

SIAN KA'AN BIOSPHERE

Sian Ka'an. In Mayan, The Origin of Sky



Named National Reserve in 1986 and UNESCO World Heritage Center in 1987.

The Biosphere is comprised of 528,148 hectares (1.3 million acres) in a territory with tropical forests, wetlands, marine habitats and the second largest barrier reef in the world.

The wetlands with their savannas, swamps, pastures, dunes and mangroves, occupy two thirds of the Biosphere.



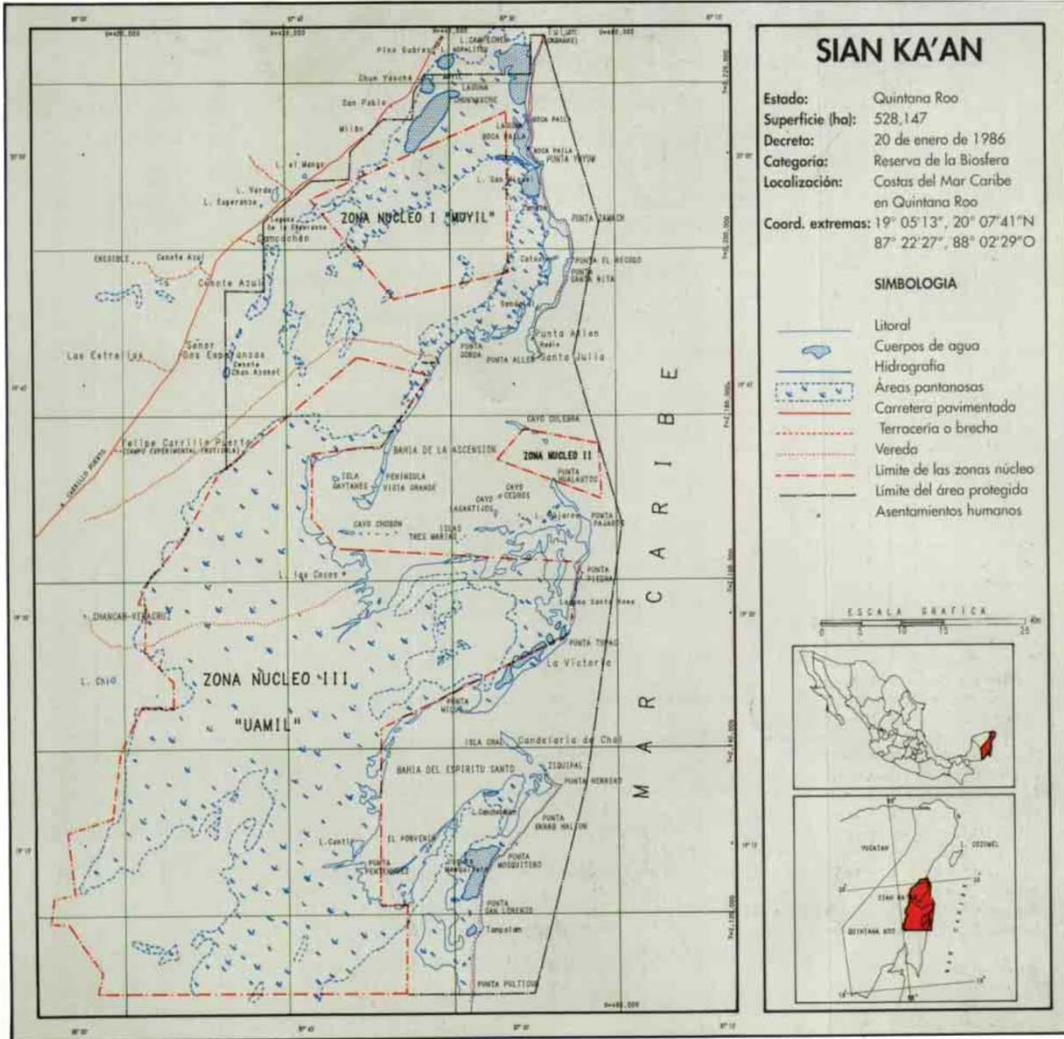
Rocky strips, calcareous areas and seagrass beds form the marine habitats.

In Sian Ka'an there are 103 species of mammals, 95 species of reptiles, about 900 species of plants -among them unique trees in the world- and 336 species of birds have been seen including wading birds and some endangered species.

23 archaeological sites have been found, with relics of at least 2300 years, letting us glimpse the important commercial route that the Mayas forged between canals and lagoons from Tulum to Muyil.

Currently, there are 2,000 people living in the Biosphere, mainly in Punta Allen and Punta Herrero with only 1% of the land privately owned.

In our days, the main economic activity is fishing, followed by tourism, with minimal agriculture and livestock, although in the last century there was exploitation of the gum tree and in the time of the pirates this was an area of arms trafficking



State: Quintana Roo
 Area (Acres): 1,305,079
 Decree: Aug 10, 1986
 Category: Biosphere Reserve
 Location: Mexico Caribbean Sea in Quintana Roo

Geo-coordinates: 19°05'13", 20°07'41"N
 87°22'27", 88°02'29"O

SIMBOLOGIA

- Coastline
- Water bodies
- Wetlands
- Paved road
- Dirt road
- Trail
- Limit of core area
- Limit of protected area
- Human settlements

GRAPHIC SCALE

F l o r a

In the Biosphere, only native plants are reproduced in lands with few changes in elevation, water accumulated underground in natural aquifers, limestone and sand.

Some representative plants are seagreape, ziricote, chit palm, bayhops, purslane, coco plum, oregano de monte (lantana hirta), coastal jack-bean and the beach elodea. In total, some 859 plant species have been identified.



Some threatened plants growing in Sian Ka'an are:

- Chit Palm
- Kuka Palm
- Orchids Brassavola and Encyclia cochleata and Encyclia alata.

W i l d l i f e : M a m m a l s

The Biosphere is so different geographically to the neighboring regions, it has a large number of endemic animals such as puma, jaguar, spider monkey, tapir, tepezcuinte and tlacuache. The population of crocodiles is abundant (crocodylus moreletti and acutus are found in the area). There are some 39 species of bats, there are dolphins, Caribbean manatees, white turtles and loggerheads.

Among the threatened or endangered species that reside within the Sian Ka'an Biosphere are:

- Howler monkey
- Spider monkey
- Ant eater
- Porcupine
- Jaguar
- Tigrillo (leopardus tigrinus)
- Ocelot
- Manatee
- Tapir

w i l d l i f e : B i r d s



There are 326 species of birds identified in the Sian Ka'an Biosphere, of which 219 are residents, 65 wintering migrants, and other 42 migrant species.

23 wading birds exist in Mexico and 21 are in the Reserve. Some threatened species as hairy heron, jabiru, maguari stork, American white ibis and great egret are still reproducing in Sian Ka'an. It is the place where the glossy

ibis is most abundantly observed and some flamingos are visitors during the winter.

Toucans, cormorants, white-crown pigeon and great curassow are residents of the Biosphere. The Yucatan Peninsula is cradle of unique species with Sian Ka'an being the home of a large part of them, such as ocellated turkey, Yucatan wren, Yucatan jay and black catbird.

Among the threatened or endangered species that reside in the area are:

- Brown booby
- Reddish egret
- The peregrine falcon
- Lesser yellow-headed vulture
- Hooded oriole
- Ocellated turkey
- Great curassow
- Maguari stork
- Keel-billed toucan

Under special protection, there are the white-fronted parrot, the turkey vulture and the yellow-lored.

M a r i n e F a u n a

Land and sea converge in a complicated hydrological system in Sian Ka'an. Mangroves and wetlands can be found even 40 km from the coast; there is a variation on salinity levels throughout the different lagoons and bays. Thalassia and underwater meadows cover the bottom of the bays. The second largest reef in the world protects the coastal system, rich in marine and brackish water species, including commercial ones such as spiny lobster.

There are at least 400 species of fish - of which 52 are reef forage fish - and around 60 species of coral.



EXPERIENCES FOR NATURE LOVERS

Our Guided Experiences allow the observation and responsible interaction with local fauna and flora.

Prices are per excursion for the number of people indicated.

Prices are in US dollars, subject to additional 16% tax and voluntary gratuity.

We recommend booking your Experience prior to your arrival to ensure availability. In some cases, we are subject to weather conditions.

Biosphere Exploration



Your immersion to the wonders of the Biosphere, begins as soon as you board a rustic boat at the Mukan's dock.

Lea, our guide, will help you to understand how the rich ecosystem of the Biosphere works, the importance of the mangroves, the local flora, the different currents of water, the beauty of the reef and the discovery of marine life: fish, turtles, dolphins while you swim and snorkel either in the Cabo Culebras area or in the natural pool.

Lea Bartel is a German nature lover who has lived in Punta Allen and Tulum for 4 years. Certified as a Nature Guide, she speaks Spanish, English, German and Italian and is an enthusiastic collaborator of some of the Biosphere programs, a defender of nature and a proud resident of the Punta Allen community.

Lenght	4 hr
Bring	Swimming suit, hat
Includes	Binoculars, snorkel equipment, repellent, organic screen, water and fruit. Guide and boat.
Cost	Up to 4 guests 4, \$450 usd



Bird Watching



Discover one of the most prolific tropical bird populations in Mexico. Migratory, endemic and some endangered birds are found in the area. The day starts very early, with a brief talk about the search of the day and how to make guests participate of the official hotel bird watching statistics. The exciting walk begins –for about 60 minutes-, then it is time to board a boat to explore the lagoon species –for an additional 60 minutes-. Birds such as hairy heron, hummingbird, ibis, spatulas, pelicans and many, many more aquatic and endemic birds are flying, nesting, passing by, resting, foraging.

Jorge Machado is a passionate birdwatcher, certified in Nature Tourism, who has researched for various publications on the biosphere, birds of the peninsula and local sustainability programs. Jorge or one of his certified guides will join you in this exciting exploration.

Length	2 to 2.5 hrs
Bring	Trousers and comfortable shirt, hat, camera.
Includes	Binoculars, notebook, guide sheet, repellent and organic sun screen, water guide and boat.
Cost	2 persons \$450 usd, Additional person (Up to 4) \$125 usd



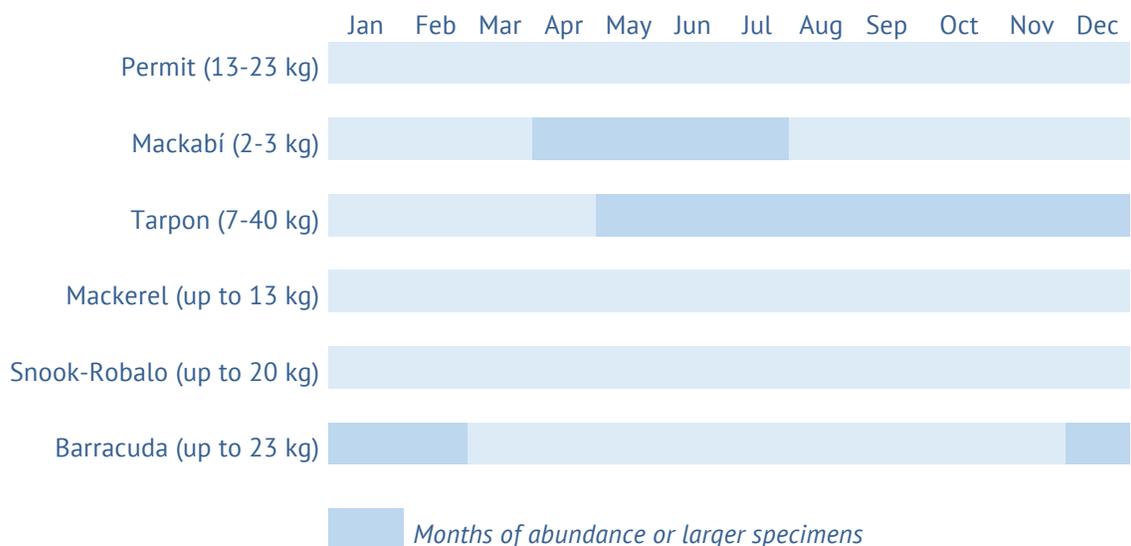
Fly Fishing



Fly fishing requires the use of a fishing rod and an artificial lure that simulates the insects with decoration of feathers and natural and artificial materials. Catch and release make this the most responsible practice of recreational fishing, Fishing in clear waters makes conditions more even with the fish. Contemplation and meditation are part of this exercise full of rituals: getting to the spot, watching, waiting, throwing the fly.

The species caught in the Bay of Ascension or in the brackish waters of the lagoon offer emotion with their speed, strength, aggressiveness, elusiveness and unpredictability.

Most of the fish are obtained all year round.



Our guides are native fishermen of Sian Ka'an who know the lagoon intimately: its waters, schedules, routines of the fishes. They will assist you on with the best equipment. They are the perfect link between you, the lagoon and the fish.

Length	4/ 7 hours	
Wear	Trousers or bermudas and a comfortable shirt, hat, sunglasses, buff	
Includes	Fishing equipment (rod, reel, line, flies), repellent and organic screen. Water, fruit, beers, sandwiches	
Cost	7 hr/Max. 2 guests	\$600 usd
	4 hrs/Max. 2 guests	\$400 usd

Scuba Diving

The richness of marine life in the Riviera Maya offers surprising encounters with various types of coral, fish, rays, turtles, dolphins and even seasonally bull sharks. Your PADI Dive Master will meet you at the Sian Ka'an dock to take you to test your equipment in Tulum and start the introduction to a great experience.

Length	3-4 hours, plus a 2:15 hour transfer
Departure Time	7:50 am
Pick up	Mukan dock (boat) + Sian Ka'an Pier (Van) * Private diving can be scheduled at desired times in advance
Bring	Swimsuit, sunscreen
Includes:	Transfer by boat to Sian Ka'an pier and by land to Tulum Beach Dive Master, boat, equipment, water, fruit

Type	Persons	Tanks	Price
Discovery	1	1/2	\$550/600 usd
	2	1/2	\$660/710 usd
	Private (up to 4 guests, 2 tanks)*		\$1040 usd
Certified Diver	1	1/2	\$530/580 usd
	2	1/2	\$620/670 usd
	Private (up to 4 guests, 2 tanks)*		\$840 usd
Refresher	1	1/2	\$530/580 usd
	2	1/2	\$620/670 usd
	Private (up to 4 guests, 2 tanks)*		\$1040 usd

Cenote Diving



The underground rivers flowing in the very peculiar geography of the Yucatan Peninsula have formed caverns and communication channels. The cenotes are the entrance to these geological formations, with crystal clear water and unique flora.

You start navigating the lagoon to meet a car that will drive you to meet your Dive Master in one of the spectacular cenotes on this side of the Peninsula, either Dos Ojos , Angelita or Calavera

Length	4 hrs + 2:15 hrs transfer
Departure Time	7:30 am
	* Private diving can be scheduled at different times in advance
Pick up	Mukan dock (boat) + Sian Ka'an Pier (Van)
Bring	Swimsuit, sunscreen
Includes	Transfer by boat to Sian Ka'an pier and by land to cenote Dive Master, equipment, water, fruit

Type	Persons	Tanks	Price
1 cenote	1	1/2	\$550/590 usd
	2	1/2	\$660/690 usd
	Private (up to 4 guests, 2 tanks)*		\$960 usd
2 cenotes	1	2	\$600 usd
	2	2	\$750 usd
	Private (up to 4 guests, 2 tanks)*		\$1000 usd
Deep Cenote	1	2	\$640 usd
	2	2	\$830 usd
	Private (up to 4 guests, 2 tanks)*		\$1160 usd

T u l u m

Tulum was an important worshipping center for the Mayans, its ruins are preserved as impressive vestiges by the sea with buildings built around 100-1400 AD with an architectural style that is based on the 4 elements.

Today, Tulum is a bubbling town with an architecture based on elements such as palms, woody vines, wood and local stone. Little hotels next to the beach, restaurants with fresh and innovative proposals, boutiques with fine textiles and creative designs create a community where hipsters, wellness followers, and locals ride the busy street that connects Sian Ka'an with the rest of the Riviera.

If you are willing to leave the Biosphere for a day, our team will arrange the transfer and set the itinerary with you.

Suggesting:

- * Enjoy the boat tour by the lagoon (or by land)
- * Visit the ruins on a guided tour
- * Eat at the place of your choice in Tulum
- * Do some shopping and exploration of the town
- * Even visit a nearby cenote to cool off
- * Return to Mukan by boat or land



Duration:	6 hours in Tulum + transfer (1:45 hrs by boat or 3 hrs by land)
Bring	Swimming suit, spare clothes, comfortable shoes, hat or cap, sunglasses, camera, cash - in many places they do not accept CC
Includes	Round trip transportation 6 hours of car with driver in Tulum, Guide in the Ruins and tickets Water, fruit, nuts (Food in Tulum is not included)
Price By land	\$ 910 usd
Price Per boat to the entrance of the Biosphere	\$ 990 usd

EXPERIENCIES FOR INDEPENDENT EXPLORERS

Ask for the recommendations of Sonia, Carlos or Sharon to explore the surroundings of Mukan on your own.

Recommended routes:

- Town of Punta Allen
- Natural pool
- Coral Reef

Available Equipment:

- Bicycles and helmets
- Kayaks, paddle boards and snorkel gear
- Binoculars



THE MUKAN CONNECTION

At Mukan we care about nurturing your body and spirit, enhancing your communication with the Biosphere and ensuring the enjoyment of your stay.

The activities in Mukan are suggested in a weekly Mukan Connection Program; normally two to three daily activities are led by our staff and guest specialists.

The activities are normally at no extra cost, except for gastronomic activities, which cost is indicated in the weekly calendars.

Mindfulness

Hatha Yoga
Yin Yoga
Vinyasa Yoga
Morning Meditation

Surviving Lessons

Rudimentary fish
Cut of coconuts

Gastronomy

Guacamole & salsa recipe
Love to tamales
Tequila Tasting

The Biosphere

Collective beach cleaning
Introduction to the Biosphere by Lea Bartel (talk)
Star gazing

Activating

Jogging to the natural pool (7.2 km)

Social

Sunset cocktail
Family style BBQ

This is a sample MUKAN CONNECTION PROGRAM

	7:30 am	10:30 am	1 pm	4 pm	7 pm (sunset)	Dinner
Monday	Morning meditation (30')	Hatha Yoga (1 hr)			Sunset Cocktail (30')	
Tuesday		Cut of coconuts (30')		Jogging to natural pool 7.2 km (1 hr)	Sunset Cocktail (30')	
Wednesday	Beach cleaning (45')		Guacamole & salsa recipe (45')		Sunset Cocktail (30')	
Thursday		Rudimentary fishing (1 hr)			Tequila Tasting (1 hr)	
Friday	Morning meditation (30')	Hatha Yoga (1 hr)	Love to tamales (45')		Sunset Cocktail (30')	
Saturday	Morning meditation (30')	Restorative yoga (1 hr)		Introduction to the Bipsphere (45')	Sunset Cocktail (30')	
Sunday	Morning meditation (30')	Hatha Yoga (1 hr)			Sunset Cocktail (30')	Family style BBQ (90 usd pp)
