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Trip to Mexico should include visit to ancient city

When heading off for a gap year, many people who wish to experience a real culture shock and feel as far removed from home as possible could consider a trip to Mexico, a republic with a rich history, unique cultural offerings and a place which gives Brits the chance to witness a side of life they would never get to see closer to home.

[Mexico tours](#) with an experienced guide can help people get under the skin of the country and give them a taste of the real life of the locals.

And no [adventure holiday to Mexico](#) would be complete without a trip to the ancient city of Palenque, in the foothills of the Tumbala mountains.

The city is a ruin of a metropolis which once formed part of the ancient Maya civilisation, which can be traced back over thousands of years. It is in the southern Mexican state of Chiapas and is an archaeological site of significant importance.

A visit to the city is a truly thrill-seeking way to spend a Mexico tour and taking a trip with a group could help add to the overall experience. The city is nestled deep within the jungle of Chiapas and is surrounded by lush trees and interesting wildlife - such as toucan birds and several types of monkey - as well as beautiful scenery.

Heading to Palenque on a small group tour can give Brits a feeling like they are stepping back into an ancient time and is a great way to soak up the amazing history of Mexico.

Palenque, a city of intrigue and history

Palenque is a truly spectacular city, home to the ruins of ancient temples and other buildings, as well as several tombs of Maya leaders.

It is thought that there are over 500 structures in the city and excavation work to uncover the ancient buildings is still ongoing. The ruins of the city were first uncovered in the 19th century and several important structures and monuments can be found at Palenque.

Stroll around the El Palacio and marvel at its high rise tower, or the Temple of the Inscriptions, originally thought to have been built as the funeral pyramid of the king of the city. Atop the nine level monument is a temple and inside the pyramid there is a tomb which holds the remains of King Pacal, a Mayan leader famous for predicting the end of the world as we know it in 2012. He ruled the Mayan empire for more than 60 years.

When heading on a [Mexico tour](#) to the ancient city of Palenque, visitors could find it best to head to the area in the early hours of the morning, when the fog around the temples adds to its eerie feel.

Holidaymakers heading to the ruins of Palenque are often advised to take a raincoat or other jacket, as despite the beautiful weather in Mexico, the conditions deep inside the jungle can be extremely humid and damp, particularly in the rainy season.

What else can I do in Mexico?

As well as being rich in culture and history, Mexico is known for its amazing beaches and great weather. Visitors heading to the country for an [adventure holiday in Mexico](#) could find a few days relaxing on the sand and soaking up the Mexican sun an ideal way to unwind.

A day on the beach in Mexico can be as chilled out or as fun filled as people choose, with the option to simply put down a towel and stay put all day there as well as the chance to enjoy water sports and other beach-based activities.

Whether it be living on the edge and enjoying jet skiing, getting a view of the beach from another angle with a day of

surfing or just swimming in the beautiful blue sea, Mexico's beaches are the perfect place to head to enjoy the republic's impressive weather and warm sun.

After a day on the beach relaxing, a night out in Mexico's famous bars and clubs could surely be on the cards for those on an adventure holiday.

Famed for its vibrant bar scene, visitors to Mexico can enjoy a taste of life as a local by sipping on a few Mojitos after eating a traditional Mexican meal. While on a break to the nation, gap year trippers should take the chance to sample Mexican cuisine such as tortillas filled with spicy chicken and peppers, or a burrito covered in tangy cheese served with nachos.