

Summer / Fall

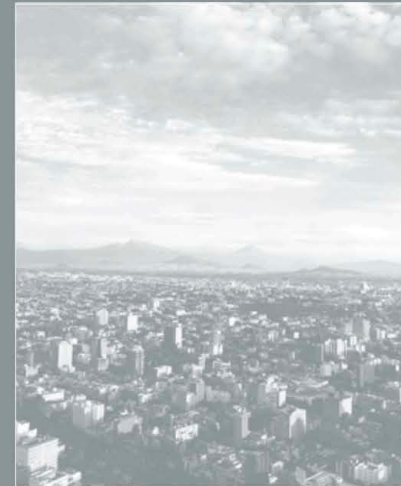
Super useful survival guide: Mexico City.



Join us for a tour of the city's best food,
design, retail and more...

VIATO

Super useful survival guide: Mexico City



Welcome to the Urban Jungle

Find the best spots and places to eat during your visit.
Explore some of the coolest neighborhoods!

Condesa

What to see, eat and discover in this trendy neighborhood.

BARS & RESTAURANTS

El Auténtico Pato Manila

Duck wontons, duck tacos, duck tortas (like a subway sandwich, but, you know, one thousand times better), duck duck duck! Now I know this may seem like a strange combo to some, but trust me when I say that it's one of the tastiest meat and tortilla marriages there! Occupying a super small space, and a just as small menu (all perfectly executed, not hiding in amongst a large list of mediocre food options), this restaurant delivers what it advertises.

Culiacan 91, Hipódromo, 06100 Ciudad de México, CDMX

BARS & RESTAURANTS

La Vinería

What started as a wine shop back in the 90's, La Vinería slowly evolved into one of Condesa's best kept secrets. Away from the usually saturated areas of the neighbourhood, this restaurant is where locals 'in the know' go to share a fantastic bottle of wine and have an elegant meal that doesn't fuss, but is always fresh and high calibre. The atmosphere is so cozy and welcoming, you could wine an afternoon or evening away easily.

Fernando Montes de Oca 52, Colonia Condesa, 06140 Cuauhtémoc, CDM

BARS & RESTAURANTS

Café Milou

Café Milou is one of those cute as a button French bistros (again, in one of the prettiest parts of Condesa) you'll end up going back to again and again every time you're in the city. The atmosphere is like walking into the garden party of an old friend; nothing but smiles, scrumptious food, great wine and no time frame to stick to. I love Milou for that reason.

Av. Veracruz 38, Roma Nte., 06700 Ciudad de México, CDMX



BARS & RESTAURANTS

El Greco

The tiniest taco place ever in the world! Well, maybe not, but it is really really small. They have some of the tastiest tacos in the area. Every option on the menu is delicious here, that's why locals keep coming back.

Av Michoacán 54, Hipódromo, 06100 Ciudad de México, CDMX

COFFEE & WORKSPACES

Freïms

Let's start with the outdoor space- A big area enclosed by a muraled wall that only features local artists- It's a fine way to work whilst still getting some fresh air and sunshine. The inside is just as impressive, with 2 little areas where you can buy books/vinyl, white marble tables (with power outlets underneath) and ultra comfy velvet seats.

Amsterdam 62B, Hipódromo, 06100 Ciudad de México, CDMX

COFFEE & WORKSPACES

Blend Station

If your hipster self were to create the perfect work friendly cafe/eatery, this baby would appear. Freelancers, expats, bloggers, lazy day laptop dwellers, they all come here. Why? For starters, the coffee is exceptional and served in good sized cups, the menu has great healthy, but also a little on the naughty side options.

Paloma It 233, Hipódromo, 13210 Cuauhtémoc, CDMX

COFFEE & WORKSPACES

En Hora Buena

So small you'll blink and miss it, but man, is their coffee good! I personally love this cafe, as they let you sit there for hours typing away undisturbed (you can juice up your gear here as well, as there are outlets aplenty), whilst they spoil you with their tasty menu and a gentle smile (everything is made on the premises). A favourite is their ultra decadent chocolate cake, or potato and zucchini hash with smoked salmon and yogurt dressing- Yum!

Calle Atlixco 13, Colonia Condesa, 06140 Ciudad de México, CDMX



Café Milou

COFFEE & WORKSPACES

Chiquitito Café

Such a cute name (translate to the "tiny cafe", bless them!) and cuter work space! Fresh flowers adorn your work station (lovely round tables with bench seat against the wall and stools in front) as you belt out a day's labour. Exceptional coffee and ambience for getting things done, as it's tranquil and small, but still has all the trimmings. This little gem stays open until 7:00pm.

Alfonso Reyes 232, Hipódromo, 06100 Cuauhtémoc, CDMX

COFFEE & WORKSPACES

Tierra Garat

Tierra Garat is situated on Calle Amsterdam, near the popular Parque Mexico and to the side of a gorgeous little plaza. You can easily spend hours here peacefully on your own little wooden table. Enjoy.

Amsterdam 218, Hipódromo Condesa, 06100 Ciudad de México, CDMX



BARS & RESTAURANTS

Chiquitito Café

Such a cute name (translate to the “tiny cafe”, bless them!) and cuter work space! Fresh flowers adorn your work station (lovely round tables with bench seat against the wall and stools in front) as you belt out a day’s labour. Exceptional coffee and ambience for getting things done, as it’s tranquil and small, but still has all the trimmings. This little gem stays open until 7:00pm.

Alfonso Reyes 232, Hipódromo, 06100 Cuauhtémoc, CDMX

WELLNESS

Clínica Nutrest Nutriólogos

A clinic run by nutritionists that offers great, well-rounded care. A super welcoming environment that really takes the time to understand your needs from the first consult. They offer the works; nutrition plans, a body aesthetics treatment room (where you can try out their fancy radio frequency apparatus), spa, it’s all here.

Zamora 33, Colonia Condesa, 06140 Ciudad de México, CDMX

WELLNESS

Black Beautyque

A facial and body spa that is so chic and client-focused, it sets the bar incredibly high. All sleek black walls, with luxe gold trimmings, treat yourself to any number of their facials (you’ll leave with baby skin!), or therapeutic massages, to melt away stress and travel fatigue. The aim of Black Beautyque is to up the expectations as far as beauty spas go, and they certainly deliver!

Avenida Mazatlan 91, Colonia Condesa, 06140 Ciudad de México, CDMX

WELLNESS

Sersana Studio

Loyalists go to Sersana. It’s not just a gym to go to sweat for an hour then go home. Sersana is a movement- It’s a method you see. Crossing fitness with nutrition and wellbeing, only the dedicated join up here. It’s where the mind/body empowerment hungry fans go to really test themselves and be guided by some badass trainers.

Guadalajara 93, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

Sartoria

A stylish, modern place for fantastic and fresh Italian pasta, but also cozy and with a focus on creating artisanal food (hence the translation of the name “Sartoria”). Everything on the menu is “in season” and provided sustainably by small-time producers. Some local flair is added through a small but thoughtful mezcal menu.

Orizaba 42, Roma Nte., 06700 Cuauhtémoc, CDMX

WELLNESS

Mint Nail Bar

Mint is a cozy and indulgent little nail spa. They offer a range of mani and pedi treatments, and never welcome a guest without offering them a smooth cappuccino or a delicious herbal tea.

Calle Atlixco 71, Colonia Condesa, 06140 Ciudad de México, CDMX



SHOPPING

Botánica Granel

100% Mexican own business that is all about two things; zero waste and sustainability. This store has no bags for you to take their goods home, which are a very impressive array of spices, herbs, nuts and seeds. Bring your own bags to take these fantastic quality goodies home, or purchase a hessian bag or two there (they also sell little glass bottles). A really great shopping experience, and refreshing alternative to the type of shopping we’ve become used to.

Fernando Montes de Oca 69, Colonia Condesa, 06140 Ciudad de México, CDMX

SHOPPING

Botanicus

Some of my absolute favourite organic skincare products come out of Botanicus. Every 8-9 weeks, I head to this store to stock up on creamy and ultra hydrating face creams, serums (my favourite is a spray made from algae), vanilla hair treatment (for the curly girls!) and oh my god, their soaps!! Ingredients are 100% locally sourced another huge plus!

Av. Vicente Suárez 41, Colonia Condesa, 06140 Ciudad de México, CDMX

SHOPPING

Viejo Amor

A vintage boutique that preys on your slightly boujee side- Walking in here is like stepping into one of those fancy pants boutiques that act like they don’t want you there.. . But this place does! Plus the staff are lovely! I have often found one-off pieces here from great designer brands that make my friends jealous, as well as more obscure, cool pieces.

Calle Atlixco 81, Colonia Condesa, 06170 Ciudad de México, CDMX

SHOPPING

El Grifo Mezcal y Cerveza Artesanal

El Grifo doubles as a seller of the top mezcal brands and craft beers in the nation and a bar- Head there now! Such a pretty and quaint store, it’s small, but reserves its grandeur for the exclusive beverages it promotes. Luckily for all of us, there’s also a fantastic pizza restaurant right next door- You. Are. Welcome ;)

Calle Juan Escutia 24 B, Colonia Condesa, 06140 Ciudad de México, CDMX

Cuauhtémoc

What to see, eat and discover in this trendy neighborhood.



BARS & RESTAURANTS

Emilia

As you enter Emilia, there's a central bar/open kitchen, and there are the masters, lead by wonderful chef Lucho Martínez. They are here to sweat over stoves in order to plate up pieces of their first love; elite fusion cuisine.

Río Panuco 132, Planta Alta, 1B, Cuauhtémoc, 06500 Ciudad de México

BARS & RESTAURANTS

Tacos Don Güero

Tacos al pastor. That is literally all I could say for this review, and that would be enough. The tacos here are that good! Ask any local to the area and they'll tell you too, don't just take my word for it. But since we're here, I might as well go on with my lyrical waxing.

Río Nilo 66, Cuauhtémoc, 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

María Ciento 38

Accomplished chef Antonietta di Pasquale whisks our taste buds away to Sicily, whilst our physical bodies remain, caught between Cuauhtémoc and another one of the oldest hearts of Mexico City- Santa Maria La Ribera (it's still a relatively well-kept secret, and so worth a visit).

Santa María La Ribera 138, Sta María la Ribera, 06400 Ciudad de México



BARS & RESTAURANTS

Kill Bill Sushi

Based on Tokio's famous listening bars, with a particular focus on Jazz, Kill Bill Sushi offers a unique dining experience. Only 14 seats are available around an intimate sushi bar, where delicious sushi and robata are prepared right in front of you. Very friendly staff, and the chef is right there too!

Orizaba 39, Roma Nte, 06700 Ciudad de México, CDMX



COFFEE & WORKSPACES

Casa de Fuego

First, sit up at the barista bar (or outside at one of the lovely long wooden bench seats). Second, open your laptop and briefly scan emails, Slack and any other communication platform. Third, close your laptop. Now, order yourself a scrumptious breakfast, with perhaps the most delicious, crusty bread in the city.

Río Nazas 50, Cuauhtémoc, 06500 Ciudad de México, CDMX

COFFEE & WORKSPACES

Cicatriz Café

The all-day grazing, coffee and laptop joint, straddling both Cuauhtémoc and Juárez (another great area in this wonderland of a city). A small, open little establishment facing an equally small plaza, makes for a very pleasant workspace. An added bonus, of course, is the caffeinated liquid gold they serve up at your leisure.

Calle Dinamarca 44, Cuauhtémoc, 06600 Ciudad de México, CDMX

COFFEE & WORKSPACES

Cucurucho

This is the type of cafe where you come to sit outside (space is limited indoors and it's more of a sit outside in the sunshine vibe) with your tablet, research paper, notepad (as in, the paper type, not the tech type) and work, sip, eat, stare in the distance, then repeat.

Río Nazas 52, Cuauhtémoc, 06500 Ciudad de México, CDMX

BARS & RESTAURANTS

Casa Virginia

This restaurant manages to combine the vibe of a nice Sunday with the family with fine dining culture. On the menu is a mix of European and Mexican influences, so you'll be pleasantly surprised by new flavors based on invitingly familiar concepts. Has a great selection of wines available!

Av. Monterrey 116, Cuauhtémoc, 06500 Ciudad de México, CDMX



WELLNESS

Remède Spa at St. Regis Hotel

What's that you say? You want a devilishly extravagant spa treatment with views of Mexico City, as far as the eye can see? You want velvety facials, a plush silky robe and cleansing herbal teas for your troubles? But of course, Remède Spa can, and will, oblige. Don't do anything else on the day you choose to come here, it will literally pale in comparison.

Av. Paseo de la Reforma 439, Cuahtémoc, 06500 Ciudad de México, CDMX

WELLNESS

Urban Camp

There's a big fat tire in the middle of one of the workout rooms. Have I got your attention? UrbanCamp is not joking. Not even in the slightest. You cannot get away with any type of anything here, except for maybe fainting from pure exhaustion. A health centre combining it all; food (there's a cafe attached), Pilates space, chiropractic services, and 2 other workout spaces (one with said tire).

Río Nazas 126, Cuahtémoc, 06500 Ciudad de México, CDMX

WELLNESS

En Dharma Spa

If fluid white robes, clay mud masks, and couples massages are your jam, well then, you'll want to head to En Dharma. There are various locales, but the one in Cuahtémoc is a beauty; cleverly hidden away amongst the busy streets and cars, it's a smaller space brimming with fresh flowers and excellent staff.

Calle Río Tiber 27, Cuahtémoc, 06500 Ciudad de México, CDMX

WELLNESS

ME AMO. Body & Massage

A centre for all your aesthetic needs! Me Amo caters to just about every priming need, so grooming in another country has never been easier friends! You can choose between carefully thought out facials for ultra hydration, deep cleansing and nourishment, to a blissfully holistic massage.

Calle Río Lerma 198, Cuahtémoc, 06500 Ciudad de México, CDMX

WELLNESS

Smart Fit

A gym where any traveler can go and take a one-off class or two, with plenty of new equipment and space to really work up a sweat (just in time to head out and have some more tacos, naturally). Smart Fit is super well-known all over, and it has many locations around the city. This one is nice and close, very convenient.

Calle Antonio M. Anza 20, C. U. Benito Juárez, 06700 Ciudad de México, CDMX



Distrito Fijo

SHOPPING

Jardín del Arte

A gorgeous plaza that transforms on Sundays into an art lovers Disneyland! The art up for grabs at this bazaar is phenomenal, and all of the artists are local, which is the best part. You can buy charcoal pieces on large butcher's paper framed in exquisite gold plated frames, to huge oil on canvas pieces.

Av. Paseo de la Reforma 222, Juárez, 06600 Ciudad de México, CDMX

SHOPPING

Reforma 222

A small shopping mall on one of the biggest avenues; Avenida Paseo de la Reforma. Here you'll find restaurants and clothing and accessories stores. There's also a cinema inside the mall for those who fancy a cinematic break.

Av. Paseo de la Reforma 222, Juárez, 06600 Ciudad de México, CDMX

SHOPPING

Distrito Fijo

Cyclists, I have the store for you! Such a great concept store for a city that's taking on the biking culture more and more. Locals take their wheels here for a tune-up, whilst they pick up some gear and have a coffee or a craft beer.

Calle Liverpool 61, Juárez, 06600 Ciudad de México, CDMX

SHOPPING

Vintrend Shop

The best vintage stores are those you have to work in; the ones you have to rummage, dive, scan and explore in. Those are the real gems, and this cute little store is one. Find super old one of a kind pieces, to the latest footwear no longer wanted by its previous owner.

Calle Liverpool 61, Juárez, 06600 Ciudad de México, CDMX

Roma

What to see, eat and discover in this trendy neighborhood.

BARS & RESTAURANTS

Licorería Limantour

A classy sipping joint that easily mixes art deco with modern chic (the hanging vine s, sleek wooden furniture melt well into the typical deco light fixtures). People come here to drink exquisite cocktails, chat, and slowly savour the award winning concoctions.

Av. Álvaro Obregón 106, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

Máximo Bistrot Local

Renowned chef and featured figure on the legendary Anthony Bourdain Parts Unknown series, Eduardo Garcia (and fellow chef Elias Gabriel Rodríguez) deliciously dances with the distinct French and Mexican flavours, creating a truly delicious menu. A must.

Tonalá 133, Roma Nte., 06700 Cuauhtemoc, CDMX

BARS & RESTAURANTS

Rosetta

Get to this in-demand restaurant early, or be prepared to wait, and no one likes to wait when they're hungry... Home of Mexican chef Elena Reygadas, Rosetta is on the 50 best restaurants list of Latin America. The hype is true and should be believed!

Colima 166, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

Lalo

Lalo is just food. Food food food, and more food. Oh! And freshly made pasta. Every day. A variant of the "just like mum used to make" national favourites like chilaquiles en salsa verde, to ant larvae (if you don't know, I'm not going to tell you what it is, go and give it a try), to the exquisite, silky, freshly made pasta and fluffy pizzas. Another brain child of Mexico's foodie hero Eduardo Garcia, he shows his French/Mexican culinary chops here too (Garcia's other baby is none other than Maximo Bistrot, which also made our recommended list).

Zacatecas 173, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

El Parnita

Here, there's nothing but all Mexican features on the menu, and El Parnita is ALWAYS worth a visit. Chilangos from every walk of life make the pilgrimage to this restaurant, because put very simply; it's pure food, purely Mexican and purely fresh ingredients. In my humble opinion, the variety of tacos reigns supreme here, won up only ever so slightly by the good atmosphere. The decor is quaint and welcoming, and not a massive space, so you'll feel relaxed, well fed and content.

Río Nilo 66, Cuauhtémoc, 06700 Ciudad de México, CDMX



BARS & RESTAURANTS

Tres Galeones

Tres Galeones is one of those frilly taco places, but no apology should be made for this, on the contrary- It's darling. The combinations are zesty and crisp, and these are the kinds of tacos that make you feel like your toes were sunken in sand with a sea breeze cooling your back.

Jalapa 117, Roma Nte., 06700 Cuauhtemoc, CDMX

BARS & RESTAURANTS

Mercado Roma

Come to Mercado Roma if you're super hungry for lunch/dinner, but also want to pick up some organic products from Mexican lush brand Botanicus (worth it!), but also want to eat dessert, but also want to sip on great wine (huge exhale!). All of this, under one designer's dream, two level building with high glass panels. It won't disappoint!

Calle Querétaro 225, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

Forever Vegano

Now, before anyone who isn't vegan groans and skips this one, Don't. This place gives any other taqueria a run for its money with 'unusual but it works' flavour combinations, and ultra fresh ingredients.

Guanajuato 54, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

Páramo

You want to go to Paramo when you have time to eat meals that make you furrow your brow and close your eyes whilst chewing slowly. You want to go with those loud friends you haven't seen in a while, who you can dinner for hour s with, drinking wine and so-phisticatedly prepared cocktails. It's a taste delight at this place, expressing the enormity and diversity of Mexican cooking.

Av. Yucatan 84, Roma Nte., 06700 Ciudad de México, CDMX

BARS & RESTAURANTS

Blanco Colima

Chic. That's Blanco Colima. Don't expect anything other than a meticulously planned layout, greenery placed in just the right place, and minimalistic pieces of art. Its canvas is a renovated colonial mansion. Their cocktails and drinks options are sophisticated, and of course, I should mention their incredibly lavish Sunday breakfasts. Do not rush this experience, it is a long ritual of sensory delight, and it begs for time and enjoyment.

Colima 168, Roma Nte., 06700 Ciudad de México, CDMX



COFFEE & WORKSPACES

Dosis Café

Frequented by freelancers, travellers, bloggers and the like, this cafe is the work space for the digital masses and Roma regulars. Though rather than being noisy or irritable, it's a rather light, calm humming place of work, superior in its coffee, with merely distant chatting.

Av. Álvaro Obregón 24B, Roma Nte., 06700 Ciudad de México, CDMX

COFFEE & WORKSPACES

Cardinal Casa de Café

A cafe to head to when you have some serious reading or typing to do. Cardinal Casa de Café is a small, open and pet-friendly place, where the sun beams in during the warmer months. It's quiet and friendly, the type of place you go when you need to work, but also want to look up from the screen every now and again and feel the city around you with the sun shining. Stellar coffee and a small, but delicious selection of snacks to keep you going.

Córdoba 132, Roma Nte., 06700 Ciudad de México, CDMX

WELLNESS

Centro Qi

Gym, yoga space, rock climbing wall, spa, restaurant... You want wellness and health, you come here! There is no way to come to this wellness centre and leave feeling like you've not paid your due to your mind, body and soul, literally, all bases are covered. Qi boasts a gorgeously sleek and modern building to go and relieve your stresses.

Amsterdam 317, Hipódromo, 06100 Ciudad de México, CDMX

WELLNESS

Power Flow Yoga

This yoga centre runs purely on donations, a true not-for-profit yoga studio for anyone who wishes to practice- Yoga guru or no, all are welcome here. The surrounds are bright and colourful, and perhaps more focus is placed here on practice, versus sleek and chic aesthetics. A true Roma classic.

Uruapan 17, Roma Nte., 06700 Ciudad de México, CDMX



SHOPPING

La Increíble Librería

An award winning (bookstore of the year in 2017) little wooden enclave of a book store that offers more than just paperbacks. Apart from having a solid and select collection of art, design and local/international must-have books, this delightful store also showcases quirky, locally-made products.

Jalapa 129, Roma Nte., 06700 Ciudad de México, CDMX

WELLNESS

Headquarter

Very cool, almost painfully so, it's lay-out is minimalist meets minimalist- This boutique stocks hard to find Japanese, US and other labels so hip.

Colima 244, Roma Nte., 06700 Ciudad de México, CDMX

SHOPPING

Balmoria

A self-confessed skin, hair, or basically any type of hygiene/ self-care product addict, Balmoria is, unashamedly, my happy place. The store invites you in as all these types of stores do, with its waft of delicious scents.

Orizaba 101, local 2, Roma Nte., 06700 Ciudad de México, CDMX

SHOPPING

Mercado Medellín

A favourite amongst Roma locals and surrounding Chilangos alike, Mercado Medellín is arguably one of the best markets in the city. The inventory list here is impressive; just plucked out of the ground, or picked from a tree fruit/ veggie stands, butchers, florists, etc.

Campeche 101, Roma Sur, 06760 Cuauhtémoc, CDMX

Lined area for notes.





VIATO
by FIBRA V