

COZUMEL —TURIST— —GUIDE—

NOVEMBER 29 2015

WWW.IRONMANCOZUMEL.COM

2.4 MILE SWIM 112 MILE BIKE 26.2 MILE RUN

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HISTORY

Mayans are known to have been inhabited Cozumel since 300 A.D. through the height of the Mayan empire on the island became an important port for trade because of its strategic location between Honduras and Veracruz.

The Mayans believed that Cozumel was the spiritual home of Ixchel, the Mayan Goddess of fertility and love, and Mayan women are said to have journeyed from all parts of the vast Mayan empire to worship at her shrines on the island. In fact, the name Cozumel comes from the Mayan word **"Cuzamil-Pectin"** or **"Land of the Swallows"** because, as legend has it, she thanked the women for dedicating temples here to her by sending her favorite bird as a sign of gratitude.

By 1570 a smallpox epidemic, another humanitarian legacy from Cortes, had reduced the Mayan population to less than 300 and by 1600 the island was virtually deserted making it an ideal base for pirates who terrorized the Caribbean during the 17th and 18th centuries

Over the next hundred years the little town of San Miguel developed into a small, relatively prosperous fishing village until the early 60's when it was discovered by explorer and documentary film maker Jacques Cousteau who put it on the map as one of the greatest diving destinations in the world.



CULTURE



From the moment you arrive, you'll feel the warmth of our people. Because in Cozumel, hospitality isn't simply a practice, it's a belief. And its roots stretch deep into the days of the Maya.

The culture of Cozumel is highly unique, in that it combines ancient Mayan traditional culture with modern Mexican culture, modern Caribbean culture and the unique culture of an area devoted almost entirely to tourism. In some ways, Cozumel is timeless, with ancient ruins, small village habits and modern resorts all standing side-by-side in a small geographic area bounded by gorgeous beaches.

If you happen to be visiting The wonderful island during local festivities such as **El Carnaval** (February), **El Cedral** (May) or **saint Michael Archangel** (September) don't be shy, join us and be part of Cozumel magical history and traditions.

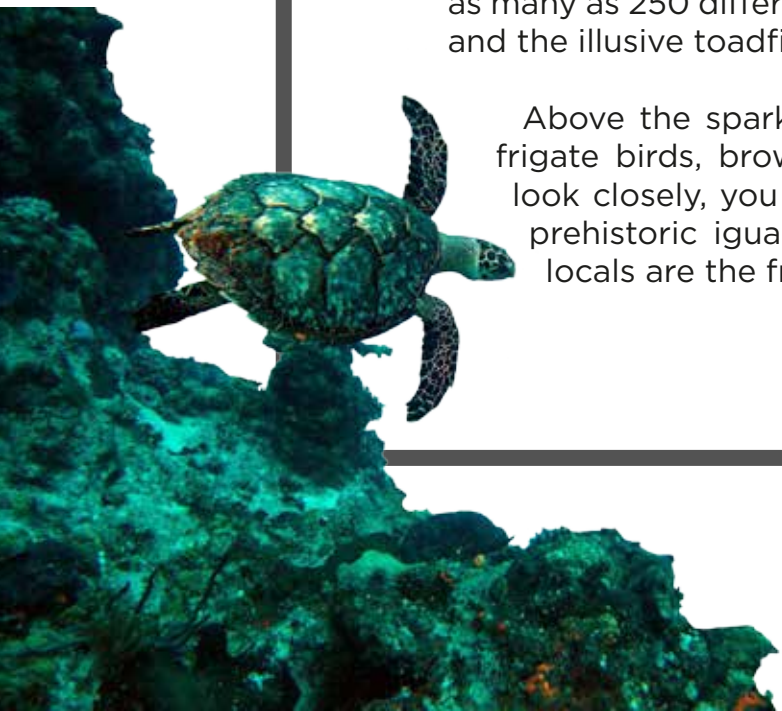
ECOLOGY

Cozumel is just 30 miles from north to south and 10 miles from east to west, so you can easily explore the island on your visit. But within its sandy borders, there is so much to fall in love with.

On average, the island stays around a blissful 80 degrees. The summers are slightly warmer, ranging in the mid-80s to 90s and the winters cool to the mid-70s. It's always a beach day in Cozumel, as the water ranges from a warm 77 to 82 degrees throughout the year.

Cozumel is home to the largest reef system in the Americas, the Mesoamerican Reef. Teeming with hundreds of tropical fish, turtles and other vibrant sea life, it is truly a diver's dream. But even if you don't explore down into the depths of the ocean, there is much to see for snorkelers too. There are as many as 250 different species of tropical fish including the queen angelfish and the illusive toadfish, seen nowhere else in the world.

Above the sparkling surface of the water, the trees are speckled with frigate birds, brown pelicans, olivaceous cormorants and others. If you look closely, you may catch a glimpse of a tree frog, a crocodile or the prehistoric iguana resting in the lush vegetation. But no worries, our locals are the friendliest in the world.



HOW TO GET THERE?

AIRLINES & AIRPORTS



Some of Airlines that fly TO & FROM Cozumel

United Airlines/Continental Airlines	(987) 872-5995 / (987) 872-2847
US Airways	(987) 869-1831 / (987) 869-1830
Delta Airlines	(987) 869-0208 / (987) 869-0514
American Airlines	(987) 878-4308
Frontier Airlines	(987) 869-0998
Mayair air shuttle (Cancún - Cozumel - Cancún)	(998) 881-9413 / 1-800-566-2700
International Cozumel's Airport	(987) 872-0485

The Cozumel International Airport is located on 65 Avenida and Boulevard Aeropuerto, less than a 5-minute drive to the downtown area.

Airport-to-hotel transportation is concessioned to private companies for better service and they use only Shared Vans. No private taxi services are available.

NOTE:

Upon your arrival you may encounter tourist advisory staff. They might try to sell you a timeshare. They are not part of the tourism department of the Island.

You can also rent a car at the airport. If you do have a car, all you need to do is get a printed local guide of the island to find your way around. Driving in Cozumel is very easy.

International flights to and from Houston, New York, Atlanta, Charlotte, Denver, Dallas, Chicago and Cancun air shuttle.

HOW TO GET THERE?

FROM CANCUN

AIR SHUTTLE



Just a 20-minutes ride aboard Mayair, with 5 daily round trip flights in comfortable 19 passenger aircrafts. Flights start as early as **7:00 am from Cozumel to Cancun to as late as 7:00pm from Cancun to Cozumel**, every two odd hours from Cancun and every two even hours from Cozumel. Mayair also services all the southeast of Mexico, on one daily basis round trip flight, departing from Cozumel to Veracruz via Cancun, Merida and Villahermosa.

For more information visit: www.mayair.com.mx

BY FERRY WITH CAR



The first thing you need to do is reach Punta Venado, the address is: **Carretera Tulum - Playa del Carmen Km. 282 + 600 just behind Xcaret Park and 15 minutes from Playa del Carmen.**

When you enter you will see a line of vehicles that are going to cross to Isla Cozumel by the ferry, the name of the Ferry is Transcaribe

To check prices and specific schedules please enter to <http://www.transcaribe.net> also if there are special promotions it will be on the webpage.

You need to be 1 hour before of the schedule time.

FERRY COZUMEL-PLAYA DEL CARMEN



With their new fast boats, regular schedules and convenient service, you can be in Cozumel in 30 minutes departing from Playa del Carmen starting as early as 6:00 am from Cozumel to as late as 10:00 pm from Playa del Carmen.

You may buy your tickets right before you depart, or they can be bought in advance. Space on the boats is ample so you do not have to worry about availability.

The approximate cost for a roundtrip Playa del Carmen-Cozumel-Playa del Carmen is about \$ 326.00 MX Pesos for adults and \$ 194.00 MX Pesos for Children (6-11 years).

During the ride you will be able to watch TV ads of Cozumel and Playa del Carmen, which contain useful information on both places, and in most boats you can also sit outside and enjoy the scenery.

GROUND TRANSPORTATION



There are new modern buses called **ADO** to Playa del Carmen for your trip south to Playa del Carmen. Fare is **about \$10 US** each way, this will take you about 45 minutes. In Playa del Carmen the Ferry pier is located 2 blocks away from the bus terminal.

PLAYAS

Las playas mexicanas tienen un atractivo único. Para muestra Cozumel, uno de los más hermosos paraísos del sureste de México. Es la tercera isla más grande del país y la segunda más poblada. Su clima, su arena y su sol te harán vivir una experiencia inolvidable. Apunta las playas que debes conocer en tu viaje a este incomparable lugar.

Isla de la Pasión.

Se ubica al norte de San Miguel. Es una pequeña y pacífica isla dotada de playas hermosas, donde abundan las aves. A ella llegan continuamente tortugas y cocodrilos a refugiarse en sus esteros. Es accesible para pequeñas embarcaciones, aunque también se puede llegar por tierra, cruzando desde la playa situada frente a la isla.

PLAYA BONITA

EN LAS INSTALACIONES
RANCHO IXPALBARCO



CERCA DE LA
LAGUNA DE
COLOMBIA

Es una playa privada de difícil acceso. Tiene una estupenda caleta solitaria.

PLAYA ENCANTADA

AL EXTREMO **SUR** DE LA ISLA



CERCA DE
**PUNTA
CELARAIN**

Con su faro domina todo el lugar con una vista indescriptible de Playa Encantada. A 4 kilómetros de este lugar se encuentra la zona arqueológica de El Caracol, el cual se cree que era un observatorio, desde donde los antiguos mayas podían predecir la llegada de huracanes o tormentas.

PLAYA SANTA MARÍA

A **25 KM** DEL POBLADO
DE **SAN MIGUEL**



AL SUR
DE LA LAGUNA
CHANKANAAB

Es una amplia porción de tierra sombreada por palmeras. Ideal para los que quieren estar alejados del ruido.

PLAYA SAN FRANCISCO

A **14 KM** DEL POBLADO
DE **SAN MIGUEL**



**COSTERA
SUR**

Se trata de una clásica playa caribeña de fina arena blanca y oleaje tranquilo. Es el punto de escala para los botes con fondo de vidrio que bordean la costa, desde los que pueden apreciarse los grandes bancos de coral.

PLAYA HERNÁN

CERCA DEL PARADERO



**TURÍSTICO
SAN
GERVASIO**

Esta playa es protegida por dos minúsculos islotes y por El Castillo Real, la construcción prehispánica más grande de la isla.

PLAYA DE SAN JUAN

EN LAS INSTALACIONES
RANCHO IXPALBARCO



**ZONA
HOTELERA
NORTE**

De arena blanca y tranquilo oleaje, esta playa es ideal para las actividades en tierra, donde pueden realizarse paseos a caballo, practicar tenis y excursionismo.



COZUMEL ACTIVITIES

PLAYA MIA GRAND BEACH & WATER PARK – COZUMEL

Have a blast with family and friends at Playa Mia Grand Beach & Water Park and spend as much time as you like at this one-of-a-kind attraction. Relax on the beach, swim in the sea and let loose in the new Water Park or enjoy the new amazing Floating Park!

During your Cozumel vacation and at our beach park you must delight yourself snorkeling through the stunning Underwater Mayan City.

Explore Buccaneer's Bay kids' area; a lagoon-pool chock-full of fun activities including a pirate ship, water cannons, water sprays and animal slides; relax with your favorite drink at the Oasis Island Pool & Hydro Massage Tub and make a splash on the 200-foot long Twin Twister Waterslides.



SCHEDULE



**9:00
A.M.**

CHILDREN (4-11)
\$50 USD
ADULTS (12+)
\$60 USD

PLAYA MIA GRAND BEACH & WATER PARK - COZUMEL



DAY PASS + BUFFET + OPEN BAR

An at leisure program where you will be able to find everything you need for a fun-filled, carefree day with family and friends at Playa Mia Grand Beach & Water Park. Enjoy the best of the Caribbean; relax and let loose with top-notch services, facilities and exciting activities for all ages. Your worry-free package includes international buffet, national open bar, and entrance into the water park, non-motorized water toys and much more!

This famous beach park is the ideal place to swim in the crystal clear waters of the Caribbean, sunbathe on the white-sand beach and have a blast in the brand new Floating Park, an amazing floating circuit full of adrenaline and fun!

Explore the Water Park with Buccaneer's Bay kids area; your tour also includes access to lounge chairs, large shopping area, underwater Mayan city, organized games, kids club, playground, kayaks, paddle boats, hobie cats, beach volleyball, hammocks and more. Other optional services and activities such as massage, umbrellas, and snorkel gear rental and wave runner rental are available for an additional fee.

NATIONAL OPEN BAR

Bottled water, soft drinks, draft beer, juice, tequila, mezcal, brandy, rum, vodka, margaritas, piña colada, rum punch, daiquiris, house wine & coffee.

**Shots are not provided for safety reasons.*

**Menu is subject to change by our chef / restrictions apply*

SCHEDULE



9:00 - 13:00
A.M. P.M.

ATLANTIS SUBMARINES EXPEDITION TOUR

Enjoy the magic on board a real US Coast Guard Certified submarine as you make the underwater journey into Cozumel's waters. **Dive to 100 ft. underwater** and enjoy the magic onboard a real US Coast Guard Certified submarine as you make the underwater journey to Chankanaab, an environmentally protected marine park, home to amazing coral formations and a variety of marine animals.

You will cruise the ocean floor as no one else will at the island's most famous and unique attraction, Chankanaab. An environmentally protected marine park, Chankanaab is home to a huge variety of sea life until now seen only by divers. Your submarine dive adventure begins on board ferry vessel Ana that will take you on a 12 minute cruise along Cozumel's west coast.

INCLUDES

- Submarine tour

EXCLUDES

- Meals and drinks
- Personal expenses
- Tips and gratuities
- Optional activity costs
- Hotel pick-up
- Marine Park entrance fee

PLEASE NOTE

- Please indicate upon booking if you will be coming on a cruise ship, along with the ship name.
- A 2 USD fee will be charged per person at check-in for the Marine Park entrance fee.
- Passengers are required to be a minimum of 3 feet tall and 4 years and over.

Upon arriving at the Chankanaab dive site you are transferred to the Atlantis Submarine where you will have the opportunity to view this underwater paradise through large windows in air-conditioned comfort. Marvel at the huge variety of tropical fish including parrotfish, grunts, and groupers as your captain expertly navigates through magnificent 30 foot coral heads, all in air-conditioned comfort.

Throughout your voyage an informative, live narration is provided by an experienced co-pilot who will be happy to answer any questions. You will not want to forget your cameras for an once-in-a-lifetime glance into this amazing undersea world. After your 40-minute dive the submarine will resurface where the ferry vessel is waiting to return you to the Atlantis Ticket Office and ground transportation.





FARO CELERAIN ECO PARK (PARQUE PUNTA SUR)

If you're a wildlife lover, a trip to **Faro Celerain Eco Park** is a must. Also known as **Parque Punta Sur**, this sprawls across the southern tip of Cozumel. Its 2,500 acres shelter a variety of indigenous species, including exotic birds and crocodiles, not to mention sea turtles. But don't let the animals distract you from everything else the park has to offer. Take some time to explore the **El Caracol Mayan ruins** and **the Faro Celerain Lighthouse**, where you'll find a small maritime museum. Also, make sure to pack a swimsuit and enjoy the calmer waters of the **Laguna Colombia**.

To make the most of your visit, stop by the visitor's center where you'll encounter an onslaught of information. Many recent visitors recommend **taking a catamaran or kayak tour** of the Laguna Colombia.

Guided boat tours will cost extra.

For more information, check out the [Cozumel Parks website](#).

CHILDREN (3-11)

\$6 USD

ADULTS (12+)

\$12 USD

SCHEDULE



9:00 - 17:00
A.M. P.M.

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DUNE BUGGY ADVENTURE & SNORKELING

What better way to tour a tropical island like Cozumel than in your own custom Dune Buggy?. These little buggers are a blast just to drive, as the warm Caribbean sun shines down on you. This tour takes you to the wild, untamed Eastern shore of Cozumel, where there is virtually no development, only beautiful strands of virgin beach, and nature.

Dive in for a guided snorkel tour in the crystal clear waters of the Caribbean and explore tropical fish and marine life as well as coral reef formations under the watchful eye of our PADI-certified snorkeling guide!

Drive your Dune Buggy along the scenic coastal road of Cozumel to the Mayan town of El Cedral, the island's original settlement where we'll get a glimpse into the local life of today's Mayas.

Visit the oldest Mayan Ruins site in Cozumel, the church and the home of one of the original inhabitants of the island. Enjoy a homemade traditional snack and learn about the lifestyle and traditions of the people.

Drive your Buggy to the secluded eastern shore of the island and follow a scenic coastal road past wild and beautiful natural landscapes. You'll see jungle, endless stretches of white sand beach, the blue-green waters of the Caribbean and ancient rock formations creeping up from the ocean.

Drive back to the starting location, where you will enjoy a delicious traditional Mexican Lunch, and if you like you can stay and use all the facilities at the beach resort the rest of the day, including the island's largest swimming pool, lounge chairs, and umbrellas.

Schedule:

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday from 10.00 am to 1:30 pm.

Tour length: 4 to 5 hours approximately.



INCLUDES

- 4-Seat manual shift custom dune buggy
- English speaking, PADI-certified tour guides
- Snorkeling equipment
- Mexican lunch
- Refreshments
- Use of beach resort facilities as long as you like after your tour

KIDS

- All Ages Welcome. Kids under 4 years old are free. Minimum Age for drivers is 21 years old. Minimum age for snorkeling is 5 years old. Weight limit is 275 lbs. No one under the influence of drugs or alcohol will be allowed to drive.

**4 1/2
HOURS
SCHEDULE**



**10:00 - 13:30
A.M. P.M.**

TWICE DAILY



**MEET AT HOTEL COZUMEL
& RESORT ON THE SOUTH
EDGE OF DOWNTOWN.
EXACT MEETING INSTRUCTIONS
WILL ACCOMPANY YOURS
CONFIRMATION**



DOLPHIN ROYAL SWIM

The most popular and exciting activity on Cozumel, the Royal Dolphin Swim is the king of all dolphin swimming excursions. This granddaddy of all swims is guaranteed to please the whole family. Interact with the dolphins, and do exciting stunts with them such as the foot push, hurdle jump, and dorsal tow.

Free entrance to famous **Chankanaab Park**, where you can enjoy the beach and snorkeling before and/or after your dolphin swim (**park hours 9AM - 5PM**).

Shake hands with your dolphin, then give and receive a kiss!

Enjoy a thrilling ride across the pool while holding two dolphins' dorsal fins with the exciting dorsal tow!

Experience the sheer exhilaration as the dolphin's foot push you by your feet at such a speed across the pool with their noses that you'll actually rise out of the water like superman!

Get Free Time to swim around with the dolphins, and feel their rubbery skin.

Watch in amazement as the dolphins do tricks and jumps over your head while you're in the water!


After the swim, purchase a keepsake photo of you with your dolphin, or a video of your actual dolphin swim experience to remember forever!




INCLUDES

- Entrance Fee to Chankanaab National Park
- 15 Minute Instructional Briefing
- 40 Minute Royal Dolphin Swim
- New! Free Sea Lions Program
- Lockers
- Restrooms and Showers
- Life Jacket
- Buffet Lunch with 2 Drinks
- All-Day Use of Chankanaab Park Facilities
- All Taxes
- The Royal Dolphin swim is a total blast - everyone will love it, and it is a memory you'll cherish forever! This is the best swim experience on Cozumel, hands down!

**1
HOUR
SCHEDULE**

**11:00 - 3:30
A.M. P.M.**

FIVE TIMES DAILY

**TAXI TO THE DOLPHIN
CENTER AT CHANKANAAB
NATIONAL PARK ON
COZUMEL**

**DISCOVER MEXICO +
TRANSPORTATION**



DOLPHIN ENCOUNTER

45 MIN SCHEDULE



13:00 - 15:30 P.M.

TWICE DAILY



TAXI TO THE DOLPHIN
CENTER AT CHANKANAAB
NATIONAL PARK ON
COZUMEL

This dolphin adventure is great for the whole family. Kids of any age can have the experience of their lifetime. A real thrill for the young ones and adults alike! Have keepsake photos and videos taken of the kids to cherish forever, and spend some real family bonding time. This activity is also great for those who are not comfortable in deep water, as it takes place on an underwater platform.

Free entrance to famous Chankanaab Park, where you can enjoy the beach and snorkeling before and/or after your dolphin swim **(park hours 9AM - 5PM)**.

Shake hands with your dolphin, then give and receive a kiss!

Sing along with the dolphins, as they teach you their special dolphin song. Squeal with delight as the dolphins do exciting stunts like a tail walk, or race each other across the pool at amazing speeds!

Get Free Time to swim around with the dolphins, and feel their unique skin.

INCLUDES

- Entrance Fee to Chankanaab National Park
- 15 Minute Instructional Briefing
- 30 Minute Dolphin Encounter
- New! Free Sea Lions Program
- Lockers
- Restrooms and Showers
- Life Jacket
- Buffet Lunch with 2 Drinks
- All-Day Use of Chankanaab Park Facilities

This activity is wonderful for young children, but can also be a blast for those on a budget, or those who are not comfortable in deep water. Make sure to get the video and the photo - they're great memories!

DISCOVER MEXICO PAST & PRESENT

Discover Mexico is the newest and most seen park in Cozumel that offers to the tourist a unique experience about Mexico. The park collects all the Mexican wonders in one place and allows discovering the most representative sites, styles and art crafts of our country. Our main goal is to show to the tourist that Cozumel is not another island of the Caribbean but it is part of a multi-diverse country in culture and Natural Resources. The park represents the best opportunity to provide the tourist a whole picture of our country promoting the tourism to other places of Mexico.

Discover Mexico is a concept theme park that will allow you to experience the full spectrum of Mexico's rich heritage, vibrant art, culture, regional cuisine and even tequila. Upon arrival, you'll relax in air-conditioned comfort as you view Discover Mexico's exclusive four-screen video collage. Vibrant images from all over the Mexico will take you from the Riviera Maya through Oaxaca to Chihuahua.

Next you'll visit Discover Mexico's Museum of Popular Arts; here you will have an opportunity to view works from all over the country, in one location, including the famous "Barro Negro" pottery and the colorful iconic "Alebrijes" from Oaxaca.

Trace the evolution of Mexico's ancient civilizations as you tour replicas of Chichén Itza and other pyramids built by the early Aztec, Maya, Olmec and Totonac people. The Spanish colonial era is reborn in the park's reproductions of grand monuments, cathedrals, and the Paseo de la Reforma, Mexico City's elegant boulevard.

After you've worked up an appetite, it's time to taste the history of Mexico. You will have the opportunity to enjoy a delicious open air lunch (additional cost), featuring regional Mexican food. Watch hand-made corn tortillas cooked to perfection for your very own taco sampler.


Before you leave the park, be sure and visit Discover Mexico's newest attraction, the Papantla Flyers and check out the Hand Crafts and Souvenir Shop!

INCLUDES

- Park entrance fee
- With taco buffet: unlimited tacos with authentic mexican salsas, 1 beverage (soda, water or beer) the prices are: **Adult \$35 Child \$22**
- Schedules: **10:00AM and 1:00PM** (meeting time 10 minutes before at the park entrance)
- **Notes: Comfortable shoes, sun block, sunglasses, camera, hats and cash for extra purchases are recommended. 100% wheelchair accessible.**



CHICHEN ITZA

13 HOURS
SCHEDULE
 **7:45 A.M.**
DAILY

**MEET THE FERRY
IN PLAYA DEL CARMEN
BY SEÑOR FROGS**

The ancient Mayan Ruins site of Chichen Itza awaits you. This mystic place is the top attraction in the Riviera Maya area, and you can see it during your stay in Cozumel! Just ride the passenger ferry over to Playa del Carmen where the tour will pick you up and take you to explore this important city of the Mayan civilization.

Enjoy air-conditioned round-trip transportation to the Mayan ruins site!

Feast on a Mexican buffet lunch at a local restaurant!

Take a guided tour of the ruins site, with a certified archaeological guide who will amaze you with the legends and history of the Mayas!

After the tour, have a full 1.5 hours of free time to explore, shop for souvenirs and take photos!

Make a visit to a famous underwater grotto, which was a sacred well of the Mayas. Here you can swim if you like, or just take photographs!

INCLUDES

- Round-trip, air-conditioned transportation from Playa del Carmen.
- Certified english speaking tour guides
- Entrance fees to Chichen Itza
- Buffet lunch at a local restaurant
- 45 minute stop at a Cenote (you can swim)
- 90 minute guided tour of the ruins site
- 90 minutes free time to explore on your own
- 25 minute stop in Valladolid for pictures

This is our most popular Chichen Itza tour, and for good reason. It's probably the best value of any tour in Cozumel or the Riviera Maya. Make sure to eat breakfast before you go or bring snacks with you. It's a long drive, so some reading material or entertainment is a good idea too.



SUBMARINE EXPEDITION

The Submarine Atlantis XII is the only tourism submersible in Mexico. Come visit our family friendly, state-of-Art vessel and marvel with the depths of the Caribbean as a myriad of marine creatures appear through large viewports. Coral reefs are the playground for thousands of fish, lobsters, rays, sharks and turtles that you can admire, depending on season. This ride will take you to a breath-taking scenario at the famous Cozumel Wall, an 1800 feet drop off that limits the Island of Cozumel.

The newest Submarine Route explores the biggest dive wreck in the area, Felipe Xicotencatl, a 154 feet ship sank in 2000 for the purpose to enhance marine life in Cozumel coral reefs. Formerly it was a minesweeper for the Us Navy, and sold to Mexican Navy in 1962 for rescue and patrolling missions. Shipwreck lies from 55 to 80 feet depth and homes fish, sponges, and soft corals, mainly.

Our submarine is battery powered, air conditioned, and free of any pressure issues. The expert crew enhances your Unique Underwater Adventure with a life narration. All too soon Submarine Pilot will surface the submarine and tender Ana will bring Explorers back to pier while enjoying complementary rum punch.

Adult: \$105 usd

Child: \$65 usd (Minimun age 4 yrs old)

Departures: 10:00, 12:00, 13:00 **Reservations:** 011-52-987-872-5671

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COZUMEL RESTAURANTS

In general, restaurants on Cozumel are quite good and very reasonably priced so don't miss the "flavor" of Cozumel Island.
KINTA

Since my first dinner at Kinta (and the many, many that have followed) it's been my favorite Cozumel restaurant. The food is extraordinarily good, it's presented beautifully, they have a selection of wine and it's a relaxed atmosphere where you are made to feel very welcome. Dine inside in air conditioning or in their delightful garden. The prices are quite reasonable for the high quality they offer. I recommend reservations as they are very popular. Call 869-0544. On Ave 5 between Calle 2 and Calle 4. Open Tues.-Sun. 5:30pm to 11pm.

LA COCAY

An excellent restaurant, **La Cocay is on Calle 8, between Ave. 10 and Ave. 15.** Wonderful food and a great atmosphere. They updated their menu and have a wide range of choices and the rates are quite reasonable. There is a dining area inside that is air conditioned, or you can dine outdoors. The atmosphere is lovely and for a special dinner celebration La Cocay is good choice. The food has been consistently good and it is beautifully presented.

OPEN Monday-Sunday from 5:30 to 11pm.

RESERVATIONS 872-5533.

KONDESA

Kondesa is on **Ave. 5 just a few blocks south of the main square between Calle 5 and Calle 7.**

Really wonderful food and a marvelous atmosphere. You will experience a contemporary Mexican dining experience in an outdoor tropical garden setting. I love the tortilla soup, and often have it as my entree although it's listed as an appetizer. Recently I tried an appetizer called Firewater and I loved that. Although the basis is Mexican cuisine, you will find influences of Asian and Mediterranean cuisine.

OPEN Tuesday - Sunday from 5pm to 11pm.

RESERVATION 869-1086 /
contacto@kondesacozumel.com

GUIDO'S

Great Italian food, excellent pizza and lasagna. **On the main waterfront street (Ave. Rafael Melgar) north of the main plaza, between Calle 6 and Calle 8.**

Dine out on their patio. Nice for an evening meal, but I've enjoyed a number of lunches there too. Their "puffy" garlic bread is delicious and I order it every time I eat there. The sangria is wonderful. They now take both Visa and MasterCard.

There is an area just inside that is air conditioned, but I normally sit out on the patio in the evening. They have some unusual beers...I recently tried a fruit flavored beer and it was delicious.

OPEN Monday-Saturday, from 11am to 11pm.

WET WENDY'S

I do love their margaritas. On the rocks or frozen, and they make some very unusual flavors. The menu includes everything from hamburgers, onion rings and fries to Mexican and TexMex dishes. They have vegetarian fare plus ribs and chicken dishes. Try something with their mango chipotle sauce, or how about one of their great burritos? **In the pedestrian area of the downtown square on Ave. 5 between Juarez and Calle 2. If you are standing in the square at the big clock tower with your back to the ocean you are on Ave. 5.** Go to the left across Juarez and about a 1/2 block later on the left you'll see the tables and umbrellas.

OPEN about 11am

ROCK N JAVA CAFE

Quite good and reasonable prices. My favorites are the croissant sandwiches and they make wonderful desserts you just won't believe. (German chocolate cake, pecan pie, fudge brownies, banana muffins, cherry cheesecake, etc.) Great iced cappuccino too. They have a good selection of vegetarian dishes. On Melgar, the main waterfront street, south of the new Punta Langosta Plaza. They have also opened a Sushi and Thai Noodle Bar that is now downstairs in the Mega grocery store mall. A great idea for take-out. Order first, do your grocery shopping and then pick up your order to go.

CHI

Another choice that's among my favorites Chi Chinese Restaurant and Bar. **It's upstairs at the corner of Melgar (the oceanfront street) and Calle 3. The entrance and stairs are on Calle 3, just before you get to Pizza Hut.** Dine inside in air conditioning or you can choose to dine outside. You'll have a wonderful ocean view and superb food. ***It's a great success!*** There is now a second location of Chi, and it's on the second floor of the tall building right across from Puerta Maya cruise ship pier.

OPEN Monday- Sunday, all you can eat buffet at 12 noon.

LAS PALMERAS

Right across the street from the ocean in the middle of town, this restaurant is almost directly across from the ferry to the mainland. Good food, and it's presented well.

Good margaritas, good guacamole and salsa. The hamburgers here have a charcoal grilled taste and I really like that. Very much a tourist spot, but still good.

GUIDO'S DELI

Guido's Deli is at the corner of Ave. 15 and Calle 10. They are open from 8:30am til 5pm and serve breakfast, brunch and lunch. Also, they have a deli filled with marvelous goodies that you can purchase and take home with you. The garden area where you can sit and eat is charming and they normally have a lunch special each day. Their quiche is very good (the bacon onion is my favorite) plus sandwiches, soups, etc.

EL MUSEO

On the main waterfront street (Ave. Rafael Melgar) north of the main plaza, on the second floor covered terrace of the museum. You'll enjoy a beautiful view of the water and the breeze is lovely. It's a wonderful places to go for breakfast and the prices are reasonable.

Great banana pancakes. Although they do serve sandwiches, etc. for lunch they serve breakfast the entire time they are open. Open from 7am to 2pm.

AMERICAN FAST FOOD

Just in case you get a craving (or your kids do) for Burger King, a Subway sandwich, Domino's pizza or Pizza Hut when you're visiting Cozumel, we do have all these here.

Other American franchises now on Cozumel include Starbucks and Hooters.

DEL SUR

Del Sur is now **on the corner of Calle 3 and Ave. 5.** They make Argentinean empanadas (empanadas are like little turnovers in a pastry shell). I can't list all the varieties they have but I tried the beef with spices; the cheese, tomato and basil and the cheese, bacon and plum. Just recently had the cheese, pepperoni and jalapeno and I like that too. All are delicious and they have wonderful salads, excellent chicken and beef. Their dessert menu includes a fantastic banana/chocolate empanada but my favorite for dessert is apple/cinnamon. T **OPEN** about 5pm.

CASA DENIS

Downtown on the main square. The food is good and their prices very reasonable. Took a group of 8 and everyone was pleased with their selections. We included a wide range of tastes, from a 3 year old to those of us that love highly seasoned foods. We dined at the tables outside to enjoy the breeze. Located on the right side of the main plaza square, in the second block back. This is one of the oldest restaurants on Cozumel and it's a family tradition.

ROLANDI'S

Italian Restaurant
Pizza, seafood and Italian specialties in a modern space with large terrace overlooking the sea.
Address: Av Rafael E. Melgar 799 , Centro, 77600 Cozumel, QR .

Telephone from Mexico: 987 105 6498
Telephone from the US: 828 348 0154
Schedule: 13:00 - 0:00 hours



Here is a listing of Cozumel hospitals. All doctors, hospitals or medical facilities, public or private, will require full payment for services to be rendered, in cash or by credit card, at the time of service. Most are NOT able to bill your US insurance company for payment. Rather, they will give you receipts for your payment so you may request reimbursement from your U.S. insurance carrier; be sure to get an itemized bill. We have had many cases of U.S. citizens not allowed to discharge from local hospitals until payment is made in full. If you believe you are being charged unfairly, you may contact the Mexican government consumer rights protection agency, **PROFECO** or call **01-800-468-8722 and ask for an English-speaking operator**).

Medicare and Medicaid will generally **NOT** cover medical expenses incurred outside of the U.S. For more information, please visit the Official Medicare website and the Center for Medicare and Medicaid Services. Many policies do **NOT** cover costs of air ambulance service. Additional insurance that will cover air ambulance/medevac service is strongly recommended for all travelers. It is a good idea to get a 24/7 phone number from your insurance carrier.

The area code for Cozumel phone numbers is **987**. To call from the U.S. to land lines in Mexico, dial **011-52-** and the area code and number. For example, to call the BMM SSS Clinic from the U.S. dial **011-52-987-872-1430**. To call from the U.S. to cell phones in Mexico, dial **011-521-** and the area code and number. If the call does not go through, dial **011-52-** and the area code and the number as it may be a Nextel cell phone, which acts as a land line.

**Centro de Especialidades Médicas de Cozumel
BMM / SSS Clinic & Hyperbaric Dive Medicine**

Calle 5 Sur #21-B entre Melgar y 5th Avenida

Phone: 872-1430, 1431 or 2387,

Fax: 872-1848

Email: cozumel@sssnetwork,

Website:

<http://www.sssnetwork.com/mexico/cozumel.htm>

Point of contact: Julio Torres, Phone: 103 5524

Clinica Medica San Miguel

Calle 6 North #132 entre 5 y 10 Avenida

Phone: 872-0103, 6155, 5850, or 3241

Email: info@medicasanmiguel.com

website:

<http://www.medicasanmiguel.com.mx/esp/index.shtml>

Has a hyperbaric chamber

Cruz Roja (Mexican Red Cross)

20 Av entre Rosada Salas y 1 Sur

Phone: 872-1058, **cell phone:** # 114, **public phone:** 065

Treatment for donation

Centro de Salud (Public Health Center)

11 Sur y 20 Av Sur

Phone: 872-0140 or 0525

Clinica Villanueva

10 Av Nte x 6 # 19

Phone: 872-0395

Doctor at home phone: 872-3050

**COZUMEL MEDICAL CENTER (CMC) /
CLINICA COSTAMED**

Repatriation services Cozumel and Playa del Carmen, Mexico

Contact: Patient Services International Department

From USA Toll free 888.409.0504 ext. 1100

From inside Mexico Toll free

01800COSTAMED ext.1100

Local phone Cozumel 987.872.9400

Cell phone Cozumel 987.871.1371

Local phone Playa del Carmen 984.803.7777

Contact e-mail:

patientservices@costamed.com.mx

Supervisor e-mail:

direccion.comercial@costamed.com.mx

Website: www.costamed.com.mx

All clinics listed (except Centro de Salud and Cruz Roja) have at least one English speaking doctor on call for tourists. Most hotels will have a list of these doctors at the front desk or have a particular doctor that they can call for you.

AGRADECIMIENTOS

