

Experience, enjoy, discover, visit

**COLIMA**

**DEL MAR A LA MONTAÑA**





**Colima is a state with diverse experiences and activities, there is something for everyone.**

**Come and see what Colima has to offer, Del Mar a la Montaña, from the Sea to the Mountain.**



## Golf courses

### 1. Las Hadas

This 18 hole course was designed by Peter and Roy Dye and it is surrounded by palm trees. There is a total of 11 water trap holes, including those naturally created by the Salagua river. Diverse tropical fauna is part of the landscape. It is classified among the best 100 golf courses by the Golf Digest magazine.

- **Services:** Pro-Shop, restaurant, practice area, equipment and golf cart rental, caddies service and 10 excellent tennis courses.
- **Address:** Vistahermosa av., Península de Santiago, postal code 158, Manzanillo, Col. México, C.P. 28860.
- **Telephone:** 314-331-0101 Ext. 3700 and 3701
- **Hours:** 07:00 to 17:00 hrs.
- **Facebook:** Las Hadas by Brisas

## Golf courses

### 2. El Corazón Golf Club

There are 18 holes in this golf course designed by Dale Fazendin. Every Green is carefully cut to make the putt as soft as possible. The greens are at 900 ft<sup>2</sup> average, which makes every hole a challenge.

Every hole has its own bunker so it is designed to be a different challenge and make the game interesting for every player. It is also filled with a special type of sand called silica sand, one of the softest.



- **Services:** Restaurant, bar, club house, Pro-Shop.
- **Address:** El Naranjo Manzanillo, Colima.
- **Telephone:** 314 133 79 40
- **Hours:** 8:00 to 15:00 hrs.
- **Facebook:** El Corazon Resort



## Golf courses

### 3. Santiago Country Club

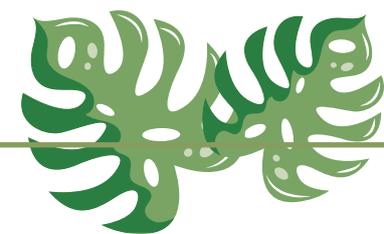
This is a 9 hole golf course designed by Larry Hughes with beautiful landscapes and views to the Pacific Ocean.

- **Services:** Snack bar, driving range, putting green, Pro Shop, golf cart and equipment rental and caddies service.
- **Address:** Av. Camarón 1-A Club Santiago, C.P.28860, Manzanillo, Col.
- **Telephone:** 01 (314) 335 0410
- **Hours:** 7:00 to 18:00 hrs.
- **Facebook:** Santiago Country club



### 4. Isla Navidad Country Club

This golf course designed by Robert Von Hagge, combines tropical landscapes, lagoons, excellent panoramic views of the Pacific Ocean and beautiful green areas grown amongst fine sand dunes and great mountains. This 27 holes' golf course is one of the two golf courses that have been awarded with the "Golf Medal Award", given by Golf Magazine and was also called "Mexico's Leading Golf Resort 2012" by World Travel Awards.



## Golf courses

This field offers very diverse experiences in its three golf courses with 9 holes each: ocean course, mountain course and lagoon course. The 500 hectares' development includes a 27 holes' golf course, two navy ports, a yacht club, a ranch, a luxurious resort, residencies, villas and condos.



- **Services:** A great practice area, tennis courts, spa, special events area, restaurants and a luxurious resort.
- **Address:** Paseo Country Club s/n Isla Navidad, Colima, México C.P. 48987.
- **Telephone:** 314 337 9025
- **Hours:** 8:00 to 18:00hrs.
- **Facebook:** Grand Isla Navidad Resort

### 5. Altozano Golf Course

This golf course was developed with the highest quality standards all in its 44,000 square meters. A Carter Morrish and Rafael Alarcón design with 18 holes in 6,682 yards, a perfect balance between nature, design and great golf. Its great Bermuda fairways, the 300 hundred yards' practice tee, three lakes and the centennial trees, will make your golf round an unforgettable experience.

## Golf courses



This golf course has very characteristic white sand in its bunkers. The most challenging holes in the field are holes 13, 14 and 15, called the Bermuda Triangle by the players because from these three holes you can admire the beauty of two lakes.

- **Services:** Hole 19 Bar, enjoy the nicest moments in this exclusive bar after a great golf round.
- **Address:** Av. Prolongación Ignacio Sandoval Km 5.6, Cuautémoc, Colima.
- **Telephone:** 312 688 11 11
- **Hours:** 9:00 to 19hrs
- **Facebook:** Altozano, El Nuevo Colima



## Hiking

### Comala

#### 1. Parque Laguna María

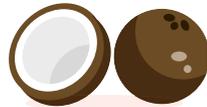
This lagoon used to be a volcanic cauldron and around it there are numerous paths which are ideal to go hiking, you can also admire coffee plantations and caves made by some of the ancestors of the area. The zone is ideal to practice ecotourism activities, bird watching, hiking and camping. There is a cabin and pool services. Within this area you can enjoy high altitude coffee with producers who have won the excellence cup in Mexico.

**Level of difficulty: easy**

#### 2. Parque Nacional Nevado de Colima

There are 7 Protected Natural Areas in Colima, and Parque Nacional Volcán Nevado de Colima is one of them. It is a volcanic zone formed by the Fire Volcano, one of the most active in the west and the Nevado de Colima Volcano, which is 4260 meters tall. It has special zones for ecotourism, hiking, mountaineering, alpinism and mountain biking. The zone is covered with pine trees, oak trees and oyamel trees as well as a wide variety of forest animals.

**Level of difficulty: hard**



## Hiking

#### 3. La Barranca de Suchitlán

This place offers to all its visitors a beautiful landscape filled with flora and fauna endemic to the area, a hanging bridge to help you cross the river, you can do birdwatching activities and appreciate a large number of species. Near this natural attraction, you can find one of Comala's typical restaurant and taste some of the local food.

**Level of difficulty: easy**

### Manzanillo

#### 4. Peña Blanca

Ideal to have ecotourism activities, cycling and quad bike rides, you can find the perfect paths for hiking and enjoying nature, this hiking zone has moderate difficult rate. The beach is a virgin zone called Peña Blanca because there is a boulder that can be seen in the middle of the ocean, besides it was a historical site for the arrival of pirate ships in the past.

**Level of difficulty: easy**



### 5. Cerro del Toro

This natural site is really close to Manzanillo's downtown. The perfect spot to stay in touch with nature and go hiking, mountain cycling, quad bike rides and birdwatching since this is the habitat of a great variety of birds, iguanas and some snakes.

**Level of difficulty: moderate**



### 6. Cerro de la Cruz

Located in the downtown of Manzanillo, this hike offers spectacular views of the surrounding areas like the Cuytlán lagoon, the interior port of San Pedrito and downtown. You will also have the opportunity to watch endemic or migratory birds depending on the season.

**Level of difficulty: easy**

### 7. Casa abandonada (Cerro de Juluapan)

Located in the Miramar Bay, this hike is near to La Boquita bridge. At 1.8 miles you will find the top of the hike; at this point there's an old a house. The views in this place are breathless, the locals use the hike to exercise and take pictures. The place is currently in a state of total abandonment but it is still known by the regular hikers.

**Level of difficulty: easy**

— Villa de Álvarez —

### 8. Piedra de Juluapan

The Piedra de Juluapan path is a natural and historical road, hiking is available with moderate to high difficulty, the road takes you to a semi deciduous forest where you can appreciate flora and fauna. The path leads to a gigantic limestone rock that holds the fascinating story of a bandit during war times.

**Level of difficulty: moderate**

— Colima —

### 9. Cerro de la Cumbre

Interpretative hiking mainly about flora and fauna, with a 3k m walk of moderate difficulty and impressive panoramic views of the Valley in Colima. Paragliding is available with previous booking.

**Level of difficulty: moderate**

## Birdwatching

There are 450 bird species in Colima, both endemic and migratory, this is the reason why we have created the following birdwatching routes:

1. Laguna la María
2. Parque Ecológico la Campana
3. Terrero-Lagunitas
4. Camino Playa de Oro
5. Cuyutlán, Tortugario-Estero Palo Verde



## Turtles

### Centro Ecológico de Cuyutlán

This sanctuary located in Cuyutlán, is in charge of preserving different sea turtle species that spawn in the Armería beaches.

There are six species of turtles protected by the Endanger Species act of 1973. These are the green hawksbill, Kemp's Ridley, Leatherback, loggerhead, green and Olive Ridley.

México also protects the black and gulf turtle. The turtle sanctuary exists only through private donations from visitors, and is in need of additional benefactors to keep the program going.

- **Telephone:** 313 119 0434
- **Hours:** 9:00am to 5:00pm. Closed on Wednesdays, except holidays.
- **Boat rides down the estuary:** 10:00am to 4:00pm.

#### **Releasing baby sea turtles**

*Saturdays 3:00 pm from August 15 until December, call for previous appointment.*

## Iguanario Archundia



This sanctuary is located a few minutes from Manzanillo's downtown, for over 40 years, the Archundia Family has managed this place that is home for beautiful reptiles. You can also watch raccoons, parrots, wild boars and other species.

The entrance is free but you can share a donation.

- **Telephone:** 314 197 6587, 314 120 2279
- **Hours:** Monday– Saturday 11:00 16:00
- **Address:** C. 21 de marzo #521 Centro, Manzanillo
- **Mail:** iguanarioarchundiamzo@gmail.com  
juanramonmedina26@gmail.com



## Markets

### —Manzanillo— 5 de mayo Market

5 de Mayo Market is one of the most traditional places to visit in Manzanillo's historical downtown, in this place you can taste different kinds of food, and there is also a gastronomical corridor in the second floor of the market where you will be able to taste dishes that represent Manzanillo.

## Markets

- **Address:** 5 de Mayo street 28200, historical downtown, 28200 Manzanillo, Col.
- **Telephone:** 314 332 01 96
- **Hours:** 7:00 to 16:00hrs.

### Emiliano Zapata crafts market

In this market you will find beach accessories such as, swim suits, keychains, cups and mugs, t-shirts, silver accessories, seashells, necklaces, sandals and groceries.

- **Address:** Miguel de la Madrid blvd., Club Santiago, 28868 Manzanillo, Col.
- **Hours:** 8:30 to 21:30hrs.

### Mar Azul crafts market

The products in this establishment will be useful for your home and your life.

- **Address:** Península de Santiago, 28867 Manzanillo, Col.
- **Hours:** Mon.- Sat. from 9:00 to 19:00hrs. and Sundays from 10:00 to 15:00hrs.

## Markets

### Colima

### Obregón Market

This is a traditional market, you can find fruit and vegetables of the season; there is also meat, fish and dairy; handicrafts, flowers and many other things.

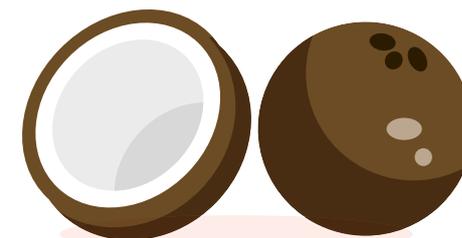
- **Address:** Vicente Guerrero street, downtown, 28000 Colima, Col.
- **Hours:** 7:00 to 17:00hrs.



### Orchid farm

**Viveplants Orchids & exotics:** A leader Company in producing and selling orchids of high quality and beauty, with guided tours around the plantation. Learn about the characteristics, variety and care of the orchids.

- **Address:** Prolongación Río Santiago, Ejido la Central, 28868 Manzanillo, Col.
- **Telephone:** 314 103 0138
- **Hours:** 8:00 to 16:00hrs.





## The historical salt route



## The coffee route



The Comala-Cofradía de Suchitlán road, is the area where you can find a great variety of food establishments, most of them are specialists in selling coffee, because Comala is one of the municipalities dedicated to it's production.

### Tour Operators:

#### 1. Coffee Bus

- **Address:** 28000, Av. Constitución 2, Centro, 28000 Colima, Col.
- **Telephone:** 312 339 6653
- **Hours:** 9:00 to 21:00hrs.
- **Facebook:** Café-Bus Colima



## Historical Landmarks

### 1. The biggest handicraft in the world: La Petatera in Colima.

This monumental bull ring is made with petates. It is built in honor to St. Felipe de Jesús.



#### How is it built?

Organic materials are used to build this monumental bullring: wooden sticks, organic ropes and petates; the only handmade bullring in the world, with the biggest ring, 60-meter diameter. More than 100 people work on it, and it has the capacity for five thousand spectators. It is the perfect spot for bullfights and artistic presentations. All this, makes the Petatera an Artistic National Monument.

- **Address:** Villas Providencia, 28987 Villa de Álvarez, Col.
- **Season:** In February



### 2. La Campana Archeological Site

La Campana is an archeological site considered to be part of the Mexican heritage since 1917. It is located in the proximity of Colima City, near de states of Jalisco and Michoacán. This site was the prehispanic center of the western people in Mexico.

- **Address:** Av Tecnológico Sn, Villa de Álvarez, 28977 Villa de Álvarez, Col.
- **Telephone:** 312 313 4945
- **Hours:** 09:00 to 18hrs.

### 3. El Chanal Archeological Site

El Chanal is an archeological site located in a small village called El Chanal, 4kms. North of Colima city, in the state of Colima. According to the latest available information, this site was at it biggest peak around the years 1100 and 1400 A.C.

- **Address:** La Capacha, 28610 El Chanal, Méx
- **Telephone:** 312 313 4945
- **Hours:** 9:00 to 14:00hrs.







#### 4. April 29th- 30th and May 1st: Manzanillo's Fair.

Celebration of the anniversary of Manzanillo as High Altitude Port. It is celebrated with dancing, contests and cowboy festivals.

#### 5. From October 28th to November 13th: Feria de todos los Santos

Numerous regional Mexican singers perform during this celebration, there is also a handcraft market; clothes, shoes, and food are also sold during this event. For most people, specially kids and young people, the best part of the celebration is the amusement rides; they also enjoy participating in the cultural and artistic activities.

## Folklore

### 1. Ballet Folklórico de la Universidad de Colima

The University of Colima Folkloric Ballet was founded in 1980 by the choreographer and sculptor "Rafael Zamarripa Castañeda", the ballet had its first presentation on July 23rd, 1983.

It was named "National Cultural Heritage from Colima" in July 2013 for being ambassador of our culture on a national and international level. In June of 2016, the Company took home the "Las lunas del Auditorio" prize in the Folkloric category.

- **Address:** Gabino Barreda esq. Valentín Gómez Farías S/N Centro. Colima, México. CP. 28000
- **Telephone:** 312 316 1149
- **Facebook:** Ballet Folklórico de la Universidad de Colima



## 2. Ballet Folklórico de Villa de Álvarez

This independent dance group that has produced national folkloric programs, poetry and dances from the revolution, Latin American and Colima's regional dance. In 2010, this group celebrated its 40th anniversary by including in its repertoire a program called "Our Traditions", the choreography was based on the Villa de Álvarez Bull fights celebrations.

- **Address:** C. Guillermo Prieto 113, Centro, 28970 Villa de Álvarez, Col.
- **Telephone:** 312 312 2033
- **Facebook:** Ballet Folklórico de Villa de Álvarez

### Cuisine

#### Tuba

The tuba is a 100% natural drink and typical of the tropical regions in the state. It comes from the coconut palm tree before it's flowers bloom.



#### Bate

It is a thick, cold drink; its Mexican indigenous roots are represented through its chia or chan toasted seeds, which makes it very similar to an atole drink.

#### Tejuino

The tejuino recipe is a corn and unrefined Brown sugar drink. This drink is a natural probiotic due to the atole fermentation method used in the process of making it.

#### Ponche

Ponche is a typical, traditional drink from the comaltecans and areas near Comala. The people who use the good and fertile lands to produce tusca, a derivative from alcohol, also use cane alcohol to give flavor to the ponche.



## Sopitos

Sopitos are an important element in Colima's gastronomy, it is considered as an appetizer for the traditional dinner; they're made with handmade tortillas, meat and sauce.

## Sopes Gordos

These sopes are a Mexican delicacy, they are made with a thick and wide tortilla, with handmade edges in the middle and around the tortilla, and it is fried. On top of it you can have meat, pork, cheese, vegetables and a very hot sauce. There might be a slight variation depending on the region they are made.



## Enchiladas Colimotas

These enchiladas are special and different from many others. The tortillas are soaked with sauce before they are fried, they are also stuffed with minced meat, after that, you roll the tortilla and pour more chili sauce on top.



## Pozole

The white pozole recipe includes four different kinds of pork meat served with a delicious guajillo chili sauce. This is a traditional dish in Colima.

## Ceviche Colimense

Colima's ceviche is an excellent option of food sharing during the hot season. Enjoy this delicious dish accompanied by a beer or fresh coconut water.

## Sweets of Colima

Colima is famous all around the country for its typical candy, such as cocadas, coconut and pineapple alfajores, borrachitos, nut, peanut or sesame palanquetas, tamarind pulp, pellizcos and encaladillas

— Manzanillo —

### 1. Manzanillo Hospital

“Central Médico Quirúrgica Manzanillo SA DE CV” is a surgical medical center in Manzanillo.

- **Address:** Boulevard Miguel de la Madrid #444 Col Fondepport, Manzanillo, México
- **Telephone:** 314 336 7272
- **Hours:** 24hrs.
- **Facebook:** Hospital Manzanillo

### 2. Echaury Hospital

They offer all the health services with professionalism, ethics and quality.

- **Address:** Blvd. Miguel de la Madrid 1215, Playa Azul Salagua, C.P. 28869 Manzanillo, Col.
- **Telephone:** 314 334 0444
- **Hours:** 24hrs.
- **Facebook:** Hospital Echaury

— Colima —

### 3. Puerta de Hierro Colima Hospital

Puerta de Hierro Hospitals have been consolidated in Mexico as the favorite option for national and international patients seeking for third level health services, provided by highly prepared specialists.

Comfortable facilities and medical equipment of the highest quality level, offer a great experience that surpasses the expectations of a conventional hospital.

- **Address:** Calle Ignacio Sandoval 1699, Girasoles, 28018 Colima, Col.
- **Telephone:** 312 316 2400
- **Hours:** 24hrs.
- **Facebook:** Hospitales Puerta De Hierro
- **Website:** <https://hospitalespuertadehierro.com>

### 4. Colima Hospital

Colima Hospital is an advanced medical center with highly health certified professionals.

- **Address:** Ignacio Sandoval 1801, Girasoles, 28018 Colima, Col.
- **Telephone:** 312 396 8625
- **Hours:** 24hrs.
- **Facebook:** Hospital Colima

### 5. Guadalupeana Clinic

“Grupo Médico Coliman S.A. De C.V. Clínica Guadalupeana”, has been a legally constituted Company for more than 17 years in matters of public health, they have a team of highly qualified personnel who provide medical services to the states of Colima, Jalisco and Michoacán.

- **Address:** Gildardo Gómez No. 199 Col. Centro, Colima, Col.
- **Telephone:** 312 314 69 99
- **Hours:** 24hrs.
- **Facebook:** Clinica Guadalupeana
- **Website:** <http://clinicaguadalupeana.com>

## Medical services

### 6. Andrés Vázquez

- **Prosthesis, esthetics and implants.**
- **Specialist:** Dental implants and Orthodontics
- **Cellphone:** 31430501
- **Office phone:** 3143333036
- **English spoken**
- **Address:** Miguel de la Madrid 1185 int. 13.

### 7. Susana Pérez Villanueva

- **General Dentistry**
- **Cellphone:** 3143535461
- **Office phone:** 314 333 6214
- **English spoken**
- **Address:** Miguel de la Madrid 1017 int. 1

### 8. Manzanillo Dental Services

- **Services:** Oral Surgery, Dental implants, whitening and dental resin.
- **Office phone:** 314 333 1212
- **English spoken**
- **Address:** Independencia #30, Santiago Centro, Manzanillo.

### 9. Minerva Rodríguez Romero

- **Specialist:** Orthodontics
- **Cellphone:** 3143054027
- **Telephone:** 3143333036
- **English spoken**
- **Address:** Miguel de la Madrid 1185 int. 13.

### 10. Hospital Veterinario de Especialidades Animal Care

- **Address:** Calle Lázaro Cárdenas #205, Colonia Salagua., Manzanillo, Mexico
- **Telephone:** 314 333 6238
- **Hours:** 24hrs.
- **Facebook:** Hospital Veterinario de Especialidades Animal Care

### 11. Veterinaria y Estetica La Gaviota

- **Address:** Graciano Sánchez 21, Del Pacífico, 28219 Manzanillo, Col.
- **Telephone:** 314 333 7621
- **Hours:** Mon. – Fri. 10:00 to 13:30 hrs. and 16:00 to 19:30 hrs. Saturday: 10:00 to 14:00 hrs.
- **Facebook:** Veterinaria la Gaviota

### 12. Alianza Animal Manzanillo

- **Address:** Blvd. Miguel de la Madrid 1312, Salagua Centro, 28869 Manzanillo, Col.
- **Telephone:** 314 106 2080
- **Hours:** Mon. – Fri. 07:45 to 18:00 hrs. Saturday: 9:00 to 14:00 hrs.
- **Facebook:** Alianza Animal Manzanillo

## Manzanillo A.C. Fishing and Sports Club Asociation

One of the most representative tourist attractions in Manzanillo is fishing for sport. Some of the species that can be caught during this event are sailfish, marlin fish, dolphinfish, elephantfish and sabalo; all of these species are protected by the NOM-017-PESC-1994 and the fishing law article 68, this means that it is forbidden to catch and sell these species, however, they can be caught for only sport.

Manzanillo A.C. Fishing and Sports Club Asociation, is the second oldest fishing club in Mexico, it is more than 70 years old and has hosted 69 sports tournaments.

In order to do this activity, there are some ships that offer the services and the fishing equipment that is necessary.

#### 1. Luckiest Fishing Team

Tel: 3143571044

#### 2. Teaser Fishing Team

Tel: 314 103 95 30

#### 3. Kaylani Sport Fishing

Tel: 314 357 62 51

#### 4. Sunrise Sport Fishing

Tel: 314 357 10 44

#### 6. Double Trouble Charters

Tel: 314 198 98 19

#### 7. Mako Sport Fishing

Tel: 312 112 91 51

#### 8. Ricardo Michel

Tel: 314 103 53 05

#### 9. Jaime Ortiz

Tel: 314 157 82 13

#### 10. Deep Blue Fishing Team

Tel: 314 174 25 17

### Kayak

Company dedicated to give kayak classes for beginners, intermediate and advanced, you can also take tours or rent kayaks.

#### Aventura Libre

**Telephone:** 314 872 093 0, 314 120 85 89

### Surf

Marley Surf School

A great surf school for all ages and expertise levels.

**Address:** Beaches of Manzanillo

**Telephone:** 314 123 0987

**Hours:** Monday - Sunday 8:00 to 12:00 hours.

Live the experience of knowing the sea in a sustainable and responsible way with Paddle board with @Manzanillo Surf & SUP certified instructors, classes and equipment rental.

#### Manzanillo Surf & SUP

- English Speaker
- 3141061176

### Tourist guides and operators

#### 1. Sergio Gómez Alcoverro

- Colima
- Telephone: 3121320156
- Languages: English

#### 2. Luis Fidel Alcantar Castellanos

- Colima
- Telephone: 3271050868
- Languages: English

#### 3. Alejandro Murillo Villaseñor

- Colima
- Telephone: 5532025156
- Languages: English

#### 4. Uriel Salam Peralta Castrejón

- Colima
- Telephone: 3125941318
- Languages: English

### Tour Operators:

#### Ximbal Ecoturismo Colima

- Comala
- **Telephone:** 3121022777
- **Languages:** English

#### Danitours

- Daniel Haro López
- Manzanillo
- **Telephone:** 3148724524
- **Languages:** English

#### Tlaloc Tours

- Manzanillo
- **Office phone:** 314 334 11 80
- **Cell phone:** 314 100 5867
- **Languages:** English

#### Corazón de Colima Tours

- Colima
- **Telephone:** 3123140896
- **Languages:** English

## Admire Mexico Tours DMC

- Comala
- **Telephone:** 3123145454 / 3121116198
- **Languages:** English

## Hectours Manzanillo

- Manzanillo
- **Telephone:** 3143331707
- **Languages:** English

## Cultural guides:

### Chávez Figueroa Juventino

- Manzanillo
- **Telephone:** 314 144 63 91
- **Languages:** English

### Iñiguez Chávez Antonio

- Manzanillo
- **Telephone:** 314 109 04 41
- **Languages:** English

### Ortega Villaseñor Guillermo Eduardo

- Manzanillo
- **Telephone:** 3143388865 / 3143340082
- **Languages:** English

## Viajando y Pajareando (birdwatching)

- Colima
- **Telephone:** 3121017323
- **Languages:** English

### Haro Magallón Ramiro

- Manzanillo
- **Telephone:** 3148729414 / 3143350601
- **Languages:** English

### Beas Mendoza Luis Ignacio

- Manzanillo
- **Telephone:** 314 103 31 31 / 314 332 46 36
- **Languages:** English

### Carrillo Aguilar Donato

- Manzanillo
- **Telephone:** 331 668 36 40
- **Languages:** English

## Galindo Guerrero Cynthia

- Manzanillo
- **Telephone:** 314 102 74 42
- **Languages:** English

## Peña Cázares José Eduardo

- Manzanillo
- **Telephone:** 3143570860
- **Languages:** English

## Hernández Magaña Francisco

- Manzanillo
- **Telephone:** 314 161 73 46
- **Languages:** English

## García Zámano Noé

- Manzanillo
- **Telephone:** 314 334 46 16 / 314 118 63 88
- **Languages:** English

## Caparrós Cadena Erika María

- Villa de Álvarez
- **Telephone:** 3121335490
- **Languages:** English

## Canuel Lucie

- Comala
- **Telephone:** 333 842 03 36
- **Languages:** English / French

## Sandoval Alcaraz Roberto Octavio

- Manzanillo
- **Telephone:** 314 332 11 85 / 314 352 35 36
- **Languages:** English

## Álvarez Sandoval Luis Jorge

- Manzanillo
- **Telephone:** 314336 62 02 / 314 353 0333 / 314 101 51 23
- **Languages:** English

## Aceves González Francisco

- Manzanillo
- **Telephone:** 314 334 67 65 / 314 118 78 97
- **Languages:** English

## Bautista Laureano Santiago

- Manzanillo
- **Telephone:** 314 117 77 98 / 314 332 6623 / 314 332 52 23
- **Languages:** English

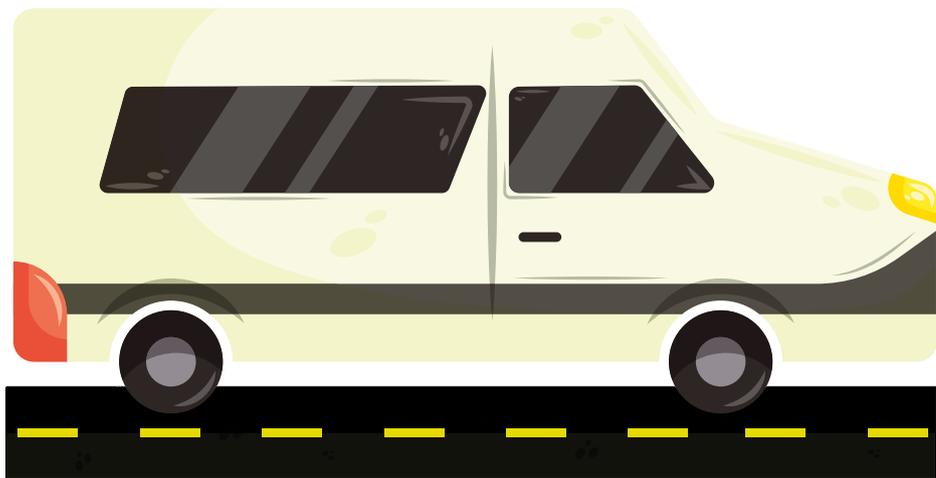
## Bautista Laureano Juan Javier

- Manzanillo
- **Telephone:** 314 118 00 36
- **Languages:** English

### Tourist transport:

## Transportes Turísticos Bayardo

- **Address:** Av. Niños Héroes 308, Juan José Ríos III, 28948 Villa de Álvarez, Col.
- **Telephone:** 312 155 42 51
- **Hours:** Mon.- Sat. 9:00 to 14:00, 16:00 to 17:00 hrs and Sat. 9:00 to 14:00 hrs.
- **Facebook:** Transportes Turisticos Bayardo
- **Website:** [www.transportesturisticosbayardo.com](http://www.transportesturisticosbayardo.com)



## Art classes

- **Address:** Gabino Barrera esq. Manuel Gallardo, Colima, México
- **Telephone:** 312 316 1126
- **E-mail:** [muap@ucol.mx](mailto:muap@ucol.mx)
- **Twitter:** @MUAPcolima
- **Facebook:** Museo Artes Populares MUAP Ma. Teresa Pomar Colima

## Cooking lessons

### Mujeres del fuego

The group known as “Mujeres del Fuego” was originated in Comala (the place of comales), with the idea to spread the Colimota gastronomy through different methods. The group is defined by three fundamental concepts: good, just and clean; based on the international movement called Slow Food.

- **Address:** Cofradía de Suchitlán, Colima.
- **Telephone.** 312 123 3965
- **E-mail:** [mujeresdelfuego@gmail.com](mailto:mujeresdelfuego@gmail.com)
- **Facebook:** Mujeres del fuego



## Spanish classes

### Dirección General de Relaciones Internacionales y Cooperación Académica

*Spanish classes for foreigner students.*

The University of Colima has Spanish courses available for foreigner students interested in learning the Mexican language and culture.

#### — Program —

### EAPE: Español Académico para Extranjeros (Academic Spanish for foreigners)

Intended mainly for students who want to learn or perfect the language.

There are 3 levels: beginner, intermediate and advanced; each level starts every three months: January, May and September. Each level takes up to 12 weeks to complete, 23hrs. per week. The contents include: grammar, writing, conversation and culture; in the intermediate and advanced levels, literature is included.

• **Links:** <https://www.ucol.mx/relaciones-internacionales/eape.htm>

#### — Program —

### Intensive Spanish and Mexican culture course

Intended mainly for intermediate to advanced level students of Spanish; at the end of the course, the students will be able to understand Spanish and express

## Spanish classes

their ideas in written and oral forms, which is the required level for students in the University of Colima in a bachelor's degree. Students will also learn about the Mexican culture, customs and traditions.

The course is 5 weeks long and takes place from June to July, but it might be possible to start this course in any other month if there are students that require it. At the end of the program, students receive official grades.

• **Links:** <https://www.ucol.mx/relaciones-internacionales/curso-esp-cultura-mex.htm>

#### — Program —

### Cultural Immersion Program (tailor made courses)

This course can be taken any time of the year, these are tailor made programs, depending on the special needs of the students or special characteristics they might specify;

the dates for starting this program are not established, since the date depends on the needs of the students or groups as well. At the end of the program, students receive official grades.

• **Links:** <https://www.ucol.mx/relaciones-internacionales/curso-carta.htm>

## Spanish classes

### Program

#### Preparation course for the SIELE exam

The University of Colima in collaboration with the Cervantes Institute, offers a preparation course for the SIELE exam. The course can be taken any time of the year, depending on the student's needs. This course takes up to 30 hrs to complete.

**Links:** <https://www.ucol.mx/relaciones-internacionales/curso-dele.htm>

### Program

#### SIELE exam

The University of Colima is one of the certified centers to assess the SIELE (Servicio Internacional de Evaluación de la Lengua Española) exam, this gives the students the opportunity to present an exam with international recognition, the exam evaluates four different areas: Reading comprehension, Listening Comprehension, Written and Oral Expression. This test is based on the Common European Framework of Reference for Languages. There are no specific dates for taking the test, it is always available.

**Links:** <https://www.ucol.mx/relaciones-internacionales/siele.htm>

## Spanish classes

### Program

#### Internships

The internships program is an experience that generates a huge positive impact to the student since he or she becomes part of a company and it allows them to gain professional experience, learn more about the culture, enhance the work experience and create a business network.

We have internships available in all areas of study, the programs are tailor made according to the needs of the students; and we also have some that are already established for: chemical sciences, tourism, medicine, infirmary, social work, psychology, education and nutrition. The dates of the programs will also be determined by the student's needs. At the end of the program, students receive official grades.

• **Links:** <https://www.ucol.mx/relaciones-internacionales/internships.htm>

#### **Cenbi Manzanillo**

**Phone:** 314 333 1883

**Format:** grupal

**Address:** C. Aniceto Madrueño 574-B, Salagua Centro, 28869 Manzanillo, Col.

## Spanish classes

### Vocablo

**Phone:** 314 333 6040

**Format:** Grupal

**Address:** Blvd. Miguel de la Madrid 959, Playa Azul Salagua, 28218 Manzanillo, Col.

### Universidad Tecnológica de Manzanillo UTEM (Language department)

**Phone:** 314 331 44 50

**Format:** Grupal

**Address:** Camino hacia las humedades S/N, Salagua, 28869 Manzanillo, Col.

## Spanish teachers

### Cristian Campos

**Cellphone:** 3141449030

**Online**

**Languages:** Spanish and English

### Alan Soberano

**Tel:** 314 337 36 43

**Online / Presential**

**Languaje:** Spanish and english

## Information

- The University of Colima does not count with residency, however, they do have a Host Family program which helps students find the perfect place to live according to their needs.
- Students can be picked up from the airport or the bus station, with previous notice.
- All students are invited to be part of the “Amigo Loro” program, it is intended to help students with their immersion to the Mexican culture as well as to Colima’s culture and to the university life. With help of a local student, international students will be able to:
  - Know and understand the services that the university offers.
  - Find their campus and learn about transportation services.
  - Become part of the Loros community.
  - Get closer to the Mexican culture.
  - Be able to find places in the city.