

# READY TO TOUR THE LAND OF SEVEN MOLES?



## EXPLORE OAXACA'S CULINARY HERITAGE

- 7 days, 6 nights in Oaxaca City, Mexico
- Hotel accommodations
- Most meals & dinners at selected restaurants & street food stands
- Three Hands-on Cooking Classes with Chef Susana Trilling
- Cheesemaking demo
- Grinding Chocolate preHispanic style
- Demonstrations in artist's homes and workshops
- Market tours with expert guides
- Special multi-course tasting menu at one of Oaxaca's top restaurants

## SAVE THE DATE!

**ONE SESSION ONLY!**  
DECEMBER 1 - 7, 2025

**COST**  
\$4150 Per Person, Double Occupancy

**+520-247-6338** 📞

**FOR MORE INFORMATION EMAIL**  
[DONNANORDINCOOKS@GMAIL.COM](mailto:DONNANORDINCOOKS@GMAIL.COM)

**CULINARY TOUR OF OAXACA, MEXICO  
WITH  
DONNA NORDIN  
DECEMBER 1-7, 2025**

*Welcome to Oaxaca City – Land of Seven Moles – and its surrounding countryside to fully experience Oaxacan cuisine and culture. We will venture out to local villages where artisans demonstrate and display their works: weavers, potters, painters and printmakers. We will tour markets, attend several hands-on cooking classes with Susana Trilling; participate in making Oaxacan cheese and grinding toasted cacao beans for certain mole' recipes. In addition to the dinners we prepare at school and a few others, we will have a tasting dinner at one of the most highly rated restaurants in Oaxaca.*

**ITINERARY**

- Welcome!! Take airport transportation to the hotel. Meeting at 5:00 pm at reception's hotel for an opening lecture with Susana and a cocktail. Then we head out to a restaurant to have our welcome dinner.
- 9:00 am pickup for a visit to some of the artists of the region in Ocotlán, starting in Santa Maria Coyotepec for black pottery. We continue on to Santo Tomas Jalietza to see their backstrap loom weavings, then San Martin Tilcajete to see the wood carvers. We will have lunch at Almú, a wood fired kitchen in the middle of the woods. Will end our day with a mezcal tasting. Evening taco run on the way back to Oaxaca (optional).
- 9:00 am pickup to go to La Cosecha, an organic market, for tastings. Then we'll go to an artistic barrio called Jalatlaco to see the street art and little shops there. Afterwards, we will visit the studio of a famous Oaxacan artist. Afterwards we will depart to Rancho Aurora, home of Seasons of my Heart Cooking School for our first hands-on cooking class. We will have a cheese making demonstration with our cheese maker, Silvia, followed by an almuerzo of salsa de queso. Susana will continue on with the lecture about Oaxacan food and the cooking class. After eating the meal we have prepared, we return to Oaxaca City to relax.
- 8:30 am pickup to explore one of the most traditional markets in the Central Valley. Teotitlán del Valle is a village of Zapotec rug makers. After a tour and snacks at the market we will visit a family of local folk artists. We will have a rug making demonstration. Afterwards, we will go to visit a candle maker to see a demonstration and her work. Then we will head on to El Tule to eat at El Milenario and look at one of the oldest trees in the world and visit their artisans market.
- 9:00 am pickup to head out to visit the Studio of a lithograph artist, the glass blowing factory and the Atelier of sculptor and jewelry maker. Continue on to Seasons of my Heart for a Chocolate making demonstration, chocolate con pan and lunch, then our lecture and hands-on cooking class. After eating the meal we have prepared, we return to Oaxaca City to relax.
- 9:00 am pickup at the hotel to go to Central de Abastos, the largest Market in Oaxaca, with our beloved guide Yolanda Giron to try and learn about the different ingredients used in the Oaxacan kitchen. We will continue on to Seasons of my Heart for lunch and our final hands-on mole cooking class and farewell dinner in celebration, get ready for music and margaritas!!
- Breakfast at the hotel. Thank you for joining us. Have a great journey back home!

# REGISTER TO ENSURE YOUR SPOT TODAY!

## TOUR PRICE

**DOUBLE OCCUPANCY**  
\$4150

**SINGLE SUPPLEMENT**  
TBD  
*\*Supplement to be added to final payment*

**DEPOSIT**  
\$1,150 DUE IMMEDIATELY TO HOLD YOUR PLACE  
PAYMENTS: \$1500 DUE BY APRIL 15, 2025  
FINAL PAYMENT: \$1500 DUE BY AUGUST 15, 2025

**PLEASE NOTE**  
DEPOSITS ARE NON-REFUNDABLE UNLESS  
A REPLACEMENT GUEST FILLS YOUR SPOT

DEPOSIT PAYABLE TO DONNA NORDIN VIA CHECK OR ZELLE [520-247-6338]

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Please complete and return the registration & Zelle or mail a check payable to:  
Donna Nordin, 6002 Placita Pajaro, Tucson, AZ 85718

Questions? Contact Donna at 520-247-6338 or [donnaanordincooks@gmail.com](mailto:donnaanordincooks@gmail.com)

Name(s) \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**Session:**  
December 1- 7, 2025

A confirmation email will be sent once your spot is confirmed.

*\*Please note: Deposits are non-refundable unless  
a replacement guest fills your spot*

Deposit: \_\_\_\_\_ Payment (4/15/2025) \_\_\_\_\_ Final Payment (8/15/2025) \_\_\_\_\_