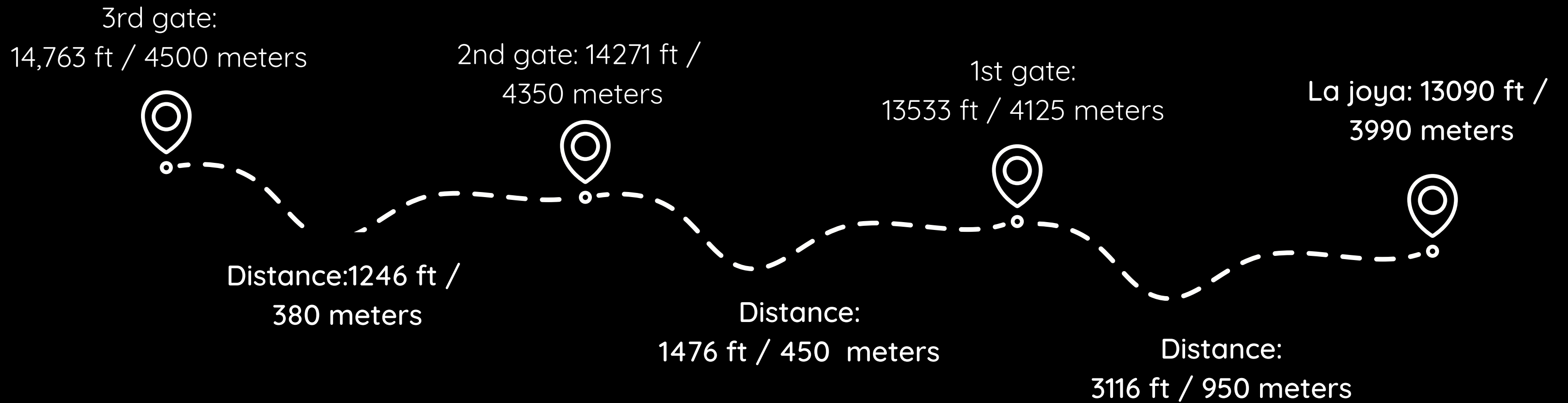
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# ROUTE SPECIFICATIONS



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Hiking time: 3 to 4 hours

Km/mi walked on the route: 3.56 km/2 mi in total

Positive unevenness: 600 meters / 1968 ft

Negative unevenness: 600 meters / 1968 ft

Altura máxima: 4500 meters / 14763 ft

Altura mínima: 3900 meters / 12795 ft

Technical difficulty: Intermediate

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## PLACES TO VISIT

- National Park Izta - Popo





# ITINERARY

## 1.-The experiences Stars

- The pick-up will be at the hotel or provided address. Transfer to the National Park, in approximately 2 hours journey, with about 1 and a half hours on unpaved roads.

## 2.- Connection with the volcano communities

- We make a stop in San Andrés Calpan, where we will buy fruits and seeds harvested with volcanic ash from different local producers. These items will be consumed during the hike





# ITINERARIO

### 3.- Corn as the centerpiece of local cuisine

- Corn is one of the most important foods for the volcano communities, harvested with volcanic ash. From corn, various dishes are prepared. We will stop to taste delicious tamales and atole prepared by a traditional cook.

### 4.- Access to Izta-Popo National Park (Paso de Cortés)

- Altitude: 3500 meters.

At this point, registration takes place in the national park. The guide will provide more information about the national park, its flora and fauna, and the famous legend of the volcanoes and our majestic Iztaccihuatl. This spot marks the beginning of acclimatization for our hike and offers an incredible view of the volcanoes.

### 5.- Transfer to La Joyita

- Altitude: 3900 meters.

We proceed 7 more kilometers along the route until reaching 'La Joyita,' the last parking area to start the hike along the Portillos route





# ITINERARIO

## 6.- Start of the Hike on Iztaccíhuat

- Altitude: 3900 meters

The adventure begins! We commence our hike at 3900 meters. The guide will provide you with a certified helmet and walking sticks to ensure your safety during the journey. Waivers will be filled out, along with our environmental and sustainability policies. Depending on the weather and your physical condition, we will progress through the different 'portillos,' reaching a maximum of the 3rd portillo (4524 meters above sea level). Throughout the trek, you will learn about the region's flora and fauna, as well as the historical and ancestral significance of the volcanoes.

## 7.- First gate:

- Altitude: 4125 meters

At this point, we will have some snacks, enjoy the volcano's view, and your guide will check your oxygen levels using our oximeter to ensure proper acclimatization to the altitude. This will be a brief stop to continue our journey.





# ITINERARIO

## 8.- Second gate:

- Altitude: 4350 meters

This is the second spot for a brief rest, allowing you to observe one of Iztaccíhuatl's craters, along with the view of the grasslands and Popocatepetl. Your guide will check your oxygen levels again to ensure you can continue with the route.

## 9.- Third gate:

- Altitude: 4500 meters

This marks the highest point of our hike. Here, you will have a direct view of Iztaccíhuatl. While you rest and enjoy the view, your guide will prepare a hot coffee for you. We will also have a meal using the items acquired earlier, setting up a small picnic with everything we have to share and savor this incredible experience before descending





# ITINERARIO

## 10.- Return to La Joya

- Altitude: 3900 meters

After an incredible experience, we will pack up all the equipment. You can enjoy a delicious beer to celebrate your triumph on the mountain before beginning the descent.

## 11.- Meal at "El Abuelo" Cabin"

- Altitude: 3000 meters

Following an amazing hike, we will replenish our energy with delicious quesadillas and traditional coffee at 'El Abuelo' cabin. With the assistance of a traditional cook, you can prepare your own blue corn tortilla and add your favorite ingredients.

## 12.- Return to the City

We exit the national park and head back to the city of Puebla.

## 13.- End of the Experience

After this incredible adventure, we will drop you off at the hotel or provided address.



# INFORMACIÓN ADICIONAL

Includes: Round-trip transportation in a 4x4 vehicle with traveler's insurance, amenities in the vehicle, mountain guide certified by CONANP, certified helmet and trekking poles, oximeter, first aid kit, access to the national park, communication radios, a gift at the end of the tour, health and hygiene protocol, insurance coverage up to \$150,000 MXN for adventure tourism activities.

Included Meals: Breakfast (one tamale and a hot drink), lunch (one quesadilla and a hot drink), snacks (blueberries, peanuts, and candies), fruits, hydration (bottled water, soft drinks, mineral water, juice, and one beer)

Does not include: Access fees, meals, and beverages not mentioned in the itinerary.

\*The market day (día de plaza) only applies on Thursdays\*

Recommendations: Mid-hiking boots, Long-sleeve shirt, Cap, Sunscreen, Buff or scarf, Gloves, Trekking pants or leggings, Sunglasses, Backpack, Water and snacks for the journey, Sweater or fleece

Recommended for:

Couples, friends, groups, LGBT, solo travelers, adventurers

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# RUTA DE LOS VOLCANES IZTAGCIHUATL Y HERENCIA ANCESTRAL

Click on the following link to see more recommendations:

[https://drive.google.com/file/d/1ZNEMDpwo5zodVLUKMLCzp4U\\_1HT0rWfQ/view?usp=drive\\_link](https://drive.google.com/file/d/1ZNEMDpwo5zodVLUKMLCzp4U_1HT0rWfQ/view?usp=drive_link)

Click on the following link to see more pictures of the experience

<https://drive.google.com/drive/folders/1Adoy69R9VaqYsLnKPg95IX4cnYyxMSOU?usp=sharing>

Click on the following link to buy the experience:

<https://unlimitedpuebla.com/producto/izta-popo-aventura>

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# WHY UNLIMITED?

- We have more than 30 experiences in Puebla and on the surrounding areas.
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- "Unlimited Traveler" conscious trips that support the local economy and promote the conservation of traditions and customs of Mexico.

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# OUR CLIENTS





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*"We transmit to each traveler our passion for México"*

+ 52 1 2224523738

info@unlimitedpuebla.com

www.unlimitedpuebla.com

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