

*Rewild
yourself*



NATURE GUIDE MEXICO CITY





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ReWild Yourself in Mexico City

Built on the ruins of the Aztec city of Tenochtitlan, Mexico City is ancient and enormous; full of life, history, and culture, where deep ancestral roots persist despite vast (and sometimes damaging) urban growth. Today, it is a city looking forward, with Nature as an ally – its rights written into the city's constitution. It is home to 21 million people, but also a surprising number of plants and animals (2% of global species), thanks to a mild subtropical-highland climate and numerous parks, gardens, forests and waterways.

This guide will help you find and access Nature, but more importantly, stop, slow down, and connect with it – to feel the city's earthy roots, hopeful shoots, and the soothing rhythm of its green heart. It's time to ReWild Yourself in Mexico City.



NATURE IN MÉXICO CITY

Nature finds a home amidst the city buzz.
Take a moment to peek into the trees.



Western Screech Owl 🔍

Where: Wooded areas — often nests in tree cavities. Try Bosque de Chapultepec.

When: All year round — active at dusk and at night, hunting insects and small mammals.

ID tip: Small, with huge yellow eyes and distinct ear tufts. Listen out for their “bouncing ball” call of 6-8 low whistles.

Vermilion Flycatcher 🔍

Where: Across the city. Often perched on fences, trees and shrubs, on the lookout for insects.

When: All year round.

ID tip: Male a brilliant red with dark wings. Female a subtler gray-brown with orange blush on the chest.



Cacomixtle (Ringtail) 🔍

Where: Crevices in rocks, buildings and trees throughout the city. A handy climber.

When: Active at night, all year round.

ID tip: Dark brown — smaller than a cat. Has big eyes, big ears, and a beautiful bushy ringed tail.

Crevice Swift 🔍

Where: Endemic to Mexico and common around rocky formations. Try Pedregal de San Ángel.

When: Most likely to spot in Spring and Summer

ID tip: Large olive-gray lizard with distinct black collar. Males possess dazzling blue throats and undersides.

With thanks to our friends at the [Natural History Museum, London](#)



North American Opossum 🔍 Berylline Hummingbird 🔍

Where: Throughout the city, wherever there is easy access to food.

When: All year round, at night. Most active in Spring and Summer.

ID tip: Cat sized marsupial — gray shaggy fur, pointy white face, and long hairless tail.

Where: Parkland, gardens and wooded areas of the city, like Viveros de Coyoacán.

When: Unlike many species that migrate, can be seen all year round.

ID tip: Around 10 cm long, with a dazzling emerald body and rufous wings and tail.

Green Lynx Spider 🔍

Where: Common throughout the city, often on green shrubby plants that provide camouflage.

When: Most likely to spot from July through to October, on the hunt for various garden “pests”.

ID tip: Big, bright green and leggy, with black leg spines. Surprisingly pretty nonetheless!

Red Dahlia 🔍

Where: Mexico's national flower. Grows naturally across the city but often overlooked.

When: Flowers in the summer, from July through to October.

ID tip: Eight petaled, red flowered daisy (can be yellow and orange).



Axolotl 🔍

Where: Now only found in Lake Xochimilco and the adjoining city canals, making it rare and endangered.

When: All year round, but most active at night, when it hunts worms, insects and mollusks.

ID tip: Bizarre and beautiful “giant tadpoles” with large heads, frilly external gills, and fish-like tail fins.

White-rayed patch butterfly 🔍

Where: Areas abundant in nectar-rich flowers. Buddleias can attract large clusters.

When: On the wing from August through to November.

ID tip: Creamy “rays” running through elegant black wings, with a flash of red at the wingbase.

🔍
For more details of wildlife you can spot,
and to record your sightings, visit [iNaturalist](#)



Use our [map](#) to find the best places
to access and spot Nature



REWILD YOURSELF

Brought to you by local biologist
and educator, Mario Castañeda.



Know and preserve biocultural heritage

Learning and sharing the history, biology and culture of a place gives it more meaning and can help us feel more connected to it. Mexico City has deep roots and its natural value has long been appreciated. The Axoxpaneca Indians populated these lands after defeat to the Aztecs in 1492, calling it AXOCHCO, which in Nahuatl means “place where water flourishes”.

Cultivate love and human flourishing

There is no deeper peace for a child than going into Nature, to hear bird song, see eagles soar, smell wildflowers, and to lie down on the grass to connect with the earth. The Aztecs said this to their children:

**In mahan (noce) tixiuhtzintli, in mahan (noce)
tiquiltzintli otiali euac otixotlac oticuepon.
In mahan noce oticochia, otiaa-lizac.**

*As if you were a little herb, a little plant, that's how you
sprouted. As the leaf comes out, so you grew, you flourished.
Like you've been asleep and you've woken up.*



Visit our library for more ideas
on how to ReWild Yourself
rewildyourself.com





Discover that you are part of something bigger

Even in the most urbanized cities, it is possible to harmonize with Nature and discover the beauty of a landscape — to be moved by a sunrise, listen to howling coyotes, or watch a frog jump across wet grass. Take time to walk around the urban forest and as the Aztec ancestors said:

Xi temo tlen mitz tlekuiltis mo yolo...

Look for what ignites your heart...



Mario Castañeda

Mario works for Mexico's National Commission for the Knowledge and Use of Biodiversity (CONABIO) and runs an environmental education centre for kids in the city. He has also recorded near to 800 wild species and photographed over 2000 Mexico City specimens.

[Website](#)



How to feel connected to Nature

Research has shown us that there are different ways people develop a relationship with the natural world. Each brings us closer to Nature and further unlocks the positive health and wellbeing benefits it brings.

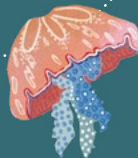
Emotion

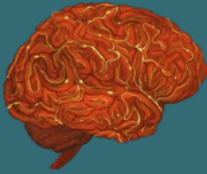
Recognise and explore your emotions and feelings in Nature. How exactly do different places make you feel?



Senses

Tune in and explore Nature using all your senses. What can you hear, smell or see? How does it feel to the touch?





Meaning

Notice and celebrate special moments in Nature and the passing seasons. What do particular plants, animals and places in the city mean to you personally?

Compassion

Take action for Nature. What can you do on your own or with others that can make a difference for Nature in the city?



Beauty

Look closely at the details in Nature and notice their beauty. What site in the city do you consider the most beautiful?



Discover more with the

Nature Connection Handbook

from the Nature Connectedness Research Group, **University of Derby**.



REWILDERS IN MÉXICO CITY

Pachacamaq 🔍

Pachacamaq creates urban gardens at a variety of scales across Mexico. These act as spaces for collective learning and hubs for citizens to share knowledge on the production of healthy and sustainable food.



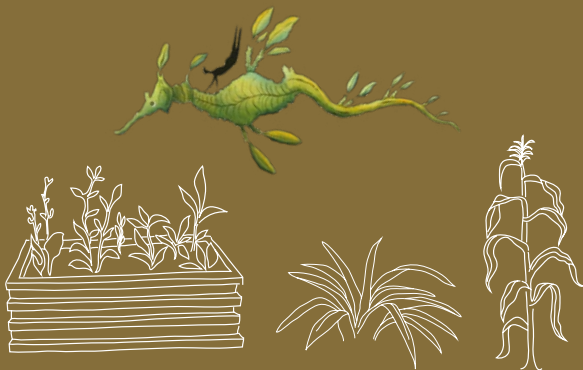
Semillero Zacapan 🔍

Semillero Zacapan is a project led by native and local residents of the Xochimilco (southern Mexico City), who are restoring, reviving and rewilding a natural area; a space created by the community, for the community, to improve health, wellbeing and social cohesion.



CultiCiudad 🔍

CultiCuidad believe that urban agriculture projects can do more than just produce food. Through educational and training programmes, community initiatives, and regenerative practices, they built a model in Huerto Romita for profound social change, cultivating both sustainable food and communities.



Polen Paisaje 🔍

Polen Paisaje is a collaborative landscape architecture studio based in Mexico City, using vegetation and design to create a link between people, space and Nature. With Nature as inspiration, they experiment with different approaches, ensuring each project creates benefits for both the environment and the community.



Arca Tierra 🔍

Arca Tierra supports the 'peasant' regenerative farmers of the chinampas – traditional floating farms in Xochimilco. Through agrotourism, and by paying farmers a fair price, Arca Tierra is strengthening the local economy, nourishing the land, mitigating climate change, and promoting and preserving tradition.



Arboles CDMX 🔍

Arboles CDMX shares information on the diversity of tree and plant species in Mexico City, using social media and public events. From detailed descriptions and classifications, to fascinating physiological traits and environmental impacts, Arboles CDMX are a constant source of tree knowledge.



Ríos Tarango A.C 🔍

The Barranca de Tarango is a temperate forest in the West of the city, often referred to as the “lungs of the city”. Sadly, a mix of pollution, and forest fires has contaminated these lungs. Rios Tarango is a community lead association working to protect and improve the area through socio-environmental restoration.



Efecto Colmena 🔍

Efecto Colmena is a nonprofit devoted to preserving bees in Mexico. By educating the general public and organizations on the value of bees to ecosystems and food security, they hope to replace a culture of extermination with one of relocation and protection.

REWILDER SPOTLIGHT

A closer look at Huerto Roma Verde 🔍

ROMA SUR

Huerto Roma Verde (HRV) is a BioSocial laboratory, mixing socio-environmental practices, art and culture, guided by ancestral knowledge and the idea of 'Hikuri regenerativo'. The result is a shining example of urban regeneration through community empowerment, providing people with the tools they need to tackle the climate emergency in their own neighbourhood.

Many thanks Huerto Roma Verde.



Concentric circles of cultivation

The Mandala garden is made up of 51 pockets of cultivation, arranged to resemble this sacred symbol of harmony and balance in the Universe.

Rainwater tower

Built by Factor Eficiencia using locally sourced organic materials, the tower collects and stores rainwater. This is then pumped into a fish-filled pond and is also used to irrigate crops – an exemplification of environmental integration!




The Mandala – a symbol of unity and harmony

The Mandala belongs to the Gajo de Integración Ambiental and is the heart of HRV – a composite of interconnected elements, beautifully encapsulating the spirit of the HRV and the collaborative community here.



Diverse and distinct plants

Across its 51 plots, the Mandala houses an array of fruit trees, vegetables, legumes, and medicinal plants, including some real must-sees, such as the giant mamut sunflower, and the fiery capuchina flower.



What does living in harmony with Nature mean to you?

Community and partnership

Perhaps the real magic of this space is the process. Many hands. Many hours. Lots of love. Community is key, including young volunteers and social workers, often busy weeding, irrigating, and tending the various plants and trees.



Connecting with Each Other...

Sit down with someone you don't know and ask them these questions. It's a great ice breaker.

Do you have
a secret place in
Nature that you
love to go to?



Describe any
meaningful
relationship you've
had with a
non-human being

Who's your
favourite companion
for time spent in
Nature?





Who or what has
taught you the most
about connecting
with Nature?

Is there a place
in Nature that you
dream of spending
time in?



What gives you
optimism for a healthy
planetary ecosystem
in the future?



If you would like to share your insights with us
IG: @rewildyourself #rewildyourself






NATURE SITES IN MÉXICO CITY

Need a dose of Nature? Why not visit the following parks, gardens, freshwater spots and Nature projects throughout the city, helping Mexico City grow into a more resilient, happy, healthy, equitable and greener city.

 Find each site on our adventure map



What's
your favorite
outdoor childhood
memory?



Pocket sanctuaries

1.

Parque Lincoln



Located in the heart of the classy Polanco neighborhood is the small but stunning Parque Lincoln — a hidden oasis in the city, with towering trees surrounding a spectacular rectangular pond. At the weekend, residents gather to operate remote control boats (available for visitors to rent also).

2.

Parque España



Found within the leafy neighborhood of La Condesa, Parque España is the lesser known cousin of the nearby Parque Mexico. It features a charming lake, fountains, children's playground, outdoor gym, and the "Carlos Fuentes Children and Youth Public Library".

3.

Plaza Rio de Janeiro



Tucked away in the buzzing and hip area of Roma Norte, the Plaza Rio de Janeiro has served as a meeting place for locals for over a century. Don't miss the replica of Michelangelo's "David" standing in the center of the square, surrounded by inviting seats and shady trees.

4.

Jardín 17 – Casa Barragán



In an unnoticed corner, far from the more famous museums or parks of the city, lies the secret garden of the Famous Architect: Luis Barragán. True to Barragán's style, clean lines abound, contrasting beautifully with the capricious vegetation, retaining an untamed, wild feel.

5.

Plaza de los Arcángeles



This quiet square in San Ángel is the perfect pocket sanctuary. If heaven were a quiet place dressed in pink bougainvillea vines, it would look something like Plaza de los Arcángeles. Visit in Spring to witness an explosion of colorful flowers.



Space to breathe

6.

El Auditorama del Bosque de Chapultepec



El Bosque de Chapultepec measures twice the size of Central Park in NYC. Within it, you will find the lesser known Auditorama, a sheltered area designed for listening to music or reading. It is an ideal place to relax and unwind from the noise of Mexico City.

7.

Parque Masayoshi Ohira



Located in the Country Club neighborhood, the Masayoshi Ohira Park is the largest Japanese garden in Mexico. It is designed as a symbol of friendship between Mexico and Japan and houses numerous Japanese plants, such as maples, peonies, plums, and cherry trees.

8.

Parque Hundido



Parque Hundido is another historic park in Mexico City. It is an unusual setting for a park, just off the city's biggest avenue "Insurgentes", but allows locals to get out of the chaos of the city and embrace Nature, whether it is the sound of the birds or the majesty of the trees.

9.

Parque Ecológico de Xochimilco



This World Heritage sight in the south of the city is an example of cultural and eco tourism in a fragile landscape. It was once the agricultural hub of Tenochtitlána and many chinampas (floating farms) still exist amongst a vibrant mix of plants, animals, locals and tourists.

10.

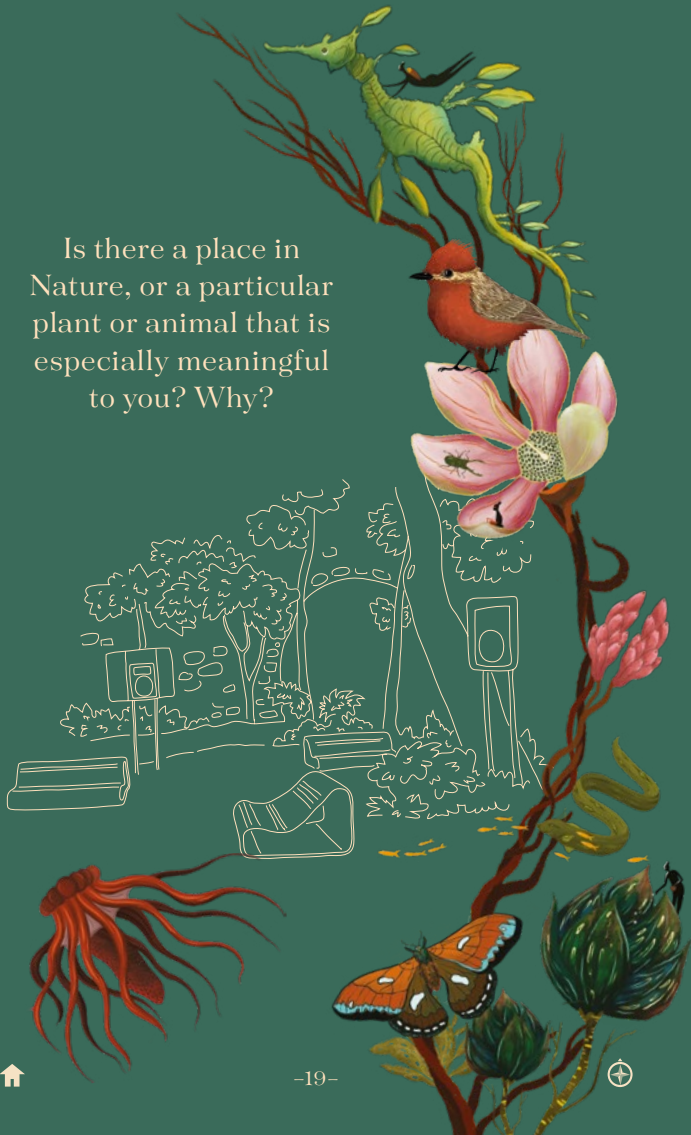
Espacio Escultórico



Located in the Cultural Center of the Universidad Nacional Autónoma de Mexico, this stone sculpture ring was built with Pedregal stone, formed from the lava of the nearby Xitle volcano. The resulting circle of calm, art and Nature will take your breath away.



Is there a place in Nature, or a particular plant or animal that is especially meaningful to you? Why?



Where's your favorite spot in the city to connect with Nature? What memories do you have there?



Space to explore

11.

Viveros de Coyoacán

Operating as both a park and tree nursery, Viveros de Coyoacán is helping reforest the entire metropolitan area of Mexico City. It's a delightful public space in its own right, for residents in the Coyoacán area and visitors alike. Very popular with runners.

12.

Parque El Tepeyec

This historic park was the site of the famous apparition of Saint Juan Diego in 1531 and is also regarded as an important ceremonial center for Aztec culture. Visit for the history or just get lost in the plentiful Eucalyptus, Cedar, Oak and pine trees.



13.

Parque Nacional Bosque de Tlalpan



Once a zoo in the 1970s, the park is now a protected reserve of over 253 hectares of forested areas, containing a tree nursery, cultural center, sports facilities, and recreational areas. It is also home to a unique ecosystem of Xeric scrub and oak forest.

14.

Reserva Ecológica del Pedregal de San Ángel



Located within the main campus of UNAM, this protected area is a biodiversity hotspot. University researchers have recorded 377 species of flowering plants, 67 ferns and mosses, 30 different lichens, 20 species of reptiles, 30 mammal species, and 138 different birds.

15.

Bosque de San Juan



The Bosque de San Juan de Aragón was rehabilitated by the capital's government. It is filled with many different natural environments to explore, such as a bird beach, pollinating gardens, wetlands, green spaces and recreational areas.

16.

Parque Cuitláhuac



At 145 hectares, this is the second largest park in the city. It is also a key ecological project that has benefited from massive reforestation, with over 44,000 plants and trees planted. You can also find a water park, play area, artificial lake, and the largest skateboard track in the country here!

17.




Volcán el Xitle









Few cities have a volcano on their doorstep to explore! Xitle has had a major influence over the city, particularly the geology of the 'Pedregal' area; the result of solidified lava flows from the last time the volcano erupted in 315 CE. Thankfully, things have calmed down since then and it is now a tranquil spot for wildlife watching.









Get active




18. [Pista el Sope](#)   
Each day, at least a thousand runners make their way through the circuit of clay trails that weave through the Pista el Sope. Trails are well marked — there is even a speed track, and warm up area. Activities, such as Zumba and yoga are also organised.
-

19. [Parque La Mexicana](#)   
Parque La Mexicana is an open green space within the bustling business district of Santa Fe. With over 150,000 square meters of forest and grassland, an artificial lake, sports courts and a skate park, there is plenty here to keep you active.
-

20. [Parque Ejidal San Nicolás Totolapan](#)   
This is the largest eco-tourism park in Mexico City. Access horse, ATV and bicycle rental to cruise through glorious trails at whatever pace you prefer — taking in streams, waterfalls, and labyrinths of white cedar. Four legged friends are welcome too!
-

21. [Parque Bicentenario](#)   
Designed to provide numerous ways for people to be active in Nature, with a volleyball court, skate park, basketball court, football pitch, and bike path. If you are after something more sedate, there is always the botanical garden to peacefully peruse.
-

22. [Los Dinamos](#)   
Twenty six kilometers of eco-paths await you at this 2,429 hectare Natural Protected Area in the south west of the city. Tackle them by foot or bike, or if that isn't adventurous enough, there is rock climbing, zip-lining, rappelling and horseback riding fun to be had.
-

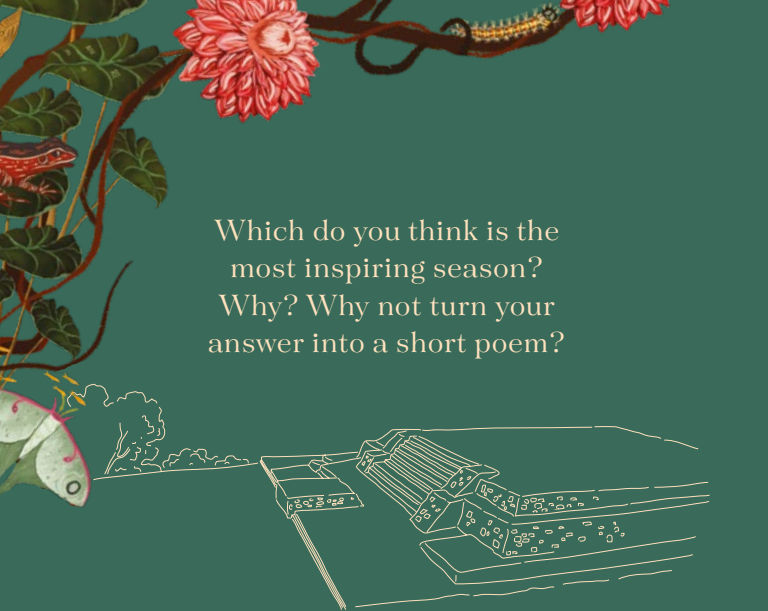
23. [Circuito Gandhi](#)   
A 2.5 kilometer gravel running track loops around the rehabilitated and serene Parque Gandhi. It is a delightful spot for serious joggers or casual strollers alike, and with well lit tracks and paths, it caters for nocturnal exercisers also.
-





How does time in Nature change your mood? Describe the changes and sensations.





Which do you think is the most inspiring season? Why? Why not turn your answer into a short poem?

Learn something new

24.

Alameda Central



Constructed in 1592, Alameda Central is located in the historic downtown area and is the oldest park in the whole of Latin America. It has a rich history, and due to the large artworks that it houses, many people consider it an outdoor museum.

25.

Huerto Roma Verde



Huerto Roma Verde is much more than a garden, it is a BioSocial resilience laboratory. After being abandoned following the earthquake of 1985, the space was regenerated in 2012 and transformed into somewhere communities gather around art, science, music, and the natural world.



26. Parque Nacional Cerro de la Estrella



A National Park of historical and archaeological importance. It is not only believed to be Culhuacán, the city-state founded in 600 BC, but also a site with a curious geological history. Visit the on-site museum to find out more, or enjoy the various pollinator, cacti and agave gardens.

27. Jardín Botánico del Bosque de Chapultepec



This site is thought to have been a botanic garden since the reign of Nezahualcóyotl in the 15th century, housing exotic plants from throughout the Republic. The current garden, built in 2006, contains 22 unique environments, and is home to over 300 plant varieties.

28. Museo de Historia Natural



Need help identifying plants and animals spotted in the city? Time for a visit to the Museo de Historia Natural, with interesting exhibitions, collections, and activities for families and young people, helping visitors better understand México's natural history and feel more connected to the natural world.

29. UNAM Botanical Garden



The UNAM Botanical Garden is the second oldest botanical garden in Mexico. With 15 collections, more than 1,600 species of plants on display, and special tours available on request, a trip to the gardens becomes a tantalizing taste of Mexico's fabulous flora.



Adventure through Mexico City's pockets of Nature

LOCATE NATURE POCKET PINS ON MAP OVERLEAF



POCKET
SANCTUARIES



PLACES TO
BREATHE



SPACE TO
EXPLORE



GET ACTIVE



LEARN
SOMETHING NEW

- 1** Parque Lincoln
Av. Emilio Castelar 163, Polanco, Polanco III Secc, Miguel Hidalgo, 11560
- 2** Parque España
Parque España, Colonia Condesa, Cuauhtémoc, 06140
- 3** Plaza Río de Janeiro
Plaza Río de Janeiro, Roma Nte., Cuauhtémoc, 06700
- 4** Jardín 17, Casa Barragán
Gral. Francisco Ramírez 12, Ampliación Daniel Garza, Amp Daniel Garza, Miguel Hidalgo, 11840
- 5** Plaza de los Arcángeles
2a Frontera 37, San Ángel, Álvaro Obregón, 01000
- 6** El Auditorio del Bosque de Chapultepec
Av. Paseo de la Reforma S/N, San Miguel Chapultepec I Secc, Miguel Hidalgo, 11850
- 7** Parque Masayoshi Ohira
Corredores, Country Club Churubusco, Coyoacán, 04220
- 8** Parque Hundido
Av. Insurgentes Sur S/N, Extremadura Insurgentes, Benito Juárez, 03740
- 9** Parque Ecológico de Xochimilco
Anillo Perif. I, Colonia Ciénega Grande, Xochimilco, 16036
- 10** Espacio Escultórico
University Theater Center (CUT), Mario de La Cueva, Universitaria, Coyoacán, 04510
- 11** Viveros de Coyoacán
Av. Progreso 1, Del Carmen, Coyoacán, 04100
- 12** Parque El Tepeyac
Amp. Gabriel Hernández, Gustavo A. Madero, 07080
- 13** Parque Nacional Bosque de Tlalpan
Camino Sta. Teresa S/N, Parques del Pedregal, Tlalpan, 14010
- 14** Reserva Ecológica del Pedregal de San Ángel
Av. Antonio Delfín Madrigal 73, C.U., Coyoacán, 04369
- 15** Bosque de San Juan
Av. José Loreto Fabela, Zoológico de San Juan de Aragón, Gustavo A. Madero, 07920
- 16** Parque Cuitláhuac
Área Federal Parque Cuitláhuac, Iztapalapa, 09290
- 17** Volcán el Xitle
Tlalpan, 14760 Mexico City
- 18** Pista el Sope
Bosque de Chapultepec II Secc, 11100
- 19** Parque La Mexicana
Av. Luis Barragán 505, Santa Fe, Lomas de Santa Fe, Cuajimalpa de Morelos, 01219
- 20** Parque Ejdial San Nicolás Tototlanpan
Km 11.5, Picacho-Ajusco, Panoramica, 10900
- 21** Parque Bicentenario
Av. 5 de Mayo 290, Refinería 18 de Marzo, Miguel Hidalgo, 11210
- 22** Los Dinamos
Reserva de los dinamos, La Carbonera, La Magdalena Contreras, 10930
- 23** Circuito Gandhi
Polanco, Bosque de Chapultepec I Secc, 11580
- 24** Alameda Central
Av. Hidalgo s/n, Centro Histórico de la Cdad. de México, Centro, Cuauhtémoc, 06010
- 25** Huerto Roma Verde
Jalapa 234, Roma Sur, Cuauhtémoc, 06760
- 26** Parque Nacional Cerro de la Estrella
Carretera Escénica al Cerro de la Estrella, Amp Veracruzana, 09856
- 27** Jardín Botánico del Bosque de Chapultepec
Av. Paseo de la Reforma 126, Bosque de Chapultepec I Secc, Miguel Hidalgo, 11580
- 28** Museo de Historia Natural
Av. de los Compositores, Bosque de Chapultepec II Secc, Miguel Hidalgo, 11100
- 29** UNAM Botanical Garden
University City, Coyoacán, 04510



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If you would like to share your insights with us

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Fauna de la Ciudad de México

Tamara Blazquez Haik

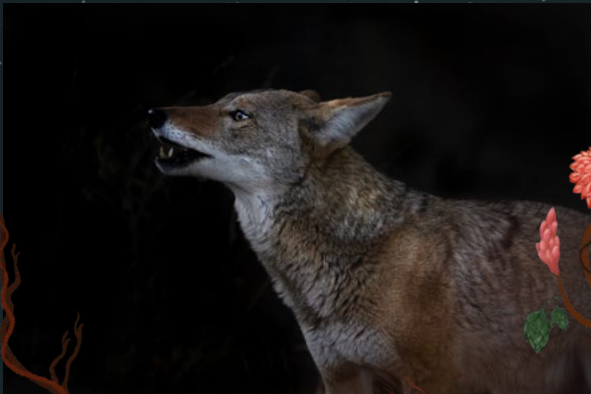
Tamara Blazquez Haik is a Mexican conservationist photographer, environmental educator and activist. She is a member of the IUCN Commission for Education and Communication, a member of the board of directors of OneProtest – An Advocacy Organization, Proyecto Gran Simio México and Xochimilco Vivo. She is also a Sony Alpha Ambassador.

Through her photographic work Tamara seeks to educate the population on environmental issues as well as to create empathy and respect for Nature in her viewers.

She is currently working on “Fauna of Mexico City” an educational and conservation project that seeks to bring the population closer to the fauna of the city through photography so that they can learn about it, how to protect it and coexist in a respectful way with it.

“I firmly believe that without environmental education we cannot have real and tangible results in the conservation of biodiversity and photography is the best tool to bring knowledge and love for nature to other people.”



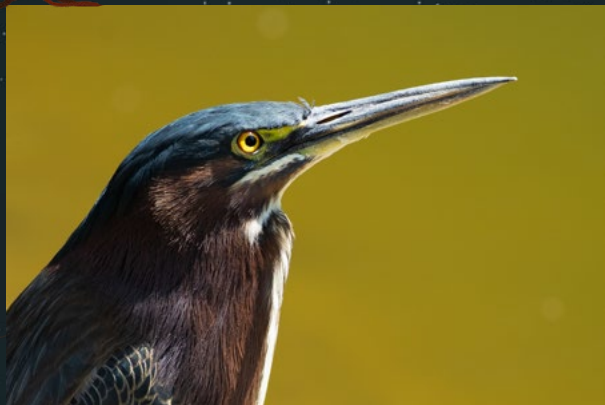


Coyote (*Canis latrans*)



Colibrí pico ancho (*Cyananthus latirostris*)





Garcita verde (*Butorides virescens*)



Tlacuache (*Didelphis marsupialis*)



Follow Tamara's work

[Website](#)

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THANK YOU!

Natural History Museum, London

University of Derby

Mario Castañeda

Tamara Blazquez Haik

Huerto Roma Verde

Svabhu Kohli

full colour artwork



REWILD YOURSELF

VOICE FOR NATURE



Rewild Yourself





Rewild
yourself

Enjoy this opportunity to ReWild
Yourself with our guide to connecting
with Nature in Mexico City.

Created by Voice for Nature, our ReWild Yourself programme
aims to connect people with Nature all over the world, and
make access to the outdoors equal for everyone. Share your
thoughts, creations and walks with us at [@rewildyourself](#)



REWILD YOURSELF

VOICE FOR NATURE

