



Sun...
Surf...
Serenity...

Travel Check List

- 🔑 Passport
- 🔑 Clothing for warm weather
- 🔑 Bathing suit
- 🔑 Sunscreen
- 🔑 Sunglasses
- 🔑 Hats or visors
- 🔑 Bug spray
- 🔑 Footwear
 - sandals and/or water shoes
 - sneakers for hiking or biking
 - water shoes for tide pools.
- 🔑 Medication
 - Any medications prescribed by your physicians.
- 🔑 Internet access
 - Internet access / Wi-Fi connectivity is available for all of your computer needs.
- 🔑 Music or iPods
 - Hook ups are available for iPods; Sirius satellite radio is available with speakers in each room.
- 🔑 Cell phones
 - Check with your providers to see about use in Mexico.
- 🔑 Cash
 - Cash can be changed into pesos at the airport, Zihuatanejo or Ixtapa. ATMs are also available in Zihuatanejo and Ixtapa.
- 🔑 Credit cards
 - It would be wise to check with your credit card companies about their use out of the country.
- 🔑 Fins and snorkel gear
 - These can be rented locally if needed.
- 🔑 Surfboards/boogie boards
 - If traveling with surfboards, please check in advance with your airlines about any embargos on transporting surfboards. There are certain months where airlines will not transport the boards due to the volume of passengers and the size of the planes. Boards are available for rent locally and usually at reasonable rates.
- 🔑 Books, magazines, board games and cards are available for your use at the houses.
But if there's something you just have to have, don't forget to bring it!!!



Welcome to Punta Pelicano !!

Dear Friends,

We hope that by now you have relaxed a bit and settled in enough to enjoy your beautiful surroundings. Our Casas are here for your enjoyment and we hope that we have provided you with all that you have expected, and maybe even a bit more. Our manager, Gonzalo, will be here to make you familiar with your surroundings and answer any questions you have about Punta Pelicano, the grounds and the area.

This is a wonderful place to engage in all types of water activities: surfing, kayaking and swimming in our beautiful Manzanillo Bay. The nearby resort town of Ixtapa, and the wonderful Zihuatanejo, offer a variety of activities from shopping to golf. But right here, in our little town of Troncones, you can find the real flavor of Mexico. Gonzalo can help you find just the right restaurant or activity for your pleasure.

Of course, if just lounging around is what appeals to you, you can have it all right here at Punta Pelicano. Please just relax and enjoy yourself; take a siesta and let yourself enjoy the beauty of Mexico!... and please treat it as we do ourselves; a very special vacation home, surrounded by the beauty of nature and the colorful culture of Mexico.

Have a safe and wonderful vacation.

Bevenidos!!!!

Andrea and Bob

Hello and welcome to *Punta Pelicano!!!!*

We'd like your stay to be as pleasant and safe as possible, so here are a few important notes to help you make your vacation a wonderful one:

- 🔑 Water can be found in each kitchen bodega for drinking, cooking and brushing teeth. We have a great filtration system built into our houses but we still suggest you don't drink tap or shower water.
- 🔑 Organic Mexican coffee is on us and can be found in each kitchen for you to make for yourselves.
- 🔑 Safe's can be found in almost every room in our houses for storing your valuables.
- 🔑 We are very environmentally friendly in Mexico, as is our septic system. Please do not put anything in the toilet, including toilet paper. Please place all toilet paper and sanitary products in the trash can and not in the toilet.
- 🔑 Please try to conserve water as it is a scarce commodity!!
- 🔑 All floor surfaces are slippery when wet so please be very careful after swimming or bathing.
- 🔑 The stereo system is available for your ipod/mp3 player while using the front house.
- 🔑 Internet connections (WiFi and Net connections) are available at all the houses.
- 🔑 Please be careful while swimming or surfing!!! There are no lifeguards on our beaches so use common sense, on the side of caution for both. We find that swimming directly in front of the hotel "Eden," a walk down the beach, is the safest. Just be aware of underwater rocks in many places and the change in tides or currents. If you feel that swimming here is uncomfortable for you, head back to the house and stick to the pool! As for surfing, ask Gonzalo about the local spots for surfers of all abilities.



Getting to Punta Pelicano (from Ixtapa/Zihuatanejo International Airport)

We are located approximately 20 miles (30 kilometers) north and have several options for you to get there.

- 🔑 We can arrange **personal transportation** for you through our manager, Gonzalo. Please be sure to email us at Puntapelicano@outlook.com to confirm availability when you make your final payment (4 weeks prior to arrival).
- 🔑 A **taxi** is also available and the rates are fixed. There is a taxi stand right inside the airport on your right-hand side as you exit the Customs area and enter the lobby where people stand waiting for arriving passengers. The fare is reasonable. They may offer to sell you a return or round-trip taxi ride, but I suggest not doing so as the return trip from Troncones is less expensive if booked in Troncones.
- 🔑 In the event you would chose to **rent a car**; all rental car agencies are represented at the airport. Book online before you arrive! If you are booking for Christmas count on them being out of cars when you arrive and delivering it to the hotel a few days later.

(One word of advice: don't trust other people's turn signals. Most people here have never taken driving courses and often use the left turn signal to tell the person behind them to pass on that side. Very confusing and dangerous. It's common for someone to turn on their turn signal then turn the opposite direction! Drive defensively and take your time.)

Here are helpful driving directions:

Follow highway 200 north towards Zihuatanejo (stay to the left at the first fork in the highway right out of the parking lot. Basically you drive north on Highway 200 (200 begins at the airport) past Zihuatanejo and up the hill towards Ixtapa.

Follow signs saying either Ixtapa or Lazaro Cardenas. As you approach the top of the hill the 2 left-hand lanes will continue straight to Ixtapa but you need to be in the **right-hand lane** at this point. This lane curves off to the right and heads on **toward Lazaro Cardenas**.

Soon after you split off, there will be yet another divide and this time you want to be in the **left-hand lane** as the other (right-hand lane) heads to "La Puerta".

As you travel down Highway 200 (after about 13 miles (21 kilometers) from entering the highway) you will see 2 cellphone towers right in front of you and the highway curving off to the right. Somewhere soon along this stretch you will see a sign for Troncones. The new exit from the highway/to Troncones involves pulling off the highway to the right into a specially built turning lane. It is clearly marked and should be easy to see.

Once you have exited the highway, you will find signs pointing you to the entrance to the road to Troncones - continue down this road for approximately 2 miles (3 kilometers) and then arrive in the town of Troncones. Once there, continue through the town (it is small & the road is straight) until you reach a "T". You will be facing the ocean and can only turn either right or left. Turn right and continue down the road bearing left at a fork and that will take you to a right bend in the road. Punta Pelicano on the left after the right-hand bend. WELCOME!



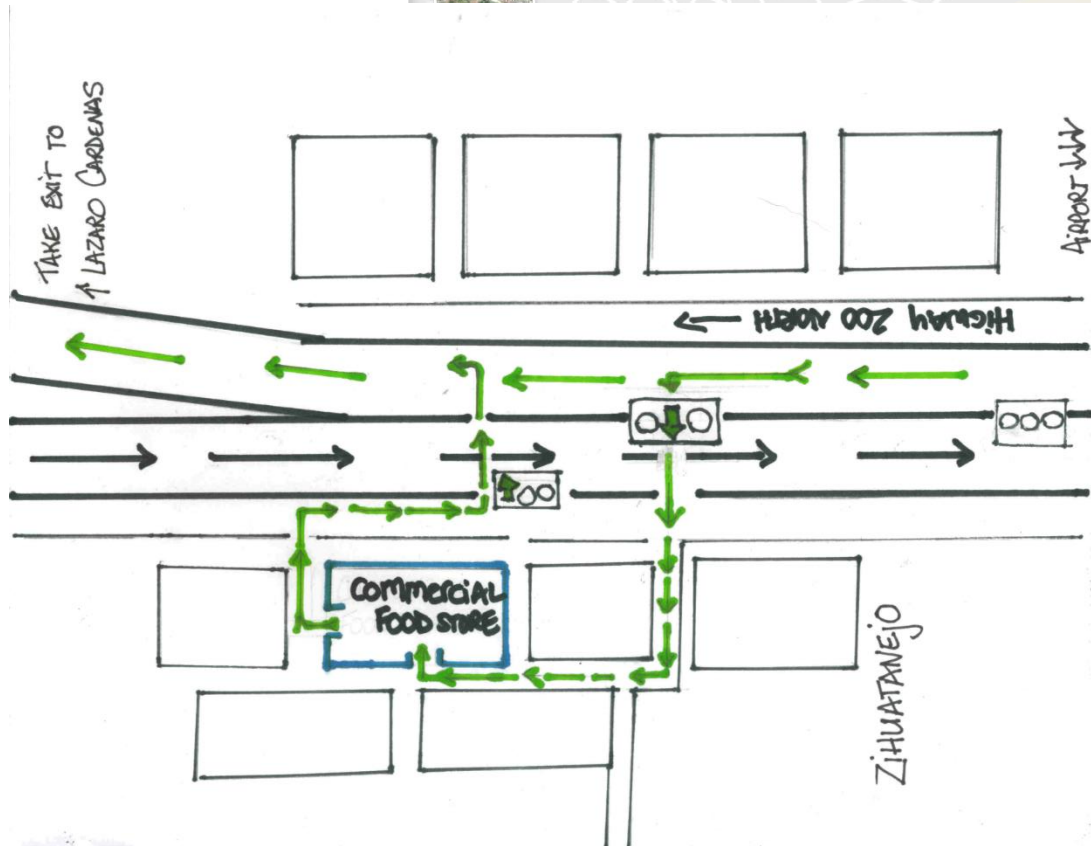
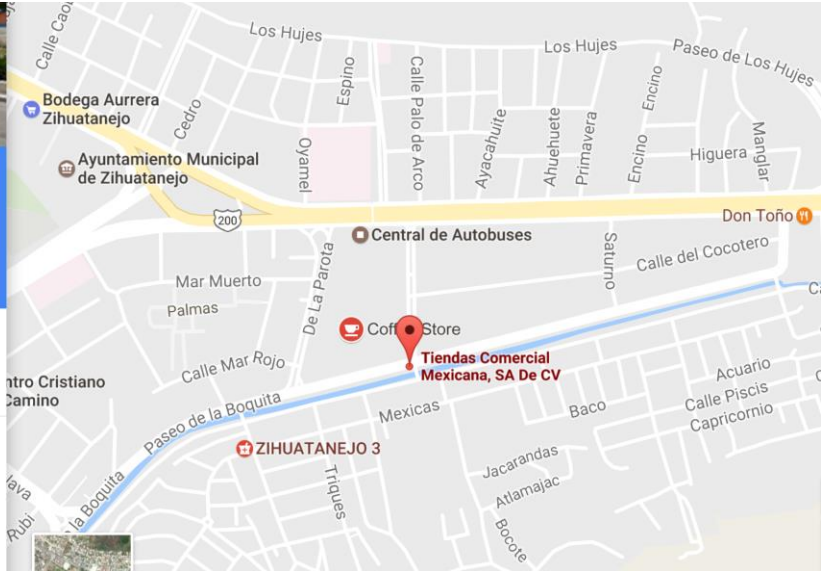
Sun...
Surf...
Serenity...

Directions to Grocery Store (Comercial)

Tiendas Comercial Mexicana, S.A. De C.V.
Supermarket
1 review

SAVE NEARBY SEND TO YOUR PHONE SHARE

Paseo De La Boquita Lote 1, Mz 2, Villas Del Valle, Progreso, 40880 Zihuatanejo, Gro., Mexico
comercialmexicana.com.mx
+52 755 554 8321





EXPLANATION AND DISCLAIMER

Welcome to Punta Pelicano, Playa Troncones, Municipio de Montes de Oca, State of Guerrero, Mexico. I/we understand that Punta Pelicano is not a “bed and breakfast”, hotel, inn, restaurant or other commercial establishment, but is the private holiday residence of Robert Sickler. By renting this property and payment of rent, I/we may occupy part or all for the dates listed in our reservation.

1. I/we understand and accept that the construction, safety, occupancy, and building codes of the United States and elsewhere were not, and do not apply to this property. In addition, the standards of care that are applied in the United States and elsewhere concerning the rights of the invitees and licensees may not apply in Mexico.
2. I/we also understand that even though payment may be made to a United States address, bank account, or because of information obtained in the United States or via the internet, that only the laws of Mexico where the property is located are applicable.
3. In the event I/we suffer any damage or injury during a stay at Punta Pelicano, either while on the property, in transit, or in the surrounding area, the liability, if any, of Robert Sickler or any other owner, resident, guest, employee or contractor associated with Punta Pelicano shall be limited to the amount of rent paid. I/we will have an opportunity to examine the property thoroughly prior to occupancy, and by occupying the property,
4. I/we assume any risk that may be present.
5. If there are any children under the age of 18 who are accompanying me/us at Punta Pelicano, I/we agree to be responsible for supervising such children at all times while on, at, or around the property and expressly represent that I/we have the right to sign this Explanation and Disclaimer on their behalf.
6. Based on the information supplied in this Explanation and Disclaimer and my/our examination of the property prior to occupancy, I/we expressly submit to the applicable laws of the State of Guerrero and limit the jurisdiction of any court to those located in the City of Zihautanejo, State of Guerrero, Mexico. I/we expressly waive any rights to file a claim for damage, injury or wrongful death in any other jurisdiction.

Cooking in Mexico

Cooking, eating, recipes and food happenings in Mexico

How to clean and disinfect fruits and vegetables in Mexico

ON MAY 24, 2010OCTOBER 13, 2015 / BY COOKING IN MEXICO / IN ARTICLES FOR THE FOODIE



<https://kathleeniscookinginmexico.files.wordpress.com/2010/05/microdyn-021.jpg>

This is not a pretty topic, but it's something not to be ignored: how to clean fresh fruits and vegetables. For those of us who live in Mexico, the practice of soaking all fresh produce in an antibacterial solution is necessary. Soil, microbes and bacteria are found on the skins of fruits and vegetables. In Mexico (and other countries, including those north of the border), where sanitary practices are not always followed, from the time produce is grown and harvested, until it is delivered to the store, there are opportunities for contamination: unclean hands, waste water

run-off, animal wastes, fertilizing with fresh manure, irrigating with unclean water. Washing fruits and vegetables in tap water, or even purified drinking water, is not sufficient if you want a sanitary kitchen producing healthy food. Tap water, no matter how pure, will not kill bacteria. Purified drinking water does not kill bacteria. Using an antibacterial product in a soak solution will ensure clean produce, whether it is to be eaten raw or cooked.

Anything with a skin that you plan on removing before eating, like cantaloupes, watermelon, limes, and mangoes, should be soaked. Produce that grows close to the ground, like cilantro, especially needs to be soaked. Anything eaten raw needs to be soaked, whether it is peeled first or not. (Bacteria on the peel can be transferred to the peeled fruit by your hands or knife.) Any produce that will be cooked should be soaked, because it may not be cooked long enough to kill certain bacteria, or it may contaminate other, already cleaned produce (that will be eaten raw) if stored in contact with them. In short, everything fresh in the plant world that passes through your kitchen should be soaked in an antibacterial solution.

This lesson was driven home to me a few years ago when I walked to our neighborhood store very early one morning. Produce was being unloaded from a truck and placed *directly on the pavement*. No plastic bags or newspaper or anything, were between the cilantro, lettuces and watermelons and the cobblestones. I will not go into details of the other substances I sometimes see on the same cobblestones, stuff I would *never* want to come into contact with anything edible, but the sight of this was enough to make me turn around and vow never to shop there again.

Later, when I had time to think about this rationally, I realized that anything purchased in the cleanest supermarket may have spent some time on the ground or pavement on its way to the store. Or handled by unclean hands. Or other situations I don't want to talk about here. So I did shop at this store again, but I am now extra careful about cleaning produce no matter where I purchase it. This is an easy practice if you make it part of your kitchen routine.



<https://kathleeniscookinginmexico.files.wordpress.com/2010/05/microdyn-002.jpg>

Common products used in Mexico are Microdyn and Bacdyn, both of which contain the active ingredient ionized silver (which I do not believe is the same thing as colloidal silver, but I am not a chemist), and both are equally effective. They are usually sold in grocery stores in the produce department and come in different sized bottles. North of the border, grapefruit seed extract is used, as well as other commercial products. A solution of Clorox (sodium hypochlorite) and water is effective, but a rinse with potable water is needed, plus chlorine has environmental issues. Microdyn and Bacdyn solutions don't need to be rinsed off, a plus if you live in Mexico or another country where drinking water is purchased.

I use Microdyn, and have noticed that different sized bottles contain different concentrations. The largest bottles are not as concentrate as the smallest, so more Microdyn is needed.



<https://kathleeniscookinginmexico.files.wordpress.com/2010/05/microd>



[yn-0021.jpg](#))

<https://kathleeniscookinginmexico.files.wordpress.com/2010/05/microd>
[yn-003.jpg](#))

To soak: first wash off any obvious soil. Always read the instructions for the proportion of solution to water and how many minutes to soak. Various brands and different sizes of the same brand call for different amounts of concentration to water. Use tap water, not purified water, because the antibacterial product kills any bacteria in the water as well. After all, this is the same procedure for purifying unclean drinking water.

After soaking for the specified time, place produce in a colander or on a clean dish towel to drain. You don't need to rinse off the soak solution (unless you used chlorine bleach, and then only with pure water). Allow to air dry completely, as drier produce stays fresher longer in the fridge.



<https://kathleeniscookinginmexico.files.wordpress.com/2010/05/microdyn-023.jpg>

If you elect to clean your fruits and vegetables with chlorine bleach, do not use scented chlorine or color-safe bleaches. The University of Nebraska, USA, suggests using 1 1/2 teaspoons bleach (5.25% sodium hypochlorite) in one gallon of water. Do not wash before storing. Rinse just before using. Clorox brand bleach contains 5.25% sodium hydrochlorite.

Ohio State University, USA, instructs to soak produce for 15-20 minutes in a chlorine bleach solution. The amount of bleach to add to water depends on the percentage of chlorine it contains. For 2% chlorine, use 3/4 tablespoon per quart of water. For 4% chlorine, use 1 teaspoon per quart of water. For 6% chlorine, use 1/2 teaspoon per quart of water. Rinse thoroughly with safe drinking water.

North of the border, a product called *Fit* is sold for cleaning produce. The makers claim it removes chemicals on the surface, but their web site offers no claims that it kills surface bacteria.

Cleaning products that contain grapefruit seed extract are more effective, as GSE, as it is known, has been found to eliminate fungus and bacteria. (It is used in hospitals as a cleaning agent.) Look in health food stores and natural food stores for products containing grapefruit seed extract.

Produce can also be cleaned with a solution of one cup of vinegar to three cups of water. Either spray fruits and vegetables with this solution, waiting three minutes before rinsing in clean water, or soak

produce for three minutes and then rinse in water. Use a scrub brush to clean dirt in crevasses.

Cross contamination is common. Unsoaked squash or broccoli are cut up for cooking in your kitchen. Then salad ingredients are prepared on the same cutting board, using the same knife. Cross contamination has just occurred. Even hands contribute to cross contamination. By soaking every fresh fruit and vegetable, you will join the practice of the majority of cooks and kitchens in Mexico.



<https://kathleeniscookinginmexico.files.wordpress.com/2010/05/microdyn-018.jpg>

Soaking Tips:

Disinfect all your produce as soon as you come home from shopping. Make it a policy to not put any uncleaned fruits and veggies in the fridge. This way, everything is ready to grab and eat, or cook, without stopping to clean and

soak. And an unsuspecting family member will not reach for an uncleaned apple.

The same disinfectant solution may be used many times over, provided the water appears clean and does not have dirt and spoiled plant parts accumulating. I normally prepare one container of Microdyn and water and re-use it until all the produce brought home from the market has been disinfected. This is on the advice of my husband, a former chemist, who says that ionized silver, the active ingredient in Microdyn and Bacdyn, does not break down or get “used up” with successive soakings.

Be aware of cross contamination. Don't allow unsoaked produce to be stored with clean. If you used a cutting board and knife to trim before soaking, wash them thoroughly with hot water and soap before prepping soaked veggies.

Cilantro, tomatoes and other produce may have obvious soil or dried mud on the surface. Rinse off completely before using a soak solution.

To clean tight heads of lettuce and cabbage, remove the outer leaves. The inner head is already clean, as it grew from the inside, protected by the outer leaves. If you buy a head of cabbage already cut in half, a common occurrence in Mexico, it will need to be soaked, as you have no way of knowing if the knife, hands and cutting board were properly cleaned first. Never buy watermelons or papayas that have already been halved at the store.

Mushrooms and strawberries are too absorbent to soak in a solution without becoming water-logged. Walmart sells a spray to use on fruits and vegetables, and this is probably the best way to clean these two. The active ingredient is “citrus seed extract”. Spray and wait 10 minutes. For other spray products, follow the instructions.

A special note for travelers: if you are on the road in Mexico, or anywhere, and want to disinfect the fruits and vegetables you purchase in the markets, travel with a zip lock bag and a small bottle of Microdyn, available in any grocery store, even in the smallest Mexican towns. Disinfect your produce in the zip lock bag first before eating. You do not have to use purified water, as the Microdyn disinfects water, also. In fact, Microdyn will disinfect drinking water if you are unsure of its purity, though these days, purified water can be purchased anywhere in Mexico. We also travel with a small cutting board, knife and vegetable peeler.