



COZUMEL REEF EXPEDITION

Bio-Treks: STEM Ecology Series

A global series of immersive STEM programs exploring biology, ecology, geology, ocean science, and environmental sustainability through hands-on fieldwork and meaningful environmental context.

COZUMEL REEF EXPEDITION					
Marine Science, Conservation & Dive Certification					
Quintana Roo, Mexico					
Day	Meals	Morning	Afternoon	Evening	
1	Sat	D	Travel by air to Cozumel Mexico; check into hotel, Welcome, Safety & Orientation Meeting; Dinner		
2	Sun	B, L, D	Scuba Registration / Theory Review / Refreshers / Confined Water Training	Afternoon Ocean Dives - 2	Dinner & Resort Activities
3	Mon	B, L, D	Confined Water Training	Afternoon Ocean Dives - 2	Dinner & Resort Activities
4	Tues	B, L, D	Mainland Expedition: Mayan History at Tulum Archaeological Park & Jungle Adventure Excursion ziplining, rappelling, cenote snorkeling and more + Shopping in Playa del Carmen		
5	Wed	B, L, D	Morning Ocean Dives - 2	Free time in Resort - Snorkel, Kayak, Sail, Water Aerobics, Volleyball, etc.	SERVICE PROJECT Waves of Grace
6	Thur	B, L, D	Morning Ocean Dives - 2; Pre-Certified Divers Only	Stingray Beach Education Program	Shopping in San Miguel
7	Fri	B, L, D	Chankanaab Beach Adventure Park with Dolphin Conservation Program, Sea Lion & Manatee Shows, Ruins & Snorkeling Access		Certificate Presentation, Dinner & Resort Activities
8	Fri	B	Resort Activities	Transfer to Airport; Depart for Home	



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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A Message From Our Team

At STEM Study Tours, we believe students learn best when they're immersed, engaged, and inspired. Every program is built with intention - blending hands-on discovery, academic depth, and meaningful experiences that help students see the world (and themselves) in new ways. Our goal is for each itinerary to spark curiosity, build confidence, and create moments students carry long after the trip ends. We're honored to partner with schools who share that vision and to help bring learning to life beyond the classroom.

— Michele & The Hammock Expeditions Team

Why Travel With Hammock Expeditions & STEM Study Tours

Schools choose us because we design programs that are organized, intentional, and built around real learning. Our itineraries combine strong academics with smooth logistics, giving teachers confidence and giving students opportunities to explore, ask questions, and grow. We partner with trusted local experts, communicate clearly, and support groups every step of the way so educators can focus on their students - not the logistics.

What Sets Us Apart

- **Purpose-Driven Itineraries** - Students actively participate in meaningful, real-world learning.
- **Safety, Structure & Professionalism** - From 24-hour support to vetted partners and clear communication, we ensure teachers can focus on their students while we handle the logistics.
- **Hands-On, High-Impact Learning** - Our programs emphasize field science, conservation, and experiential learning - the kind that sticks with students long after the trip ends.
- **Student-Centered Design** - We balance learning with fun, reflection with adventure, and structure with flexibility. Every day is crafted to keep students engaged, energized, and supported.
- **A Team That Travels With Purpose** - We're educators, planners, naturalists, and travel professionals who care deeply about student growth. Your goals become our goals.

Our Commitment to You

When you travel with us, you gain a partner who understands your vision, anticipates your needs, and delivers an experience your students will remember for years to come. We're here to support your school, empower your students, and make every moment meaningful.

We want to be your educational partner. Let us know how we may serve you.

Michele, Christina, Izzy, Dana, Taylor, and the Team

Bio-Treks: Cozumel Reef Expedition

Cozumel, Quintana Roo, Mexico

Beneath the Surface: Exploring the Living Reef: Cozumel's turquoise waters provide an extraordinary classroom where marine science comes to life beneath the surface. Home to part of the Mesoamerican Barrier Reef System, the world's second-largest coral reef network, this island offers students an immersive opportunity to study one of Earth's most diverse marine ecosystems firsthand. Through dive training, reef exploration, and encounters with marine life, participants observe the intricate relationships between coral communities, ocean health, and conservation efforts. From protected marine parks to educational programs focused on reef preservation, each experience reveals how science, stewardship, and adventure intersect in one of the Caribbean's most remarkable natural environments.

Marine Science, Conservation & Dive Certification:

This expedition invites students to move beyond observation and become active explorers of the underwater world. Through PADI dive training, ocean dives, conservation-focused experiences, and hands-on encounters with marine ecosystems, participants develop both scientific understanding and practical skills. As they gain confidence beneath the surface, they also discover the importance of protecting fragile reef habitats and the species that depend on them. Alongside these academic and outdoor adventures, students build teamwork, independence, and a deeper appreciation for our oceans. By the end of the journey, they return home not only with unforgettable experiences and new knowledge, but also with an internationally recognized scuba certification and a stronger sense of responsibility for the marine environments they have explored.



Did You Know?

- › The **Mesoamerican Barrier Reef System** stretches more than 600 miles along the coasts of Mexico, Belize, Guatemala, and Honduras, making it the second-largest coral reef system in the world.
- › **Cozumel's crystal-clear waters** often offer underwater visibility of 100 feet or more, helping divers and scientists observe marine ecosystems in remarkable detail.
- › A single healthy **coral reef** can support thousands of species of fish, crustaceans, mollusks, and other marine organisms, earning reefs the nickname "rainforests of the sea."
- › **Sea turtles**, including green, loggerhead, and hawksbill turtles, are commonly found in the waters surrounding Cozumel and rely on healthy reefs and seagrass beds for survival.
- › The **Mesoamerican Reef** helps protect Caribbean coastlines by acting as a natural barrier that reduces wave energy and limits erosion during storms.
- › The Yucatán Peninsula's famous **cenotes** were formed when limestone bedrock collapsed, revealing freshwater-filled caverns and underground rivers that connect much of the region.
- › During certification training, students learn many of the same foundational skills used by **marine biologists, underwater archaeologists, and conservation researchers** working around the world.
- › **Chankanaab National Park** is home to protected reef habitats where visitors can learn about coral conservation, marine biodiversity, and the importance of preserving fragile underwater ecosystems.



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- › Scientists can monitor reef health by studying indicator species such as **parrotfish**, which help keep algae under control and create sand by grinding coral as they feed.
- › Less than **1% of the ocean floor** has been directly explored by humans, meaning there is still much to discover beneath the surface, making marine science one of the planet's most exciting and rapidly growing fields.

One Expedition. Three Diving Pathways.

Marine Science • Dive Training • Reef Exploration

OPEN WATER CERTIFICATION TRACK	ADVANCED OPEN WATER CERTIFICATION TRACK	PRE-CERTIFIED DIVER TRACK
Includes:	Includes:	Includes:
✓ Theory completed & achieved prior to travel	✓ Theory completed & achieved prior to travel	✓ Up to 4-days of 2-tank Ocean Dives
✓ 2 mornings of Confined Water Training	✓ 2 mornings Instructor-led Advanced Diver Review	✓ No Certification or Classes
✓ Up to 3-days of 2-tank Ocean Dives	✓ Up to 3-days of 2-tank Ocean Dives	✓ Reef Science & Conservation Focus

Already Have a Certified Dive Team?

This expedition can be fully customized for schools whose students are already certified divers. Build an immersive week focused on marine science, reef conservation, citizen science projects, underwater research, specialty certifications, and additional opportunities to explore Cozumel's world-famous reef system.

Optional Dive Enhancements

Additional Reef Dives - Night Dives - Wreck Dives - Specialty Certifications - Marine Science Field Experiences

Planning & cost note: Optional enhancements should be arranged during the planning stage and included in the group's quotation. Additional fees apply.

Dive Program Information

Every participant receives professional instruction, complete scuba equipment rental, and guided dive experiences tailored to their certification level. Whether earning a first certification or building upon existing experience, Cozumel's crystal-clear waters provide an ideal environment for safe and memorable underwater exploration. Program Includes:

- ✓ PADI eLearning materials for certification participants
- ✓ Confined Water training and certification dives (when applicable)
 - ✓ Ocean boat dives with professional dive staff
- ✓ Complete scuba equipment package, including wetsuit, BCD, regulator, fins, mask, and snorkel
 - ✓ Small-group instruction and supervision
 - ✓ Boat captain, crew, and dive support team

Before You Travel: Students pursuing the Open Water Diver or Advanced Diver certification will complete online coursework before departure. Most participants can complete the required eLearning modules over two to three evenings of study. Successful completion of the academic portion is required before progressing to in-water certification activities.

Important Notes:

- Certified divers who have not logged a dive within the past 12 months may be required to complete a refresher course prior to participating in ocean dives.

- Participants must meet PADI swimming and water-comfort requirements for certification programs.
- Enriched Air (Nitrox) dives may be available for divers already holding an Enriched Air certification and may involve additional costs.

"A Diver's Paradise..."

- Jacques Cousteau

Continually ranked among the world's premier diving destinations, Cozumel sits in the turquoise Caribbean waters of Quintana Roo, Mexico, just off the Yucatán Peninsula. The island first gained international recognition in 1961 when legendary ocean explorer Jacques Cousteau introduced its spectacular reefs to the world, describing them among the most beautiful he had encountered. Today, Cozumel's crystal-clear waters, thriving coral communities, and exceptional marine biodiversity continue to attract divers, marine scientists, and conservationists from around the globe.

Protected within Cozumel Reefs National Park, nearly 30,000 acres of safeguarded ocean provide habitat for hundreds of species of fish and more than 100 varieties of coral. With visibility that can exceed 200 feet, students and divers have an unparalleled opportunity to observe vibrant reef ecosystems, sea turtles, rays, tropical fish, dramatic coral formations, and famous drift-diving environments shaped by the island's gentle currents. From introductory training dives to advanced underwater exploration, Cozumel offers one of the world's most extraordinary living classrooms for marine science, conservation, and discovery.



THE MESOAMERICAN REEF

The Largest Barrier Reef in the Western Hemisphere.



1.


Nearly 700 Miles Long
Extends from Mexico's Yucatán Peninsula through Belize, Guatemala, and Honduras.


2.


A Living Reef Ecosystem
Home to more than 100 coral species that create habitat for an extraordinary diversity of marine life.


3.


Biodiversity Hotspot
Supports hundreds of fish species, sea turtles, rays, and countless other marine organisms.


4.


Connected Habitats
Coral reefs, seagrass beds, and mangrove forests work together to support marine life and protect coastlines.


5.


A Living Laboratory
Provides exceptional opportunities for marine science, conservation education, and underwater exploration.





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Our Dive Partner



Pro Dive International - For more than a decade, we have partnered with **Pro Dive International**, one of the Caribbean's leading scuba training and excursion providers. Operating multiple **PADI 5-Star Dive Centers**, Pro Dive is recognized for its commitment to diver education, safety, environmental stewardship, and exceptional guest experiences.

Whether participants are earning their first scuba certification or building upon existing credentials, Pro Dive's experienced instructors and support staff provide professional training, personalized guidance, and unforgettable underwater experiences throughout the week.

Our Accommodation

Allegro Cozumel - Located on one of Cozumel's most beautiful stretches of Caribbean coastline, **Allegro Cozumel** serves as our all-inclusive home base for the expedition. Situated near the world-famous Palancar Reef, the resort provides convenient access to dive operations, marine science activities, and the island's spectacular beaches.

Students stay in comfortable tropical-style guestrooms featuring air conditioning, private bathrooms, in-room safes, and modern amenities. The property's spacious layout, beachfront setting, and extensive recreational facilities create an ideal environment for both learning and relaxation throughout the expedition.

Resort Highlights

-  All-Inclusive Dining & Snacks
-  Private Beachfront Location
-  Multiple Swimming Pools
-  Snorkeling, Kayaking & Water Activities
-  Sports & Recreation Facilities
-  Wi-Fi Access Throughout the Resort
-  Evening Entertainment & Activities
-  Safe, Group-Friendly Environment



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Important Diving Information

 **Required Documentation** - All participants must complete and submit the required diver registration, liability release, and PADI medical screening forms by the established pre-travel deadline. Documents must be reviewed and accepted before participants may begin dive instruction or training.

 **Medical Screening and Physician Approval** - Every participant must complete the PADI Diver Medical Participant Questionnaire and submit it **before travel**.

- If the completed questionnaire does **not** indicate that medical evaluation is required, physician approval is not necessary.
- If the questionnaire **does** indicate that medical evaluation is required, the participant must obtain written approval from a physician and submit the completed physician evaluation **before departure**.
- A participant who requires medical approval but cannot produce the completed physician evaluation **will not be permitted to begin classroom instruction, confined-water training, or ocean-diving activities**.

If a participant arrives in Cozumel without required physician approval, a chaperone may need to accompany the participant to a local physician for evaluation and clearance before any dive instruction can begin. Any associated medical or transportation expenses are the participant's responsibility. This process may cause the participant and accompanying chaperone to miss scheduled activities and fall behind the group's instructional progression. **To avoid missed instruction and disruption to the group, all required medical documentation and physician approvals must be completed and submitted before travel.**

 **Optional Dive Enhancements** - Certified divers may choose to add night dives, additional reef dives, or specialty training when available. Optional enhancements involve additional costs and should be requested during the trip-planning stage so availability, scheduling, and pricing can be confirmed in advance.

 **Diving Before the Return Flight** - The final dive schedule will be planned to provide the required surface interval before the group's return flight. Participants may not add unscheduled dives that interfere with this safety requirement.

 **Personal Dive Equipment** - Participants may bring personally owned dive equipment if desired. Because rental equipment is incorporated into the group program, bringing personal equipment does not reduce the package price. Participants are also responsible for any airline baggage or equipment fees associated with transporting personal gear.

 **Dive Schedules** - Morning and afternoon dive times may vary according to weather, sea conditions, instructional needs, and dive-center operations. The final daily schedule will be provided in Cozumel.

 **Help Protect the Reef** - Participants should bring reef-conscious sunscreen and follow all marine-park and dive-team instructions designed to protect Cozumel's coral reefs and marine life.

Your Itinerary

Day 1: Welcome to Cozumel: Your Reef Expedition Begins

All meals, snacks & beverages while at the resort property

Upon arrival in Cozumel, you'll clear immigration and customs before transferring to our all-inclusive beachfront resort. After check-in, we'll enjoy a late lunch at the buffet and take time to get acquainted with our home for the week during a guided property tour. We'll then gather for our **Welcome, Safety & Orientation Meeting**, where we'll review the itinerary, program expectations, resort amenities, and important safety information. Following the briefing, enjoy some



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free time to relax and embrace the laid-back rhythm of island life. This evening, we'll reconvene for a group dinner before attending the resort's lively nightly entertainment show, the perfect way to begin our Cozumel Reef Expedition.

Day 2: First Glimpse of the Reef

All meals, snacks & beverages while at the resort property

Today marks the beginning of your underwater adventure. Following scuba registration, participants will complete any necessary theory reviews, refresher activities, or confined-water training sessions designed to build skills and confidence before heading into the open ocean.

This afternoon, it's time to experience the world-famous waters of Cozumel firsthand during two guided ocean dives. Known for exceptional visibility, vibrant coral formations, and abundant marine life, the reefs surrounding the island offer an unforgettable introduction to one of the world's premier dive destinations. This evening, enjoy dinner with your fellow travelers and take advantage of the resort's activities and entertainment.

Day 3: Building Confidence Beneath the Waves

All meals, snacks & beverages while at the resort property

The journey continues as you further develop your diving skills through confined-water training sessions designed to enhance comfort, confidence, and underwater awareness. Under the guidance of experienced instructors, you'll continue refining the techniques that will serve you throughout your diving adventures.

The afternoon brings another opportunity to explore Cozumel's spectacular reefs during two guided ocean dives. Keep an eye out for colorful reef fish, sea turtles, eagle rays, and the incredible marine biodiversity that makes this portion of the Mesoamerican Reef System so remarkable. After returning to the resort, enjoy dinner and another relaxing evening in paradise.

Day 4: Ancient Wonders & Jungle Adventures

All meals, snacks & beverages while at the resort property

Today, we'll depart early for Cozumel's ferry terminal and board the ferry to the Mexican mainland. As we cruise across the sparkling Caribbean Sea, enjoy beautiful coastal views while anticipating a day filled with history, culture, and adventure.

Upon arrival on the mainland, we'll journey to the breathtaking **Tulum Archaeological Park**, where ancient Mayan ruins stand dramatically atop seaside cliffs overlooking turquoise waters. Accompanied by a private archaeological guide, you'll explore this remarkable **UNESCO-recognized archaeological treasure**, gaining insight into Mayan history, culture, architecture, and the significance of Tulum as one of the region's most important coastal trading centers.

The adventure continues with an action-packed jungle excursion featuring activities such as ziplining through the forest canopy, rappelling into a breathtaking cenote, and snorkeling in the crystal-clear waters of this natural freshwater sinkhole unique to the Yucatán Peninsula. Surrounded by lush jungle landscapes, you'll experience some of the region's most spectacular natural wonders while enjoying an unforgettable day of exploration and adventure. Before returning to Cozumel, enjoy time to browse local shops and experience the vibrant atmosphere of Playa del Carmen. After ferrying back to the island, we'll gather for dinner and another enjoyable evening of resort activities.



Day 5: Making Waves Beyond the Reef

All meals, snacks & beverages while at the resort property

This morning, we'll head back to the reef for two more incredible ocean dives. Early morning dives offer a unique perspective on Cozumel's underwater world, with calm conditions, exceptional visibility, and a peaceful stillness that creates an entirely different experience from afternoon diving. As the reef awakens for the day, keep an eye out for colorful marine life, graceful sea turtles, and the vibrant coral formations that make this region one of the world's premier diving destinations.

For participants pursuing their Open Water Diver or Advanced Open Water Diver certification, today's dives represent the culmination of your training and the final requirements needed to earn your certification. It's a rewarding opportunity to showcase the skills you've developed while enjoying some of the most spectacular underwater scenery in the Caribbean.

Later, enjoy free time to make the most of the resort's many amenities. Whether you choose to snorkel, kayak, sail, participate in water aerobics, play beach volleyball, or simply relax by the sea, there are countless ways to enjoy the Caribbean surroundings. In the early evening, we'll participate in our **Waves of Grace Service Project**, providing an opportunity to make a meaningful impact while learning about the importance of stewardship, community engagement, and giving back. Dinner and evening entertainment round out another incredible day.

Day 6: Encounters with the Sea

All meals, snacks & beverages while at the resort property

For travelers enrolled in the Certified Diver Track, the morning begins with two additional ocean dives included as part of their program. These dives provide yet another opportunity to explore Cozumel's world-renowned reefs, known for their vibrant coral formations, exceptional visibility, and abundant marine life. For participants who earned their Open Water Diver or Advanced Open Water Diver certification earlier in the week, additional dives may be available on a space-available basis. Interested travelers should speak with their Tour Director for details and pricing. Whether continuing your underwater journey or cheering on fellow divers from shore, the morning offers one last chance to experience the magic of Cozumel's spectacular marine environment.

Later, we'll visit **Stingray Beach** for an engaging marine education program focused on conservation, animal care, and the importance of protecting our oceans. Throughout the experience, you'll gain a deeper understanding of these fascinating creatures and the delicate ecosystems they call home. The afternoon continues with free time to explore **San Miguel**, Cozumel's vibrant downtown district, where colorful shops, local culture, and waterfront views provide the perfect backdrop for finding souvenirs and enjoying the relaxed pace of island life. This evening, we'll gather once again for dinner and the resort's nightly activities as we reflect on an unforgettable week of adventure and discovery.

Day 7: Celebrating a Week of Discovery

All meals, snacks & beverages while at the resort property

Today, we'll visit **Chankanaab Beach Adventure Park**, one of Cozumel's premier marine and ecological attractions, for a day that combines education, conservation, and celebration. A highlight of the experience is the **Dolphin Conservation Program**, where participants will explore the fascinating world of marine mammals through an engaging educational session focused on dolphin biology, anatomy, behavior, communication, and environmental stewardship.



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Throughout the program, you'll learn how dolphins use vocalizations to communicate, observe specialized adaptations such as their blowhole and fins, explore feeding behaviors and anatomy, and gain a deeper understanding of the challenges facing marine mammals in today's oceans. This hands-on educational experience reinforces many of the marine science and conservation themes explored throughout the expedition while fostering a greater appreciation for the importance of protecting our ocean ecosystems.

The day also includes opportunities to enjoy Chankanaab's beautiful natural setting, explore replicas of ancient ruins, access snorkeling areas, and attend sea lion and manatee presentations that further showcase the diversity of marine life found throughout the region.

This evening, we'll gather for a special **Certificate Presentation Ceremony** recognizing the accomplishments, certifications, and achievements earned throughout the week. Following a celebratory dinner, enjoy one final evening with friends as we reflect on an extraordinary journey of adventure, discovery, and conservation in the heart of the Caribbean.

Day 8: Bringing the Reef Home

All meals, snacks & beverages while at the resort property

As the Cozumel Reef Expedition comes to a close, enjoy a few final moments to soak in the beauty of island life. Whether you're taking a last stroll along the beach, admiring the turquoise waters of the Caribbean, or sharing stories with new friends, it's the perfect time to reflect on a week filled with adventure, discovery, and personal achievement.

As we transfer to the airport for our journey home, you'll leave with far more than souvenirs. From unforgettable reef encounters and new diving skills to lasting friendships and a deeper appreciation for marine conservation, the memories and lessons of the Cozumel Reef Expedition will stay with you long after you've returned home. Safe travels, and we hope to see you again on another adventure soon!

Farewell Cozumel!



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Weather in Cozumel, Mexico

Spring (March–May): Bright, Beautiful, and Adventure-Ready

- › Temperature: 78-88°F (26-31°C)
- › Conditions: Sunny skies, calm waters, and warm Caribbean breezes.
- › Highlights: Fantastic reef conditions, vibrant marine life, and outstanding opportunities for diving and snorkeling.
- › Packing Tips: Breathable clothing, sun protection, a hat, and comfortable footwear.

Summer (June–August): Caribbean Blue Skies and Warm Waters

- › Temperature: 82-91°F (28-33°C)
- › Conditions: Warm tropical weather with occasional afternoon showers and bath-warm ocean temperatures.
- › Highlights: Perfect for water activities, marine science exploration, and enjoying Cozumel's famous turquoise waters.
- › Packing Tips: Lightweight clothing, swimwear, reef-safe sunscreen, and a waterproof bag.

Fall (September–November): Warm, Vibrant, and Wonderfully Tropical

- › Temperature: 80-89°F (27-32°C)
- › Conditions: Warm temperatures continue with occasional tropical showers and abundant sunshine.
- › Highlights: Thriving coral reefs, warm seas, and excellent opportunities to experience Caribbean marine life.
- › Packing Tips: Light clothing, rain jacket or compact umbrella, swimwear, and sun protection.

Winter (December–February): Sun-Drenched and Delightful

- › Temperature: 75-84°F (24-29°C)
- › Conditions: Warm days, plenty of sunshine, and refreshing evenings. Brief showers are possible but typically pass quickly.
- › Highlights: Excellent diving visibility, comfortable ocean temperatures, and ideal conditions for outdoor exploration.
- › Packing Tips: Lightweight clothing, swimwear, sunglasses, reef-safe sunscreen, and a light layer for evenings.

Respecting Cozumel's Reefs & Communities

Marine Park Conservation - Cozumel's reefs are part of a protected marine ecosystem. Divers and snorkelers should never touch coral, chase marine life, collect shells or souvenirs, or disturb animals in their natural habitat.

Responsible Diving & Snorkeling - Good buoyancy control, careful fin placement, and following instructor guidance help protect fragile reef environments. Even accidental contact can damage coral that has taken decades to grow.

Reef-Safe Practices - Participants are encouraged to use reef-safe sunscreen whenever possible and follow all environmental guidelines established by dive staff and marine park officials.

Respect for Wildlife - Sea turtles, rays, tropical fish, and other marine species should be observed from a respectful distance. Feeding, touching, or attempting to interact with wildlife is not permitted.

Resort & Community Courtesy - Cozumel is home to a welcoming local community and a thriving tourism industry. Participants should be polite and respectful to resort staff, dive professionals, local residents, and fellow travelers throughout the expedition.

Water Safety & Group Awareness - Always stay with your assigned dive, snorkel, or activity group and follow instructions from instructors, guides, captains, and chaperones. Safety procedures are designed to ensure a successful experience for everyone.



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A Taste of Cozumel - Flavors of the Mexican Caribbean

One of the most enjoyable parts of traveling is experiencing the region's vibrant cuisine. Influenced by ancient Mayan traditions, Caribbean ingredients, and Mexican culinary heritage, the island of Cozumel offers a variety of fresh flavors not commonly found at home. From citrus-marinated seafood and slow-roasted meats to tropical fruits and handmade specialties, Cozumel provides students with an opportunity to experience the culture of the Yucatán Peninsula through its food. While the resort offers familiar favorites, adventurous travelers are encouraged to sample some of the region's most iconic dishes and flavors.

1. **Cochinita Pibil** - One of the Yucatán's most famous dishes, featuring pork marinated in citrus and achiote seasoning before being slow-roasted until tender. Often served with pickled red onions and tortillas.
2. **Fresh Ceviche** - Fresh fish or seafood marinated in lime juice and mixed with vegetables and seasonings. A Caribbean favorite enjoyed throughout the region.
3. **Panuchos** - A traditional Yucatán specialty consisting of tortillas filled with black beans and topped with meats, vegetables, and fresh garnishes.
4. **Salbutes** - Lightly fried tortillas topped with shredded meats, lettuce, tomatoes, avocado, and regional sauces. A popular local snack and street-food favorite.
5. **Tikin Xic Fish** - A signature coastal dish of the Yucatán Peninsula featuring fresh fish marinated in achiote and citrus, then grilled to perfection.
6. **Tropical Caribbean Fruits** - Mangoes, papayas, pineapples, guavas, coconuts, and other tropical fruits grow abundantly in the region and are frequently featured in beverages, desserts, and breakfast offerings.
7. **Agua Frescas** - Refreshing fruit-based beverages made with natural ingredients such as hibiscus, tamarind, watermelon, pineapple, or lime.
8. **Churros** - Light, crispy pastries coated with cinnamon sugar and served with chocolate or caramel dipping sauces.
9. **Marquesitas** - A beloved Yucatán dessert. These thin, crispy rolled pastries are filled with sweet and savory ingredients and are a favorite evening treat throughout the region.
10. **Fresh Caribbean Seafood** - The waters surrounding Cozumel support a variety of seafood dishes featuring fish, shrimp, lobster, and other local specialties prepared with regional seasonings and flavors.
11. **Lime Soup (Sopa de Lima)** - A unique Yucatecan soup made with chicken, vegetables, tortilla strips, and the distinctive citrus flavor of local limes.
12. **Mexican Chocolate & Regional Desserts** - Traditional Mexican chocolate flavors, often infused with cinnamon and spices, appear in many desserts and beverages throughout the region.

Don't Miss...

- 🍌 Fresh tropical fruit at breakfast / 🍹 Natural fruit drinks and smoothies
- 🐟 Fresh Caribbean seafood dishes / 🍪 A warm Marquesita from a local vendor



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Entry Requirements for Travel to Mexico

Entry requirements for entering Mexico vary by nationality, and all travelers are responsible for checking the most current information during planning and prior to departure. The guidelines below are accurate at the time of writing and are subject to change without notice. Always verify requirements through your government's travel authority and official Mexican immigration resources before travel.

General Requirements (*All International Travelers*)

- ✓ A valid passport
- ✓ Proof of onward or return travel
- ✓ Compliance with Mexican immigration and customs procedures upon arrival
- ✓ No active travel restrictions or inadmissibility flags

Visa Requirements - Visa-Exempt Travelers

(Including citizens of many countries in North America, Europe, and other eligible regions)

- ✓ May enter Mexico without obtaining a tourist visa in advance
- ✓ Must present a valid passport upon arrival
- ✓ Must comply with all immigration requirements established by Mexican authorities

Visa Requirements - Travelers Requiring a Visa

- ✓ Must obtain the appropriate Mexican visitor visa prior to travel
- ✓ May be asked to provide proof of accommodation, travel itinerary, return transportation, or sufficient financial means
- ✓ Additional documentation requirements may apply based on nationality

Mexican Citizens & Permanent Residents

- ✓ Mexican citizens should travel with a valid Mexican passport or other accepted identification
- ✓ Permanent residents of Mexico should carry appropriate residency documentation and identification

Important Notes

- Entry requirements can change; travelers must check for updates before departure.
- Some nationalities may require additional documentation or visas prior to travel.
- Mexican immigration authorities make the final determination regarding admission into the country.
- Schools and group travelers should ensure all participants meet passport validity and visa requirements applicable to their nationality.



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BIO-TREKS: STEM ECOLOGY SERIES

COZUMEL REEF EXPEDITION

Minimum Booking Numbers: 20 students

What's Included:

- ✓ Roundtrip flights or motorcoach transfers
- ✓ 7-nights' accommodation at the Allegro Resort, Cozumel
- ✓ All meals, snacks & beverages while at resort hotel
- ✓ Airport transfers and transportation to activities shown in itinerary
- ✓ Choice of program Track: Open Water Certification, Advanced Open Water Certification or Certified Diver
- ✓ PADI Instructor team and boat crews
- ✓ Onsite dock pick-up for all diving excursions
- ✓ Rental equipment for your specific dive package
- ✓ SERVICE / MISSION PROJECT: Waves of Grace
- ✓ Mayan Adventure Day with Tulum Archaeological Ruins with a Private Guide, rappelling, cenote swimming & ziplining, shopping in Playa del Carmen, plus roundtrip ferry crossing & mainland transportation
- ✓ Stingray Beach – Stingray Education Program
- ✓ Shopping Excursion in San Miguel
- ✓ Dolphin Conservation Program at Chankanaab Beach Adventure Park with Manatee & Sea Lion Shows, Mayan Ruins & Snorkeling (bring own gear or rent) and more
- ✓ Use of resort watersports equipment (Sailboats, Kayaks) complimentary for 1-hour, per person, per day (subject to change)
- ✓ Use of all resort amenities and inclusions
- ✓ Day and evening resort activities
- ✓ Gratuities for hotel bellmen, servers, transportation providers, private guide in Tulum, Stingray Beach guides
- ✓ Certificate of Achievement
- ✓ Personal Tour Director
- ✓ 24-hour emergency cover

What's Not Included:

- ☒ Fully comprehensive insurance (**mandatory**)
- ☒ Any off-property meals
- ☒ \$75 refresher course, if required (pricing subject to change)
- ☒ Extra fees for Nitrox tanks, Refresher course, Extra Dives, Night Dives, Wreck Dives
- ☒ Gratuities for your Dive Instructor, Boat Crew, Equipment Handler (suggest \$75 per personal traveling)
- ☒ Gratuities for your Tour Director
- ☒ Transfers to/from home airport nor transfers to any activities not shown in itinerary
- ☒ Baggage costs, pay directly to airline if required, and baggage handling
- ☒ Cost of personal passports, visas or visa waiver fees
- ☒ Cost of inoculations or medication required for travel
- ☒ Sightseeing / Entertainment options not shown in itinerary
- ☒ Hotel incidental deposits & bills – mini-bar, movies, etc.
- ☒ Credit card fees if individuals wish to pay via credit card instead of ACH
- ☒ Additional taxes, fuel surcharges or charges levied by governments

As always, our staff are available to you to answer any questions you may have regarding programming.
If we may serve you in any way, please do not hesitate to contact us.



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