



ITINERARY PLANNER

Tulum 7-Days Itinerary Planner



Last Updated: May 2025

Day 01 Beach Bliss & Coastal Views

🕒 8:00 AM – BREAKFAST AT RAW LOVE CAFÉ



- Healthy smoothie bowls by the beach.
- 📍 [Ahau Tulum, Carretera Tulum-Boca Paila Km 7.5](#)

🕒 10:00 AM – RELAX AT PLAYA PARAÍSO (PUBLIC BEACH)



- Soft sand and turquoise waters.
- 📍 [Carretera Tulum-Boca Paila Km 1.5, Tulum](#)

🕒 1:00 PM – ENJOY ZIGGY BEACH CLUB



- Great for families and sea-life lovers.
- 📍 [Dock Rd, V&A Waterfront, Cape Town](#)

🕒 3:30 PM – PHOTO STOP AT AHAU'S "VEN A LA LUZ" STATUE



- Iconic wooden sculpture & chill bar.
- 📍 [Ahau Tulum, Hotel Zone](#)

🕒 7:00 PM – DINNER AT SALE E PEPE



- Cozy local restaurant serving authentic Mexican dishes with a family-run vibe.
- 📍 [Carretera Tulum-Boca Paila Km 7.5](#)

Day 02

Cenotes & Town Vibes

🕒 8:00 AM – BREAKFAST AT BURRITO AMOR



- Famous for burritos and smoothies.
- 📍 [Avenida Tulum Pte. Mz 3, Tulum Centro](#)

🕒 9:30 AM – SWIM AT GRAN CENOTE



- Wooden decks, snorkeling spots.
- 📍 [Quintana Roo 109, Tulum](#)

🕒 12:00 PM – VISIT CENOTE CALAVERA



- Known for its “skull” shaped openings.
- 📍 [Carretera Tulum-Coba, Tulum](#)

🕒 2:30 PM – EXPLORE TULUM TOWN (PUEBLO)



- Shops, murals, local restaurants.
- 📍 [Centered along Avenida Tulum](#)

🕒 7:00 PM – DINNER AT PALMA CENTRAL (FOOD TRUCK PARK)



- Live music, many cuisine options.
- 📍 [Calle Polar Pte., Tulum Centro](#)

Day 03 Nature Day Sian Ka'an Reserve

🕒 7:30 AM – BREAKFAST AT DELCIELO



- Juices, omelets, pancakes.
- 📍 [Calle Centauro Sur Mza 05 Lt 11, Tulum Centro](#)

🕒 9:00 AM – MUYIL RUINS + SIAN KA'AN RIVER FLOAT



- Easy jungle walk & peaceful float down ancient canal.
- 📍 [Carretera Federal 307, Muyil, Tulum](#)

🕒 1:00 PM – SIAN KA'AN LAGOON VIEWPOINT



- Great for photos & birdwatching.
- 📍 [Muyil Reserve zone](#)

🕒 3:00 PM – LUNCH AT CHARLY'S VEGAN TACOS



- Tasty and colorful vegan food.
- 📍 [Calle Satélite Sur 5, Tulum Centro](#)

🕒 7:00 PM – DINNER AT ROSA NEGRA TULUM



- High-energy Latin cuisine.
- 📍 [Carretera Tulum-Boca Paila Km 7.5, Hotel Zone, Tulum](#)

Day 04 Coba Ruins + Jungle Cenotes

🕒 7:00 AM – BREAKFAST AT KI'BOK CAFÉ



- Best local coffee, great bagels.
- 📍 [Calle Centauro Sur 203, Tulum Centro](#)

🕒 8:00 AM – EXPLORE COBA RUINS (BIKE-FRIENDLY)



- Rent bikes and visit Nohoch Mul pyramid.
- 📍 [Zona Arqueológica de Coba](#)

🕒 12:00 PM – SWIM IN CHOO-HA CENOTE



- Underground cave cenote with turquoise water.
- 📍 [Coba village outskirts](#)

🕒 2:30 PM – VISIT TAMCACH-HA CENOTE



- Wooden stairs, great for cave swimming and jumping.
- 📍 [Coba village](#)

🕒 7:00 PM – DINNER AT TRATTORIA ROMANA TULUM



- Charming Italian food spot.
- 📍 [Calle Sol Oriente, Tulum Centro](#)

Day 05

Yoga & Wellness

🕒 8:00 AM – YOGA AT SANARÁ TULUM



- Beach yoga class with jungle breeze.
- 📍 [Carretera Tulum-Boca Paila Km 8.2, Tulum Beach](#)

🕒 10:00 AM – BRUNCH AT THE REAL COCONUT



- Organic, gluten-free meals.
- 📍 [Inside Sanará Hotel](#)

🕒 1:00 PM – TEMAZCAL CEREMONY AT YAAN WELLNESS



- Mayan spiritual detox experience.
- 📍 [Carretera Tulum-Boca Paila Km 8.5, Tulum Beach](#)

🕒 3:30 PM – RELAX AT PAPAYA PLAYA PROJECT



- Lounge, sip, swim.
- 📍 [Carretera Tulum-Boca Paila Km 4.5, Hotel Zone](#)

🕒 7:00 PM – DINNER AT HARTWOOD



- Farm-to-table, open fire meals.
- 📍 [Carretera Tulum-Boca Paila Km 7.6, Tulum Beach](#)

Day 06 Chichen Itza & Photo-Worthy Cenotes

🕒 6:30 AM – BREAKFAST AT YOUR HOTEL OR GRAB-AND-GO



- Prepare for early road trip.
- 📍 Wherever you're staying

🕒 8:30 AM – TOUR CHICHEN ITZA RUINS



- Arrive early, explore ancient wonders before the crowds.
- 📍 [Pisté, Yucatán 97751 \(approx. 2 hrs from Tulum\)](#)

🕒 12:00 PM – SWIM AT IK KIL CENOTE



- Famous vines, round opening, deep pool.
- 📍 [Km 122, Carretera Mérida-Puerto Juárez](#)

🕒 2:00 PM – VISIT SUYTUN CENOTE (PHOTO SPOT)



- Circular platform with iconic light beam.
- 📍 [Carretera Valladolid-Tulum Km 8, 97780 Valladolid](#)

🕒 7:00 PM – DINNER AT EL ASADERO



- Top place for steak and tacos.
- 📍 [Calle Osiris Nte, Tulum Centro](#)

Day 07 Ruins, Markets & Jungle Sunset

🕒 8:00 AM – BREAKFAST AT CAFÉ HUNAB KU



- Local breakfast joint with great coffee.
- 📍 [Avenida Tulum & Calle Orion Sur, Tulum Centro](#)

🕒 9:30 AM – EXPLORE TULUM RUINS BY THE SEA



- Ocean-view Mayan ruins with beach access.
- 📍 [Carretera Federal 307, Km 230, Tulum Ruins Site](#)

🕒 12:00 PM – SHOP AT TULUM ART CLUB & BOUTIQUES



- Local arts, books, handmade goods.
- 📍 [Calle Sol Oriente, Tulum Centro](#)

🕒 3:30 PM – WATCH SUNSET FROM MATEO'S ROOFTOP



- Chill jungle views with margaritas.
- 📍 [Carretera Tulum-Boca Paila Km 5.2, Tulum Beach](#)

🕒 7:00 PM – FAREWELL DINNER AT ARCA TULUM



- Award-winning open kitchen in the jungle.
- 📍 [Carretera Tulum-Boca Paila Km 7.6, Tulum Beach](#)



DON'T FORGET THESE ESSENTIALS! *checklist*

ESSENTIALS

- | | |
|--|--|
| <input type="checkbox"/> PASSPORT/ID | <input type="checkbox"/> PHONE AND CHARGER |
| <input type="checkbox"/> TRAVEL TICKETS (AIRLINE, TRAIN, ETC.) | <input type="checkbox"/> TRAVEL ADAPTER |
| <input type="checkbox"/> WALLET (CREDIT CARDS, CASH, TRAVEL INSURANCE) | <input type="checkbox"/> SUNGLASSES |
| | <input type="checkbox"/> REUSABLE WATER BOTTLE |

CLOTHING

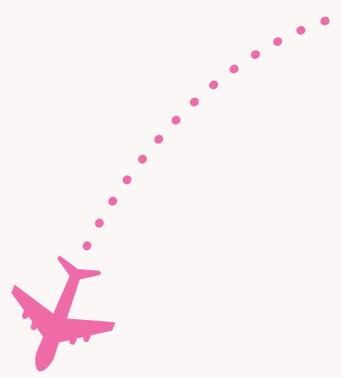
- | | |
|---|--|
| <input type="checkbox"/> TOPS (T-SHIRTS, BLOUSES, SWEATERS) | <input type="checkbox"/> SHOES (CASUAL, FORMAL, WALKING, OR |
| <input type="checkbox"/> BOTTOMS (PANTS, SHORTS, SKIRTS) | <input type="checkbox"/> SPECIALTY FOOTWEAR) |
| <input type="checkbox"/> UNDERGARMENTS AND SOCKS | <input type="checkbox"/> ACCESSORIES (HATS, BELTS, SCARVES) |
| <input type="checkbox"/> SLEEPWEAR | <input type="checkbox"/> OUTERWEAR (JACKETS, COATS, RAIN GEAR) |
| <input type="checkbox"/> SWIMSUIT | <input type="checkbox"/> |

TOILETRIES AND PERSONAL CARE

- | | |
|--|--|
| <input type="checkbox"/> TOOTHBRUSH, TOOTHPASTE, FLOSS | <input type="checkbox"/> DEODORANT |
| <input type="checkbox"/> SHAMPOO, CONDITIONER, AND BODY WASH | <input type="checkbox"/> HAIRBRUSH OR COMB |
| <input type="checkbox"/> (TRAVEL SIZE) | <input type="checkbox"/> MEDICATIONS |
| <input type="checkbox"/> SKINCARE | <input type="checkbox"/> FIRST AID KIT |
| <input type="checkbox"/> MAKEUP AND REMOVER WIPES | |

ELECTRONICS

- | | |
|---|---|
| <input type="checkbox"/> SMARTPHONE AND CHARGER | <input type="checkbox"/> LAPTOP OR TABLET |
| <input type="checkbox"/> POWER BANK | <input type="checkbox"/> HEADPHONES OR EARBUDS |
| <input type="checkbox"/> TRAVEL ADAPTER | <input type="checkbox"/> CAMERA AND ACCESSORIES |



Travel Tips for Tulum 💡

💰 Bring cash (Pesos & USD)

Most places prefer Mexican Pesos, but some tourist spots accept US dollars. Always carry small bills for local shops and tips.

🧴 Use reef-safe sunscreen

Protect the cenotes and ocean.

🚲 Rent a bike

It's an easy way to get around.

🕒 Go early

Beat the crowds at ruins and cenotes.

💧 Stay hydrated

Tulum gets hot, carry water.

🚶♂️ Respect Nature

Stay on designated trails and pack out all trash to help preserve Tulum natural beauty.



Daily Planner

TOP PRIORITY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

DATE

IMPORTANT REMINDERS

PLAN OF ACTION

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

MEAL PLAN

BREAKFAST

LUNCH

DINNER

WATER INTAKE 

NOTE TO SELF