



Organización Mexicana de Practicantes del Análisis Conductual Aplicado (OMPAC)

Places to eat and visit in Oaxaca

If you enjoy food, the kind of food that requires learning a new vocabulary to describe, food that defines a city and its culture, then Oaxaca is an experience you'll not soon forget. Food permeates every corner of the city, it spills onto the streets through food stalls, vegetable and fruits stands, markets, terrace restaurants, and vendors pushing carts filled with empanadas, roasted peanuts, and fresh mangos.

Listed below are a few recommendations of places that I've enjoyed eating while living in Oaxaca:

El Humito is a beautiful restaurant located in Del Fortin, a working class neighborhood about a 10 - 12 minute walk or a quick taxi ride from the Zocalo. It's owned by the famous Oaxacan musician Lila Downs. The restaurant has an intimate feel with a breathtaking view. The menu is an eclectic mix of traditional Oaxacan dishes and pizzas, pastas, and very good salads. They also have an extensive list of local mezcals.

https://www.facebook.com/humitococinayforo8temblor/?locale=es_LA

Los Danzantes has been a staple of fine dining in Oaxaca for decades. It's located in the heart of Oaxaca directly off the main street Acalá. It has a well decorated contemporary space with a menu full of exceptional dishes and mezcals. Make sure to call ahead and make a reservation as dinner tables are often difficult to come by.

<https://losdanzantesoaxaca.com.mx/>

Restaurante Catedral has a well-deserved reputation among Oaxacan food enthusiasts. It's located a few blocks from the Zocalo. It has an open air patio as well as a more closed traditional dining room. The food is exquisite and the service is the best in the city.

https://restaurante-catedral-mexican-restaurant.negocio.site/?utm_source=gmb&utm_medium=referral

El Olivo Gartrober is an excellent tapas restaurant located in the heart of the city across from the Jardín Etnobotánico on Calle de la Constitución. It has a beautiful rooftop terrace, exceptional food, drinks and an attentive waitstaff.

<https://www.voraz.xyz/elolivo>

Taquería El Primo: It would be a big error on my part if I didn't recommend at least one taquería. El primo is located on Calzada de la República 601, a block from the park El



Llano. It doesn't open until dark, and the atmosphere is nothing fancy, but if you're looking for some of the best tacos in Oaxaca, make El Primo a priority.

El Milenario: If you visit Santa María del Tule, make sure to eat at El Milenario. This is not only the best restaurant in El Tule, it is one of the best traditional restaurants in Oaxaca. Whatever Oaxacan dish you might want to try, this restaurant makes it better than anyone else.

<https://www.facebook.com/RestauranteElMilenario/>

I am a vegetarian and all of the restaurants listed above have a large variety of vegetarian options. For those of you that are vegan, I've listed restaurants below, but they are based on internet searches and not personal experience:

Aguacate Veggie Bar:

https://drive.google.com/file/d/1laFpxkO-6TGXQH_OJ2mL8rteMKANXMYd/view

Restaurante Arugula:

<https://www.facebook.com/p/Restaurante-Arugula-100064051238930/>

If you enjoy wandering endless food stalls until you find the perfect meal then head a few blocks south of the Zocalo and walk through **Mercado 20 de Noviembre**. It's an enormous market filled with every type of Oaxacan dish imaginable.

<https://mercado-20-de-noviembre.webnode.mx/>

Things to do in La Ciudad de Oaxaca

If you're looking to sightsee, Oaxaca offers an almost unlimited number of options. Sitting in the Zocalo and people watching, shopping among the vendors lining the streets, or wandering in and out of shops could occupy days. Below is only a small sampling of what Oaxaca has to offer.

Templo de Santo Domingo: One of the most impressive examples of New Spanish Baroque architecture in the world. It's definitely worth a few minutes of your time.

<https://www.google.com/maps/place/Templo+de+Santo+Domingo+de+Guzm%C3%A1n/@17.0657941,-96.7232395,15z/data=!4m6!3m5!1s0x86ce844bd6a2df83:0x1aede71d26266078!8m2!3d17.0657941!4d-96.7232395!16zL20vMDM4Y2dy>

Jardín Etnobotánico de Oaxaca is located directly behind Santo Domingo. It's a stunning garden containing hundreds of plants indigenous to Oaxaca. A guide is required and hours tend to be variable so make sure to schedule a visit.



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<https://jardinoaxaca.mx/historia/>

Museo de Los Pintores Oaxaqueños: Oaxaca has some of the finest artists in the world. The city is dotted with art galleries and arresting street art. The museum serves as a testament to the creativity and inspiration of Oaxacan artists.

https://sic.cultura.gob.mx/ficha.php?table=museo&table_id=77

Museo de las Culturas de Oaxaca: If you only make it to one museum during your time in Oaxaca, choose this one. The museum is housed in the ex-convent located in the Santo Domingo Complex. The museum traces Oaxaca's history from its pre-hispanic origins, including many stunning artifacts found at Monte Alban, through to the modern era. I cannot recommend this museum enough.

http://sic.gob.mx/ficha.php?table=museo&table_id=105

Mercado de Benito Juarez: It's impossible to understand Oaxaca without understanding the central role mercados play in daily life. Although the city has a large number of excellent markets, Mercado de Benito Juarez is one of the best. It's also only a block south of the Zocalo.

<https://www.facebook.com/pages/Mercado-Benito-Juarez-Oaxaca-Oax/366453656745113>

Avenida Acalá: This is the main thoroughfare through the city. Any given time of day or night it is teeming with people. It's also one of the most picturesque parts of the city.

Zocalo: The Zocalo is the physical and spiritual center of Oaxaca. Concerts and cultural events are frequently held in the Zocalo and it's a perfect place to sit and people watch and enjoy the ambience of Oaxaca.

Attractions and sites in the surrounding areas

Monte Albán was one of the earliest Mesoamerican cities and for almost a thousand years served as the center of Zapotec political and economic power. The ruins are a short 15 minute taxi ride from the Zocalo and well worth the visit.

<https://inah.gob.mx/zonas/94-zona-arqueologica-de-monte-alban>

Teotitlan de Valle is a beautiful Zapotec village located about a 40 minute drive from the city. The village is world renowned for its beautiful handmade rugs. The village church was built upon the ruins of the original Zapotec temple and many of the original Zapotec stones are visible in the church's walls.

https://es.wikipedia.org/wiki/Teotitl%C3%A1n_del_Valle



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San Pablo Villa de Mitla is a Pueblo Magico and famous both for its archeological ruins and textiles. The city is located about a 45-50 minute drive from the city. Don't pass up the ice cream stands located near the entrance to the ruins.

<https://es.wikipedia.org/wiki/Mitla>

Hierve el Agua is a system of petrified waterfalls set against a backdrop of isolated and rugged mountains. It is unquestionably one of the most stunning places in the State of Oaxaca. It is about a 1.5 to 2 hour drive from the city and numerous tour companies around the Zocalo offer daily excursions.

https://es.wikipedia.org/wiki/Hierve_el_Agua

Santa María del Tule is home to one of the world's largest trees and worth the 20 minute drive from the city. The village itself is quaint with excellent restaurants and lots of shopping.

https://en.wikipedia.org/wiki/%C3%81rbol_del_Tule

Websites:

<https://www.thrillist.com/travel/nation/things-to-do-oaxaca-mexico>

<https://www.voyagemexique.info/es/oaxaca/>

I hope these suggestions are a helpful jumping off point for your exploration of Oaxaca.

Jonathan Hunt

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