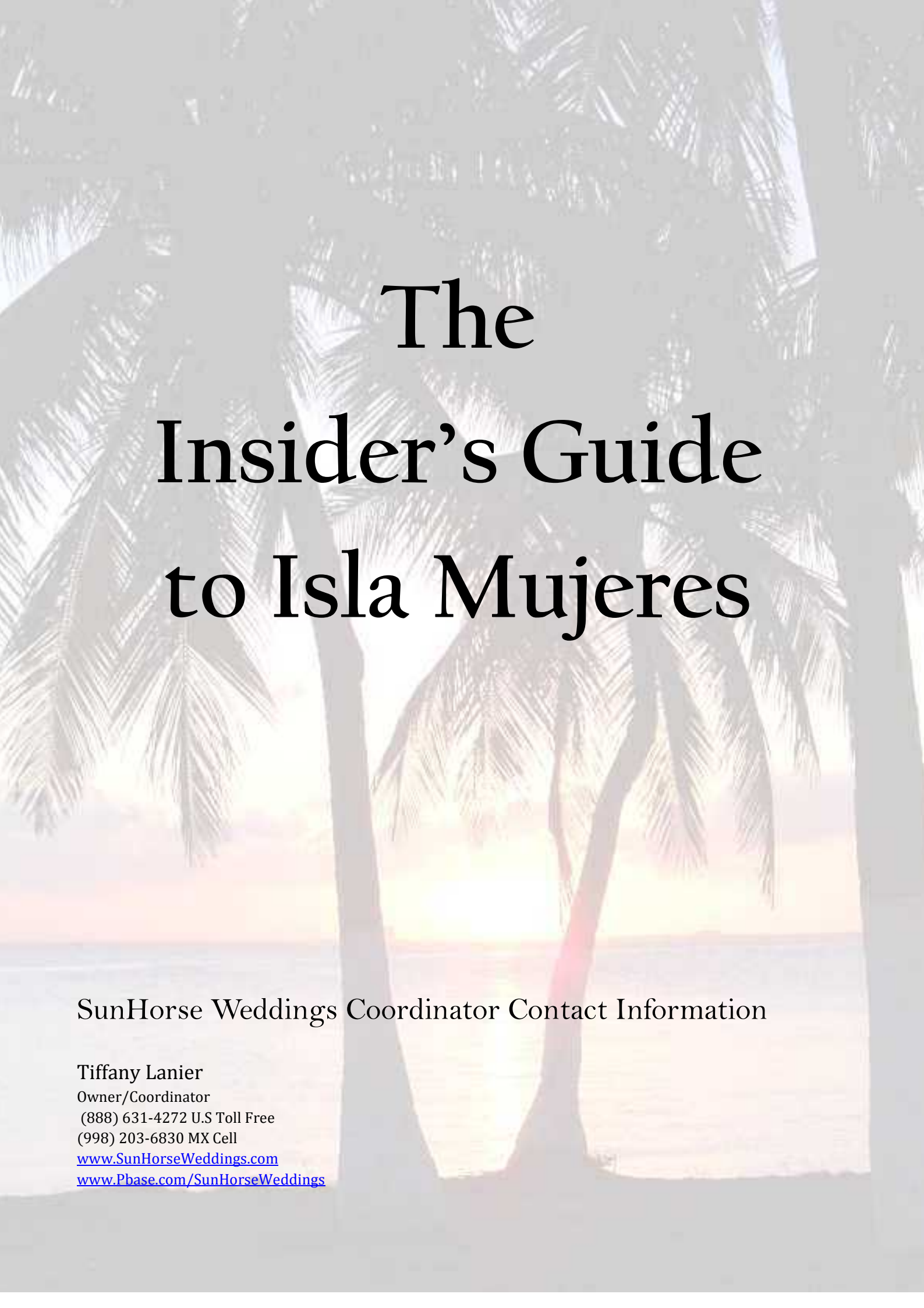




The Insider's Guide to Isla Mujeres

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www.SunHorseWeddings.com

www.Phase.com/SunHorseWeddings

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Packing List

- Can-do Isla Mujeres map (www.cancunmap.com)
- Gel hand sanitizer/Handy wet wipes
- Beach bag or backpack
- Eco-safe, biodegradable sunscreen (very expensive on Isla Mujeres)
- Lip balm (high spf)
- Aloe gel for sunburn
- Small First Aid kit
- Dramamine or Bonine, if you generally get sea sick
- Alka Seltzer, Excedrin , Tylenol or your favorite “morning after” cure
- Tums, Pepto- Bismo, Imodium AD
- Personal toiletries, feminine products
- Your favorite soap (the hotels provide very cheap soaps)
- Nail kit in case of breaks/repairs
- Any hair accessories you will need to do your hair for the events
- Travel clothing iron/steamer
- Garbage bags for dirty clothes
- Zip Loc bags in various sizes for wet bathing suits, lotions, etc
- Collapsible cooler (you can buy a Styrofoam cooler on the island at 7-11)
- Can Coozies - keep your drink cold
- Travel alarm clock
- Camera/underwater camera, film and batteries plus battery charger if necessary
- Hat, cap or visor and sunglasses
- Inexpensive raft and/or water toys
- Comfortable walking shoes (if you plan to go to the Mayan Ruins or any Mainland Excursions)
- Handful of \$1 & \$5 US bills for tipping during your trip
- Dive Certification Card, if you have one
- Light jacket or sweater & pants (November-February)
- Extra empty duffle bag to bring back the goodies you buy (use as a beach bag)
- 3 Prong adapter, if you are bringing an appliance that needs it. All rooms will have standard 2 prong outlets.
- Vitamins and prescription drugs. If possible carry a copy of your prescription in case your meds are misplaced and you need to refill your prescription at the pharmacy.
- It is strongly encouraged that you make photocopies of all your important documents (passport, driver's license, credit cards- both sides, etc) in case they are lost or stolen. Remember not to pack the copies in the same place as the originals. It is best if you trade copies with your spouse or a friend.

Required Documents

As of 2007 EVERY person traveling to Mexico will **need** a **valid passport** to enter the country. If you do not already have one, it is best to apply as soon as possible due to long waits.

Travel Documents for Minors

When a minor is traveling with one of the two natural parents, you will need to provide one of the following:

- A **notarized** letter signed by the absent parent giving the minor permission to travel internationally with the other parent or guardian.
- If the minor is in the custody of one parent, a **notarized** custody document will need to be provided.
- If one parent is deceased, the death certificate of that parent will need to be provided.

Additional Travel Tips

You should always check with your airline prior to departure, regarding the luggage and weight limits, especially if you think you may exceed these limits.

We recommend tying a ribbon or an easily identifiable item on your luggage. All luggage looks the same when you go to the baggage claim, it is nice to have your own marking to set your bags apart from the rest.

Be sure all your travel documents, tickets, money, credit cards, traveler's checks, medications, valuables and personal items are in your carry-on. Make sure you also have a pen handy to fill out the customs and immigration documents on the plane.

We recommend bringing a change of clothes in your carry-on. If your luggage is "delayed" at least you'll have something to wear!

What to expect when you arrive to the Cancun Airport

On the plane to Mexico, they will hand out two cards for you to fill out (bring a pen):

1. Mexican Tourist Card (FMT) - Be sure to completely fill out the tourist card and sign the back (in two places). You will present this at the immigration booth after arriving in the Cancun Airport. They will take the top half and give you the bottom half. This is your tourist visa and states how long you are allowed to stay in Mexico. Please put your tourist card in a safe place, as you will be required to present this document when you leave Mexico. If this document is misplaced large fines are assessed by the immigration office in Cancun at the airport when you depart.



2. Customs Form – This form is to declare if you are bringing in any foreign animals, foods, plants, bugs, or large sums of money (over \$10,000 US in cash). If you are bringing regular food, i.e. snacks, canned food, etc. you do not need to declare those on this form. Your completed form will be given to the customs agent after you receive your luggage.



Tip, it is suggested to use the restroom on the plane before the plane begins to decent, as the immigration and customs process could take up to an hour or more. If you plan to change into lighter clothing, please do this on the plane as well. It is also suggested to wear light clothing under your winter clothing so you can just shed the top layer without having to go to the restroom to change.

After you get off the airplane you will be guided into the immigration line. Give them your passport and your Mexican tourist card. They will stamp both documents and write in how many days you are allowed to stay in Mexico (usually 30 days, although you are legally allowed to stay 6 months)

After picking up your luggage off the carousel, you must go through customs. Your luggage will get x-rayed then you can proceed to the traffic light. Hand your form to the official and push the button. If the red light goes on then you will be sent to the side to have your luggage inspected. If the green light goes on, you are free to go.

Once you get past Customs, you will need to find your transportation to the ferry dock (Ultramar, Gran Puerto/Puerto Juarez). There will be a long hallway full of people trying to sell you transfers, as well as time share sales representatives and various other people. Do not be fooled by the people **inside** the airport who say they are your driver or tell you they can help you. If you have pre-arranged transportation to the ferry (highly recommended) then your driver will be the only person that has a sign with your name on it. You must go outside of the building to find your driver. Another option is to get a taxi at the airport. There is a booth inside the airport, just past Customs marked 'Greyline Taxi'. The rates are posted at the booth. We highly recommend, however, scheduling transportation prior to your trip, as the taxi rates can be very high. Here are some options:

www.cancuntransfer.com (Our personal favorite)

www.bestday.com/Transfers/Cancun

Note: Make sure that you are setting up a private transfer and not a share van.

Getting to Isla Mujeres

Once you have secured your transportation, you will be taken to Gran Puerto Cancun to catch the ferry to the island (Ultra Mar Ferry Company). The drive to the ferry should take about 20 minutes. Once dropped off at Gran Puerto Cancun you can buy your ferry tickets in the office to the right. Tickets are about \$7usd one-way or about \$14usd round-trip (depending on current exchange rate). Ferries run every 30 minutes from 5:30am-8:30pm. After 8:30pm the ferries run hourly on the half hour until



11:30pm. The last ferry to the island from Cancun is 11:30pm. Make sure that your flight arrival time is before 9:00pm to allow you enough time to catch the last ferry or you will need to spend the night in Cancun. If you are forced to stay overnight in Cancun due to a late arrival or an early departure, we recommend Ibis Hotel (www.ibishotel.com) on Tulum Avenue in Cancun.

The bellmen can help you with your luggage for a tip (usually \$1 US per bag). These men are trustworthy and they wear white bellmen outfits. They will put your luggage on the dock and make sure it gets on the ferry when it arrives. You can purchase refreshments at the convenience store XOXO (similar to a 7-11) for the wait.

Your luggage will be placed on the boat by the staff or a bellman. It is a good idea to keep an eye on your luggage to verify it is put on the boat. Once you and your luggage are on the boat, relax and enjoy the ride. The ferry ride will take about 15 minutes. There are snacks and refreshments available for purchase on the ferry.



When you arrive to Isla Mujeres, just get off the ferry and wait for your luggage on the dock. After all the passengers are off, the staff will remove the luggage from the boat and place it on the dock. If you need assistance, please ask one of the Ultramar staff for help. They will signal for a bellman to assist you (again for a tip).



You will probably want to take a taxi to your hotel just to get your bearings and not risk getting lost while dragging your luggage through town. You can get a taxi at the taxi stand, which is to the left of the ferry dock. If you walk out to the street and take a left, you will run right into it. The taxi should only cost \$2-\$4 US downtown or \$4-\$10 US if you are staying outside of the downtown area. If you have a lot of luggage, you will want to tip another couple of dollars to the taxi driver.

It is highly recommended to wait to exchange money until you are on the island. The exchange rates at the airport and along the way to the island are very high. Bring a pocket full of \$1 US and \$5 US for tipping and food until you get to the island. US dollars are accepted everywhere.

There are change houses (Casa de Cambio) all around the downtown area. Unfortunately the HSBC bank downtown Isla Mujeres does NOT exchange cash or traveler's checks. We recommend using the ATM for cash as it is a much better exchange rate. There are ATM's at the bank, 7-11, and the Express grocery store downtown in the square. The bank and 7-11 are directly in front of the dock for your convenience.

Once you are checked in and settled, just relax and enjoy. You are free to explore the island totally. There are no "bad" parts of town, but you should always use good judgment and use the 'buddy-system'. The people of the island welcome tourists and hope you have a great time, but please remember to be considerate of the people who do live here (using safe driving practices, being quiet in the neighborhoods after-hours, not walk in the middle of traffic).

If you have any questions at all before you arrive or once you are on the island, please feel free to contact us for advice or information.

Info@sunhorseweddings.com

(998) 203-6830 cell in Mexico

- from the front desk, dial a 044 in front of the number

- from a U.S. cell phone, try dialing 011521 in front of the number

(888) 631-4272 toll-free in the U.S.

Welcome to Isla Mujeres, Mexico



Island Tips

Here are some links to other information about Isla Mujeres and things to do while you are here:

<http://www.isla-mujeres.net/thingstodo.htm>

<http://www.myislamujeres.com/planning/planning.asp>

Plus, there are very cool **iPhone apps** for the island at www.islaapps.com. You can get them at the website or search the App Store for Isla Apps.

We also highly recommend ordering the **Isla Mujeres Map** from www.cancunmap.com. These are guide maps with extensive information about Isla Mujeres. It is a great map.

Upon publication of this document the **bank** was no longer cashing traveler's checks or US dollars. There are Casa de Cambio's all over the downtown area where you can **exchange US dollars for pesos**. You can also withdraw local currency from the ATM's (don't forget your PIN #). There are ATM's at the bank, the 7-11, and the grocery store downtown (Super Express).



Most **electrical outlets** on Isla Mujeres are standard 2 prong outlets. If you will need to plug in a 3 prong appliance, please bring an adapter and a surge protector if you will be plugging in a laptop or other expensive equipment.

When **bargaining** with island shops, a general rule of thumb is to cut the first asking price down by 30%. The shops in the flea market have much lower prices for the same items found in the expensive stores. The flea market is found across the street from the Poc-Na Hostel. Please remember, the vendors at the flea markets are there to feed their families as well. Try not to haggle too low, you are already starting out at a lower price than the expensive stores.



Tipping advice; Of course it is up to you as to what you are comfortable giving. Tips are a way of saying "Thank You" for the service you received. If you received excellent services, then tip more than the recommended, if it was terrible, tip less.

Restaurants - the standard tip is 15%.

Taxis – They only expect a tip only when they open their trunk or assist you with your bags.

Water sports - If you have a tour guide or captain, it is customary to give them a 15% tip.

Spa Services – Again 15% is customary for massages, mani/pedi, facials, etc.

Ferry helpers & bellmen – Usually it is \$1/bag or \$5 depending how far they brought the bags, how heavy they are and how much time it took.

If you need a **doctor**, you can ask the front desk of your hotel to call Dr. Salas. (Dr. Salas has a private practice across the street from Don Chepo's Restaurant on Hidalgo downtown and he speaks English.) You can also go down to the hospital by the square (Centro de Salud) or the Navy Hospital which is mid-



island. Both hospitals are fairly cheap and capable but, they don't speak much English. There are larger clinics and hospitals in Cancun if more attention is needed. If you need assistance with translations or do not know what to do, please call us at 998-203-6830. You can call from the front desk or use someone's cell phone.

Most prescription and non-prescription **medications** are available at the pharmacies. Many times if you are feeling ill, the pharmacist will know what to give you if you have a non-emergency. I recommend the pharmacy on Ave. Madero for their great knowledge in medication, willingness to speak English and help. If you have prescriptions, please bring a copy of them for the pharmacists if you would like to fill them here in Mexico. Otherwise, you might need to go to Dr. Salas to get another prescription. Note: Suntan lotion, Pepto-Bismol, Imodium and Tylenol are all available on Isla Mujeres, but they are very expensive.



The **water** on Isla Mujeres is actually pumped in from the Cancun hotel zone, which means that it is some of the cleanest water in Mexico, but it is still not safe to drink. Bottled water is readily available at all mini-convenience stores (found every couple of blocks). We recommend also brushing your teeth with bottled water if you have a sensitive stomach. Ice and blended drinks are safe to drink. All ice is purified and comes from a legitimate company who distributes purified ice in a bag. It should also be safe to eat salads at the higher end establishments. Most people who get sick are sick due to dehydration. While on vacation many people drink too much alcohol and not enough water. A good rule of thumb is to try to drink one bottle of water for every alcoholic drink you have.



Most **street food** is safe to eat. There are some fun, local carts in the town square to try. That said, if your food does not look prepared correctly or smells bad, then don't eat it. It is better to have them take it back than to risk getting sick from under-cooked food. If you buy fresh fruit or vegetables at the store or from the market, please remember you will need to clean it before you eat it unless it can be peeled or skinned.



There is a **fresh orange juice** cart downtown in the mornings on the corner in front of Brisas Grill on Medina and then in the afternoons in front of the Ultramar ferry dock. You can also get fresh juice at San Juan Juice store on North Juarez by Elements of the Island.

Be very careful driving **golf carts and/or scooters** on the island. There are many accidents involving alcohol. Please try to have a designated driver and don't forget to practice safe driving habits. Also, there are many "topo's", speed bumps, all over the island. Please watch out for these as they are dangerous for the people in the back of the golf cart if you hit one at full speed.



Isla Mujeres is one of the safest places in the world but it is better to be careful. For your **safety**, please never walk alone at night. Always have someone with you (the buddy-system). Make sure to securely lock your room or your rental house when you leave or while you are sleeping; this includes locking your windows.

Never keep all your **important documents** in the same place. You will not need to carry around your passport once you are in Mexico (unless exchanging Travelers Checks). It is recommended to only keep one credit card and/or a small amount of cash on you and leave the rest in a safe place in your room. Note: Credit cards are accepted in most high end restaurants, but it is still recommended to pay cash due to high exchange rates.

To **call home** from the island, Dígame and Adrian's Internet Café are recommended. Digame is located on Guerrero, just down the street south from Mañana Cafe/Bookstore and Adrian's is in the square next to the grocery store. They also have internet and a fax machine. Most cell phone companies are now offering great plans for making and receiving calls and texts while travelling. Please check with your cell provider for details. When trying to make a call to the US or Canada using a cell in Mexico you might have to dial 001-area code-number. Another idea is to install Skype on your iPhone, iTouch or iPad and bring portable phone earbuds and use that to call out. Just make sure to set-up your account before coming.



If you need an **emergency number** to leave with your family at home, please feel free to have them call us at **(888) 631-4272 toll-free**.

Free Wi-Fi is available at a few establishments downtown as well as most hotels if you bring your own laptop or iPad. There are also internet cafes throughout the downtown area and charge \$1-2/hour to check email. Some have printers and Vonage-type phones available.

Here is a list of known Wi-Fi Hotspots:

Jax Bar and Grill

Mogagua Café

Rooster Café



Currently there is not a daycare facility available, but we can help you find a local **babysitter** if you'd like for the wedding or if you would just like a night off. Please get in touch with us and we will inform you of your options (info@sunhorsetweddings.com). We would be more than happy to arrange an introduction or interview with potential babysitters so that you can meet them in person before hiring their services.

Regarding a **crib**, some hotels and condos do have this service available. Please inquire with the receptionist at your specific property. Nautibeach Condos and Ixchel Beach Hotel are very family friendly and they usually have cribs and other baby accessories available.

If you feel strongly about your child being in a **car seat** then you will want to bring your personal car seat on the plane with you. This can be used in taxis throughout the island but

keep in mind that there are many taxis that don't have seat belts in back. Honestly, you will never go over 20 miles per hour here on the island, so there really isn't much to worry about.

The island is **handicap accessible** however when traveling it ultimately depends on the comfort level of the handicapped individual. There are porters at the ferry dock that will help passengers requiring assistance. Most taxis on the island will offer to help persons requiring assistance into a cab and then store wheelchairs/walkers in the trunk. It is strongly advised that anyone requiring assistance stay at the larger hotels downtown that offer an elevator (Ixchel Beach Hotel or Privilege Aluxes). There are some island accommodations that do not have wheelchair ramps or elevators. Most downtown restaurants won't have a wheelchair ramp but the wait staff will be more than happy to assist anyone who needs help over the curb and into the establishment.

Isla Mujeres, Mexico



General Information

We **highly** recommend buying the Can-Do Isla Mujeres Map from www.cancunmap.com.

Bank

HSBC, across from the main ferry dock, Ultramar. Open M-F 9am-7pm. ATM's available. At this time, the HSBC Bank does not exchange US or Canadian dollars. There are money exchange windows throughout the downtown area.



Doctors/Hospital



Centro de Salud, on Guerrero by the town square. Non-English speaking clinic. Very inexpensive and open 24/7.

Dr. Salas, across from Don Chepo's restaurant on Hidalgo. English speaking doctor. Local contact number 877-0021 (cell 998-845-2370).

Pharmacy

Pharmacia, on Madero between Hidalgo & Juarez. English speaking. Good selection of suntan lotions, over the counter items, feminine products, etc. No prescription necessary for most medications. If you feel sick, it is recommended to ask the pharmacist before going to the doctor. They are very knowledgeable in tourist ailments and remedies.



Laundry

Tim Pho, on the corner of Juarez & Abasolo. Charges by the kilo. They do your laundry for you and it's ready for pick up in about 3 hours. They do not hand wash and they dry mercilessly, so we would not recommend giving them anything delicate.

XS Laundry, located on Juarez behind Noreaga Art Gallery. Drop off your laundry and it is ready by the next day. Very close to Aluxes and Ixchel hotels.

Lavandería Creation Perfecta, on the corner of Guerrero & Madero. Same as XS Laundry.



Bookstore

Mañana, on the corner of Guerrero & Matamoros. Used books for sale and a great place for lunch. Also has a charity donation box and area art on display.



Charities

These non-profit organizations really give back to the community and are always in need of assistance. Many also have t-shirts or other merchandise available for purchase if you want to give family at home a souvenir and donate at the same time. If you have any old clothes, shoes, pet supplies, they are all welcome. You can contact each organization directly or you can donate through us and we will make sure your items get to the right place. Your donations really do make a difference.

P.E.A.C.E. Isla Mujeres, www.peace-islamujeres.org. A non-profit organization created to



improve the community of Isla Mujeres, Mexico through Protection and Education re: Animals, Culture & the Environment. This organization helps to support all the non-profits organizations below. Check out the website for donation needs, volunteer opportunities and upcoming events. PEACE merchandise is also available for sale at the Galerita de Arte in front of Olivia's Restaurant in the evenings.

Centro de Apoyo Psicopedagogico (aka Little Yellow School House), www.isla-mujeres.net/school/home.htm Mid-island, close to the Red Cross in La Gloria. This is the only school available for children with special needs. Many students have Downs Syndrome or are mentally handicapped. Funded by government subsidies and donations. Monetary donations and school supplies are greatly appreciated.



La Gloria English School, www.foles.org in Colonia La Gloria. This school was founded to teach the local people English to enable personal advancement and gain higher wages. Donations, childrens books in english and volunteers welcome. You can also sponsor a student on their website via PayPal.



Clinica Veterinaria, in Colonia Salina Chica. This clinic often donates its time and supplies to give care to homeless dogs and cats on the island and by providing free spaying and neutering to the local pets (approximately 700 per year). Monetary donations and medical supplies are greatly appreciated. If you work at a vet clinic, they accept expired meds and old supplies.

Contact Tiffany@sunhorseservices.com for more information.

Clinic Blog in French: <http://petitsminousetgatitos.com>

Isla Animals, www.islaanimals.org Founded by seasoned Isla resident, author & potter



Alison Current, this organization helps to provide local dog adoptions to tourists and is the only dog shelter on the island. Monetary donations, collars, FrontLine, and transport kennels are greatly appreciated.

Beaches

Playa Norte, north end of the island. Popular public beach. Most establishments charge for chair and umbrella rentals, but you can lie on a towel anywhere. This is a top-optional beach.



Zama Beach Club, on Sac Bajo. Entrance is free, but each guest should purchase food and beverages. Refreshing cascading pools, large beach, palapa restaurant, and manicured gardens. Open daily from 10am-6pm.



Playa Lancheros, west road on the way to the south end. Good food and shopping. Very busy on the weekends. We recommend the Tix-in-Chix Fish (order 1 for 2 people).



Garrafon Park, Punta Sur (south end of the island). All-inclusive park includes food, pool, towels, gardens, snorkeling and kayaks. Daily admission is about \$50/person. **Garrafon de Castilla** is next door and costs \$6/person for beach access (not all-inclusive). They have snorkel equipment available for rent or you can bring your own.



Shopping



South Point (Punta Sur), the very southern tip of the island has many cute shops where you can buy local ceramics and feed the iguana. Bring bananas to feed the iguanas (they also love hibiscus).

Flea Market, on the corner of Matamoros & Carlos Lazo near Poc-Na Hostel. Browse the stalls and find many great deals (see note above re: haggling prices). We have found this to be the best value prices since they are not on the main shopping street.

Fruit Market, on Guerrero between Lopez Mateos & Matamoros. Great fresh squeezed OJ and a good selection of fruits and vegetables. Also beach bags, Tupperware and other items can be found here. **Alexia & Giovanni** restaurant in front is a great place to try inexpensive local food.

Downtown, in the center of town, many nice stores can be found on Ave. **Hidalgo**. We recommend walking on the side streets as well to find better buys.

Silver Shop, in the town square on the northeast corner, purple building right of the grocery store on the corner. Honest shop with great silver jewelry, telavera art, pewter bowls and authentic Mexican rugs.



On Island Activities

Art Galleries

Galerita de Arte, located directly across from Olivia's Restaurant. Locally made art, photography, organic lotions, jewelry, and more. Also the storefront to PEACE Isla Mujeres, a non-profit organization helping the local community.



Scooter/Golf Cart Rentals

Ciros on Guerrero between Lopez Mateos & Matamoros. Best quality carts and scooters.



Note: There are many rental establishments on the island. All rental places are supposed to have the same prices, but you may be able to talk them down if you will be renting for more than a day or for a group. Prices are usually around \$55-60 for 24 hours or \$40-45 day (9am-5pm) for a golf cart and \$25-35 for a scooter.

Concierge at your hotel. Many hotels have a concierge that can set up golf carts and scooter for you at the same rate then if you walked down the street. Also, you do not have the hassle of leaving your drivers license or credit card as collateral.



Island Attractions

Town Square, in front of the main grocery store, Super Express at the south end of Hidalgo.



Most nights, especially on the weekends, they have local food vendors and some craft booths. Try some very inexpensive local food and hang out with the local people. There is a Catholic church in the town square. Mass is at 7pm in the evenings. Many weekends they will have local entertainment in the square.

Malecon, this is the sea walk (boardwalk) on the east side of the downtown area that runs from behind the Casa de Cultura to the airport strip. This is a great place to jog in the mornings, take a leisurely stroll in the evenings or just sit and enjoy the tropical breezes. There is also a nice carnival-type set up across from the square on the east that has games and deep-fried churros. Different times of the year, this area hosts craft markets from other parts of Mexico.



Cemetery on Lopez Mateos in front of Juarez. This very colorful cemetery is the original cemetery of Isla Mujeres. You can find the Pirate Mundaca's tomb here, even though he is actually buried in Merida.



Mundaca Estate, mid-island. Entrance is about \$5 US. Around 1850 the Pirate Mundaca built this estate for his love. It has gardens, ruins of the original home, a small zoo, and some interesting stone work. Bring bug spray and bananas for the monkeys.



Turtle Farm, on Sac Bajo. Entrance fee is about \$2 US. The purpose of this establishment is to protect the sea turtles from extinction. Scientists harvest the beaches of Isla Mujeres during egg laying season, raise the babies until they are old enough to swim and then release them into the ocean. You can gain some knowledge and see baby turtles as well as other sea life. It is not a large place, but well worth the stop.



Punta Sur/South Point, Punta Sur itself is free however there is a sculpture garden that leads to the south point and its Mayan Ruins and admission to the south point itself is about \$3 USD. You can visit the shops and vendors for free; you can even climb to the top of the lighthouse for some fantastic free panoramic photos! There are lots of hungry iguanas waiting to be fed. Bring bananas or lettuce. If you are here for the sunrise you will be the first person in Mexico to see the morning sun!



Spa Services

Casa Luz Spa – located behind the Naval Base on Avenida Juarez between Calle Bravo and Allende. This quaint little spa has more to offer than you'd think upon first glance. Their extensive menu of services offers facials, massages, body scrubs & wraps, plus special treatments for back, arms, and legs. Their prices range from \$35- \$90. It is best to make an appointment 24 hours in advance. Spa services can be arranged exclusively for special parties. When making your reservation, please mention that you are a SunHorse Weddings client. 998-734-5326 or 998-202-0081 or email casaluz_280@yahoo.com.mx



Mary Ann Burns - An ex-pat who moved here to enjoy the tranquility of the island, she has a soft voice and a magical touch. Her spa dome is located across from the Shell House near the southern end of the island but services can also be scheduled at your hotel. Many services offered including hot stone massage, body scrub, relaxing couples massages, and

yoga. Please contact Mary Ann for a full list of services and prices at 998-877-0798 or cell 998-735-4705. It is best to make reservations 24 hours in advance. When making your reservation, please mention that you are a SunHorse Weddings Client.

Mi Secreto - located at the base of Roca Mar Hotel behind the church downtown. Offering manicures, pedicures, waxing and is a hair salon.



Yoga

Yoga Life, located at the yoga center in Na Balam Hotel. Yoga Life is a community of talented yoga teachers with a variety of styles and class times. **Facebook:** Yoga Life & Spa Isla Mujeres.



Mary Ann Burns- in addition to offering massage therapy, local ex-pat Mary Ann, offers Hatha Yoga sessions as well in her spa dome located in Punta Sur. A 1 hour session is \$7 per person. Classes are offered M-F at 8am. A private class at your hotel is \$40 per group. She can be contacted at home 998-877-0798 or cell 998-735-4705. It is best to make reservations 24 hours in advance. When making a reservation, please mention that you are a SunHorse Weddings client.



Athletic Facility

Gym Tonic is located mid island on a side street behind the jr. high school. It is a bit difficult to find, so we suggest taking a taxi. The taxi directions are: Gym Tonic, Colonia Electricistas. They are open Monday through Friday 7am-10pm, Saturday from 8am-3pm. Closed on Sundays.



Day pass- \$3, Week pass- \$15, 2 week pass- \$20, Monthly- \$30

Water Activities

Isla Mujeres is a Mecca for water sports. The crystal clear water and manchones reef makes it some of the best snorkeling and diving in the world. Just be careful not to get dehydrated or get sun burnt. Make sure to drink plenty of water, wear sunscreen and reapply often. A white long sleeved shirt will also help protect your back while snorkeling. If you are prone to getting sea sick, it is advisable to take Dramamine the night before you go to bed. This will help you the following day. Also, don't forget to tip your captain.

Snorkeling

It is easy to just go to the Ultra Mar ferry dock in the morning and hire a snorkel boat right there. The sales people will be holding a sign. These guides usually do not speak much English but their tours are very reasonably priced.



Snorkeling with Captain Tony, on Matamoros between Juarez & Medina. 2-3 hour snorkel tours available as well as day trips to Isla Contoy. You can book when you arrive to the island or email him for an appointment. www.isla-mujeres.net/capttony/home.htm

Scuba Diving

You can take a 3 day dive class to get certified while you are in Isla Mujeres. If you are already certified, please don't forget to bring your PADI certificate with you.



Sea Hawk Dive Center, on Carlos Lazo. Ask for prices for diving. English speaking. Very professional. www.isla-mujeres.net/seahawkdivers

Crystal Dive Center, www.scubadiveislamujeres.com Email them for prices and schedules.

Fishing

There are two boat options for fishing, big boat and smaller boat. The big boats are large deep sea fishing boats are very expensive to take out (hence the higher price tag). The more affordable option is a smaller panga style boat. Still deep-sea capable but less expensive to run.

Inshore, Bottom Fishing, Deep Sea and Spear Fishing



Local Fishing with Captain Jorge Mostalac,
jmostalac@hotmail.com,

Facebook: Sport Fishing Center Isla Mujeres.

Ask for prices for fishing. English speaking. Very professional. Prices start at \$59.99/person.



Deep Sea Sport Fishing

Keen M. www.islamujeressportfishing.com Prices start at \$900/day.



Private Boat Charter

Rent a private boat and captain to take you and your friends and family around the island, have a party on the water by north beach, sunset cocktails on the water.

Captain Jorge Mostalac, jmostalac@hotmail.com,

Facebook: Sport Fishing Center Isla Mujeres. English speaking. You can rent his 10 person boat for a sunset cruise, go around the island, have a private snorkel or fishing trip, whatever you'd like.

Buzos de Mexico, www.buzosdemexico.com

Great crew, larger 20 person boat aptly named "Catatonic".



Isla Contoy

Isla Contoy is an island / bird sanctuary located about a 45 minute boat ride away. The trip is a full day trip full of snorkeling, bird watching, BBQ on the Contoy beach.

Captain Tony, on Matamoros between Juarez & Medina. All day tours to Isla Contoy. Email Tony for reservations www.isla-mujeres.net/capttony/home.htm



Private Group Contoy Tour, minimum of 30 people, \$55usd per person includes beer, pop, water, lunch, snacks, snorkel equipment, snorkel guide, admittance to Isla Contoy, a tour around the island, music and captain. Contact SunHorse Services for more information – Alex@SunHorseServices.com

Swim with Dolphins

Dolphin Discovery, at the end of Sac Bajo. www.dolphindiscovery.com

Prices start at \$70 usd. Check the website for details.



Swimming with the Whale Sharks

Captain Jorge Mostalac, jmostalac@hotmail.com, **Facebook:** Sport Fishing Center Isla Mujeres.



Whale Shark season runs from June 17th to September 17th each year. On this trip you will swim with the largest fish in the world up close and personal. It is an amazing experience. Includes all gear, a bi-lingual guide, beverages, lunch, and an extra snorkeling stop on the way back to Isla Mujeres. 7:30am-2:00pm, \$125/person.

Restaurants

There are plenty to try, these are just a few of our very favorite places. Remember that they will not bring your check until you ask for it, and in Spanish it's "La cuenta, por favor".

Tipping is usually 15% of the total bill. Be sure to check your bill for accuracy.

Another side note, the service on the island can be slow, so be prepared to wait.

Coffee



Aluxe's, on Matamoros between Hidalgo & Guerrero. Good coffee, banana bread and bagels.

Café Hidalgo, located on Hidalgo close to Rolandi's Restaurant. Great crepes, cappuccino and cute handmade bags.



Café Mogagua, on Madero between Hidalgo & Juarez near the pharmacy. Good specialty coffee, tea, and refreshments. Free WiFi. They also serve fresh sangria, lunch and early dinners.

Rooster Cafe, located on north Hidalgo. Indoor and outdoor dining with AC in the summer time. Great specialty coffee, muffins, breakfast, and lunch. Try the Rooster Muffins and Rooster Tea! Open early at 7am.



Breakfast

Elements of the Island, on Juarez between Matamoros and Lopez Mateos. Great quiche, fruit smoothies, coffee, chaya and other healthy dishes. Many organic and homemade dishes. They also offer 9am yoga classes.

Café Cito, on the corner of Matamoros & Juarez. Good pancakes, waffles, and potatoes.



French Bistro, on Matamoros just off of Hidalgo. Great coffee, yogurt with fruit, pancakes, eggs, & french toast.

Alexia & Giovanni's near the fresh produce market. It is the last stall nearest to the street. Great banana smoothies and Swiss enchiladas.

La Cazuela M&J, on the corner of Abasolo & Guerrero, in the mornings they serve amazing local breakfast. Famed for their Cazuelas and chaya/orange juice blend. The restaurant also has an impressive collection of historical photos of Isla Mujeres.



Mango Cafe, located mid island on the Caribbean side near the Guadalupana church.



Roosters located on north Hidalgo. Indoor and outdoor dining with AC in the summer time. Great specialty coffee, teas, breakfast, and lunch.

Homemade bread! Open early at 7am.

Lunch

Mañana's, on the corner of Matamoros & Guerrero. Great baguette sandwiches, egg salad bagels, and fresh salmon bagels. Also is the used bookstore.

Bally Hoo, behind the Pemex gas station downtown on Medina. Great fish and chips, margaritas, Thai chicken, cold beer, nice jazz or island music. Great atmosphere and people. We recommend going for sunset as well.



Barlito, located on Hidalgo - corner of Abasolo. Open 7am-3pm. Not open on Sundays.



Incredible Panini sandwiches, cinnamon rolls, and fresh breads. Barlito's also caters.

Que Cubano, located downtown near the Casa de la Cultura. Open 12pm-5pm. Not open on Sundays. Incredible salads, homemade blue cheese dressing, and deep fried goat cheese.



Roosters, located on north Hidalgo. Indoor and outdoor dining with AC in the summer time. Great Chicken curry salad and homemade sandwiches. Try the Rooster Tea.

Brisas Grill, located downtown on the ocean between the ferry dock and the gas station. Great burgers, pizza, lime soup and drink specials. Live music from 2-6pm.

Cockteleria Mininos, located just north of the gas station. The sand floor contributes to the local colorful ambiance. Great selection of inexpensive fresh fish, seafood and ceviche.



Alexia & Giovannis, Guerrero Ave. 1st kitchen in front of the fruit market. Great local food and inexpensive prices. We recommend the breaded chicken breast and banana milkshake. Nice family and good food.



Mango Cafe located mid island on the Caribbean side near the Guadalupana church. Fresh, homemade and organic produce. Mexican-Asian-Jamaican Fusion. Great Chicken Tacos.

Playa Lancheros, Mid-island on the way to the south end. Great Tix-in-chix fish. One order feeds 2 people. Very large portions.

Zama Beach Club, on Sac Bajo. Great chicken strips, fajitas, Boneless TixinXic Fish, lobster tacos and mango margaritas. Great place to watch sunset. Open 10am to 6pm, not currently open for dinner.

Sports Bars



Jax, downtown on the north side of Medina across from Privilege Aluxes Hotel. American style sports bar with Direct TV. Great atmosphere and people. Mid priced.

Brisa's Grill, located between Bally-Hoo and the ferry dock on Medina. High roof palapa restaurant with seating on the beach, great rum drinks, live music most afternoons. Mid-priced.

Sancocho's, north side of Hidalgo. Dish Network. Low to mid-priced.

Sunset Cocktails

Bally Hoo, behind the Pemex gas station downtown on Medina. Great fish and chips, margaritas, Brazilian Fish, cold beer, nice jazz or island music. Great atmosphere and people. Mid priced.



Brisa's Grill, located between Bally-Hoo and the ferry dock. High roof palapa restaurant with seating on the beach, great rum drinks, live music most afternoons. Mid-priced.

Picus or Minino's, both restaurants are located near the ferry dock. Highly recommended for the seafood. Low to mid-priced.



Sunset Grill on North Beach attached to Nautibeach Condos. Great mojitos and nachos. Mid-priced.



Villa Rolandi's, on Sac Bajo. Great for a special dinner. Ask to be seated outside (best view at sunset). Great filet mignon, Italian fare, Crepe Suzette and ambiance. High priced. Great sunsets!

Soggy Peso located mid island on the Cancun side across from the airport strip. Texan owner's make this Jimmy Buffet style bar a hit with Parrot heads.



Incredible ribs on Sunday afternoons, great food and drink specials throughout the week. Try one of Freddy's Ojo Rojo's (essentially a spicy bloody beer – best on the island).

Dinner



Angelo's Pasta, on Hidalgo north across from Bamboo. Great pasta dishes & pizza. Mid to higher priced.

Fayne's, on Hidalgo north. Good red snapper, filet mignon, mango margaritas. Live music nightly. Mid-high priced.



French Bistro, on Matamoros off of Hidalgo. Good for filet mignon, lobster, portabella salad. This is a personal favorite. Mid-priced.

Pizza Rolandi, on Hidalgo between Madero & Abasolo. Highly recommend the Fettuccini Salsa Rolandi or the salted fish. Good thin pizzas and ice cream. Mid to higher priced.



Olivia's, avenue Matamoros; between Juarez and Medina. This middle eastern restaurant is owned and operated by a lovely Israeli couple. Fantastic Greek salad and other selections. Great service and attention to detail. Mid priced. Reservations are encouraged. Closed Sundays and Mondays.



Bobo's Fish and Chips, avenue Matamoros; between Juarez and Medina directly across the street from Olivia's Restaurant. Great fried fish, burgers, french fries, hot wings and ceaser salad with grilled chicken. This is a take-out joint with character.



Medina Tacos, located downtown across from Bamboo restaurant on the northern side of Hidalgo. Great arrachera tacos with cheese and pineapples. Low priced.

Comono, located downtown on Hidalgo just north of the main square. Funky ambiance, Mediterranean menu and gigantic salads.



Casa Rolandi's on Sac Bajo. Great for a special dinner. Ask to be seated outside (best view at sunset). Great filet mignon, Italian fare, Crepe Suzette and ambiance. Higher priced, great food, excellent service. Great sunsets!



Bastos, located mid-island in the colonia La Gloria around the east corner of the Super Express grocery store. Great Filet Mignon as well as local tacos. Reasonably priced.

La Bruja, located mid-island in the colonia La Gloria. Great local food. Not open on Thursdays. Reasonably priced.



El Charco, Daisy & Raul's Tacos, located mid-island in the colonia La Gloria. Great local tacos and soups. Reasonably priced.

Seso Locos, located on the west road past the airport strip close to the Honda scooter dealership. Large restaurant offering a large variety of foods. Mid-priced.



Dessert

Pizza Rolandi, on Hidalgo between Madero & Abasolo. Good ice cream and chocolate cake along with a good selection of digestive liquors.

Gelato Italiano Ice Cream, In the middle of Hidalgo across from Barlito. Great sorbet and hand-made ice cream. Amazing mint chocolate chip ice cream.

Café Hidalgo, on Hidalgo close to Rolandi's Restaurant across the street. Great crepes, cappuccino and cute handmade bags.

Cafe Mogagua, on Madero between Hidalgo & Juarez near the pharmacy. Good coffee, wine and carrot soup. Free WiFi. They also serve fresh sangria, lunch and early dinners.

Night Life

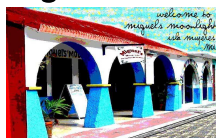
Adelita's, on Hidalgo north. Quaint little tequila bar. Extensive selection of tequila and nightly drink specials. Directly next to the live music at Fayne's it offers good seating to hear the live music without going deaf.



Fayne's, on Hidalgo north. Live variety music nightly. Good for dancing and people watching. Very lively crowd!

Coconuts, on Hidalgo between Medina Tacos & Angelo's. Open late night. Salsa and Latin Top 40's.

Miguel's Moonlight, located across from the liquor store on Madero. This is a cantina-feel bar with low ceilings, pool tables and loud music, but a great place to meet down to earth people. Great pomegranate margaritas and occasional live music.



La Luna located across from the main square on the Caribbean side. Canadian owned, they carry all Canadian sports. The front of the bar serves as a coffee shop and the back bar is the late night lounge style club. The breeze from the back patio overlooking the Caribbean is worth the stop.



Poc Na Hostel located on the Caribbean side of downtown. This is a hostel that hosts late night after bar parties. The beach is a great atmosphere with lots of multi ethnic youth. Safety note: watch your personal belongings closely.

