

4 Days in Mexico City: A Solo Traveller's Itinerary

Mexico City, Mexico · March · 4 days

Tailored for solo travelers - includes social activities, safe areas, and solo-friendly options

Four days in Mexico City, starting in the Zócalo and ending at Chapultepec Castle and dinner at Pujol. Look forward to the Templo Mayor ruins, Frida Kahlo's house in Coyoacán and a lazy lunch at the Mercado de Coyoacán.

Open the interactive trip: live map, photos and links

Before you go:

Get a Mexico eSIM: data on landing

What this trip might cost, per person for 4 days, flights extra:

Budget \$120-160 · Mid-range \$240-360 · Comfort \$480

Opening hours, prices and transport change. Please double-check bookings and times before you go.

YOUR TRIP AT A GLANCE

- 1

DAY 1

Zócalo, Templo Mayor and Café de Tacuba

Centro Histórico · 4 nights
- 2

DAY 2

Palacio Nacional, Alameda Central and Museo Tamayo
- 3

DAY 3

Frida Kahlo's House and Coyoacán
- 4

DAY 4

Chapultepec Castle and Dinner at Pujol
- ?

AFTER THE LAST DAY

Before you go: Mexico City

Zócalo, Templo Mayor and Café de Tacuba

Arrival day: an easy start close to your stay

Sunrise 6:46 AM

Golden hour 6:18 PM

Sunset 6:47 PM

Your base for 4 nights: Centro Histórico

Begin on the Zócalo, then walk through the Templo Mayor ruins and the Metropolitan Cathedral before settling in at Café de Tacuba.

GO

12:30 PM · 1 hour

Mexico City International Airport to Centro Histórico

Take the metro Line A from Terminal 1 (or Line B from Terminal 2) direct to Zócalo station. Around 45 minutes, 7 pesos. Head straight to your hotel to drop bags.

- Metro Line B (Airport) · 30-40 minutes · \$3.50 per person
- Authorized taxi (Sitio) · 30-50 minutes depending on tra · \$17-20 per person
- Uber · 25-45 minutes depending on tra · \$8.50-14 per person

[Book a transfer](#)

1



1:45 PM · 1.5 hours

Zócalo

Free

Mexico City's vast colonial plaza ringed by the Metropolitan Cathedral and National Palace. The scale hits you immediately, and on a March afternoon the light is clean and sharp. Walk the perimeter and lean against the fountain to absorb it. A 2-minute walk from Zócalo metro station.

Insider tip: Arrive by 2 PM to avoid the afternoon tour crowds, and stay until golden hour hits around 6:15 PM for the best light on the Cathedral.

[Open in Google Maps >](#)

2

3:30 PM · 1.5 hours

Templo Mayor

\$5.50 per person · Open 9 AM-5 PM

Aztec temple ruins buried under colonial Mexico City, now excavated and displayed with a small on-site museum. The contrast between pre-Hispanic stone and Spanish churches built on top is the whole story of Mexico in one walk. A 5-minute walk north from the Zócalo.

Insider tip: Climb the upper platform for the sightline back to the Cathedral; it explains why the Spanish built there.

[Book tickets](#)
[Open in Google Maps >](#)

3

5:30 PM · 1.5 hours

Book ahead

Café de Tacuba

\$8.50-14 per person for a meal · Open 1 PM-11 PM

Sit-down dinner of traditional Mexican food in a colonial mansion one block from the Zócalo. Try the chile relleno and agua fresca. Dinner gives you an excuse to slow down and eat properly after the long travel day. On Calle de Tacuba, a 3-minute walk from Templo Mayor.

Insider tip: Book a table by the window; you'll eat with views of the Zócalo lit up.

[Open in Google Maps >](#)

4

7:00 PM · 45 minutes

Metropolitan Cathedral

Free

The largest cathedral in the Americas, built on top of an Aztec temple. The light at 6:30 PM floods through the high windows and turns the stone honey-coloured. Walk the aisles quietly; it's vast and atmospheric. Steps away from Café de Tacuba.

Insider tip: Enter from the south side for fewer tourists and better photos of the nave without crowds.

[Open in Google Maps >](#)

If you land early (optional, close to your stay, before the plan above)

Mercado de la Merced: Massive wholesale market bursting with produce, flowers and spices. If you land early, wander the flower section and grab breakfast tacos from a stall. 15 minutes by metro from Zócalo to Merced station.

Alameda Central: Tree-lined park with benches, fountains and a relaxed morning pace. Sit with coffee and watch the city wake up. 10 minutes walk west from Centro Histórico metro station.

PREFER A GUIDE? · 3 HOURS

Palacio de Bellas Artes and Muralist Treasures walking tour

See Diego Rivera's masterpieces and learn about Mexico's muralist movement in Centro, the city's colonial heart.

[Book this tour](#)

[Open Day 1 as a route in Google Maps](#)

Where to stay in Centro Histórico

Stay in Centro Histórico, ideally between Zócalo and Alameda Central. It puts you five minutes from the metro, walking distance to every museum and market, and you'll live among the city's actual pulse, not a tourist bubble.

Hostel Mundo Joven Centro Histórico

Budget · Hostel · \$

Private rooms available. Central location, social vibe, good for solo travellers. Budget-friendly breakfast included.

[Book now](#)

[Google Maps >](#)

Ibis Centro Histórico

Budget · Hotel · \$

No-frills reliable base. Budget-friendly, clean, near metro Line 2 for quick trips south.

[Book now](#)

[Google Maps >](#)

Hostel Mundo Joven Zócalo

Budget · Hostel · \$

Social vibe, private rooms available. Central location, good breakfast included.

[Book now](#)

[Google Maps >](#)

Hotel Catedral

Mid-range · Hotel · \$\$

Overlooks Zócalo from rooftop terrace. Perfect base for Day 1 wandering.

[Book now](#)

[Google Maps >](#)

Casa de los Azulejos Boutique Hotel

Mid-range · Hotel · \$\$

Colonial palace converted to hotel. Steps from Alameda, Art Deco charm.

[Book now](#)

[Google Maps >](#)

Gran Hotel Ciudad de México

Mid-range · Hotel · \$\$

Zócalo views, early-20th-century bones. Book the café for breakfast with a view.

[Book now](#)

[Google Maps >](#)

[All stays in Centro Histórico](#)

[Holiday rentals](#)

Where to eat

Contramar

Mexican Contemporary · Lunch · \$\$

Casual spot near Zócalo. Order ceviche or grilled fish with fresh tortillas.

[Google Maps >](#)

El Cardenal

Mexican Traditional · Dinner · \$\$

Historic dining room in Centro. Chilaquiles or mole negro, local crowd, no fuss.

[Google Maps >](#)

DAY 1: ZÓCALO, TEMPLO MAYOR AND CAFÉ DE TACUBA (CONTINUED)

TOURS & DAY TRIPS FROM MEXICO CITY

HALF DAY

Mexican food tour with cooking class

Learn to make mole or pozole from a local cook, then eat what you've made with the group.

[Book now](#)

HALF DAY

Xochimilco boat tour and market visit

Pole through floating gardens on colourful boats, stop at a local market, and eat fresh seafood on the water.

[Book now](#)

HALF DAY

Street art and food tour in Roma and Condesa

Your guide will take you to galleries and street art hotspots most tourists miss, plus stops at neighbourhood food stalls.

[Book now](#)

Palacio Nacional, Alameda Central and Museo Tamayo

Sunrise 6:46 AM

Golden hour 6:18 PM

Sunset 6:47 PM

Sleep in Centro Histórico · night 2 of 4

See the Palacio Nacional first, stroll the Alameda Central, then spend your afternoon at the Biblioteca Vasconcelos and Museo Tamayo.

1

9:00 AM · 1.5 hours

Palacio Nacional

Free (courtyard and murals); \$4.50 for interior t · Open 9 AM-5 PM (closed Mondays)

Rivera's three-floor mural cycle dominates the main staircase and upper galleries. The images track Aztec, colonial, and revolutionary history in vivid, narrative detail. It's free and opens at 9 AM. Head there straight from your hotel, about a 10-minute walk from Centro Histórico metro stops.

Insider tip: Arrive by 9:15 AM before tour groups. Stand on the stairs for the full staircase mural, not the landings.

[Open in Google Maps >](#)

2

10:45 AM · 1 hour

Biblioteca Vasconcelos

Free · Open 8:30 AM-7:30 PM

A modernist public library with soaring suspended bookshelves, skylights, and a calm interior court. The architecture is the draw here. A 15-minute walk south or one stop on metro line 2 from Palacio Nacional.

Insider tip: Visit the main reading room and the upper galleries for the best interior shots. Go mid-morning when it's quieter.

[Open in Google Maps >](#)

3



12:00 PM · 1.5 hours

Alameda Central

Free

A 16-hectare park with Belle Époque monuments, benches under jacarandas, and colonial palaces on its edges. Street musicians and locals fill the space. Walk through and spot the surrounding murals and art installations. A 10-minute walk east from Biblioteca Vasconcelos.

Insider tip: Lunch at a park-side cafe rather than leaving; watch the foot traffic and light shift across the monuments.

[Open in Google Maps >](#)

4

1:45 PM · 1.5 hours

Museo Tamayo

\$8 per person · Open 10 AM-6 PM (closed Mondays)

Contemporary art museum housed in a modernist glass and steel cube. Small, focused exhibitions of Mexican and international work. Strong on video art and installation. On the east side of Alameda, a 5-minute walk from the park.

Insider tip: Entry is 90 pesos. Skip if the current show doesn't appeal; check online first.

[Book tickets](#)

[Open in Google Maps >](#)

5

3:30 PM · 45 minutes

Casa de los Azulejos

Free

An 18th-century palace wrapped in hand-painted blue and white tiles, now a Sanborns restaurant and cultural space. The courtyard alone is worth the five minutes. A 10-minute walk south from Museo Tamayo.

Insider tip: Pop into the courtyard for free. If you're hungry, the Sanborns upstairs does decent sandwiches and coffee.

[Open in Google Maps >](#)

6



4:20 PM · 1.5 hours

Palacio de Bellas Artes

\$7-10 per person depending on exhibition · Open 10:30 AM-6 PM (closed Mondays)

An Art Nouveau and Art Deco masterpiece with a stunning glass dome and interior murals by Rivera, Orozco, and Siqueiros. The building itself is the art. A 5-minute walk southwest from Casa de los Azulejos. Visit late afternoon to catch golden light on the dome's exterior.

Insider tip: Ticket is 90 pesos. Arrive by 5 PM to see the dome lit by golden hour; the interior murals are dim but moody at dusk.

[Book tickets](#)

[Open in Google Maps >](#)

7

6:30 PM · 2 hours

[Book ahead](#)

Contramar

\$23-34 per person for dinner · Open 1 PM-11:30 PM (closed Sundays)

Seafood restaurant in a converted colonial mansion with an open courtyard and creative fish dishes. Prices mid-range to upscale. About a 15-minute metro ride south (line 2 to metro Chilpancingo, then a 5-minute walk), or taxi. Book ahead or arrive by 7 PM for a table without booking.

Insider tip: Order the tostadas de atún or the whole grilled fish. Ask for a table in the courtyard, not the main room.

[Open in Google Maps >](#)

[Open Day 2 as a route in Google Maps](#)

DAY 2: PALACIO NACIONAL, ALAMEDA CENTRAL AND MUSEO TAMAYO (CONTINUED)

Where to eat

Contramar

Mexican seafood · Lunch · \$\$

Grilled fish with charred tortillas. Book ahead, arrive by noon to grab a table without reservation.

[Google Maps >](#)

Café de Tacuba

Mexican · Breakfast · \$

Chilaquiles and fresh juice. Counter seating, quick service, packed mornings but worth the wait.

[Google Maps >](#)

Pujol

Mexican contemporary · Dinner · \$\$\$

Book two weeks ahead. Tasting menu showcases Mexican ingredients with technique. Reserve online now.

[Google Maps >](#)

Frida Kahlo's House and Coyoacán

Sunrise 6:46 AM

Golden hour 6:18 PM

Sunset 6:47 PM

Sleep in Centro Histórico · night 3 of 4

Head south to Coyoacán for the Frida Kahlo museum, then wander Jardín Centenario, the market and Trotsky's house at an easy pace.

1

9:00 AM · 2 hours

Book ahead

Museo de Frida Kahlo

\$14 per person · Open 10 AM-6 PM (closed Mondays)

The Blue House where Frida lived and painted. You'll see her studio, personal objects, and works in the rooms she actually used. Take the metro from Centro Histórico: Line 2 southbound to Coyoacán station (25 minutes), then a 10-minute walk.

Insider tip: Go right at opening to skip crowds. Buy tickets at the door or online. Don't miss the pre-Hispanic artefacts she collected.

Book tickets

Open in Google Maps >

2

11:15 AM · 1 hour

Jardín Centenario

Free

Coyoacán's main plaza, lined with jacaranda trees and colonial arcades. Grab coffee or juice from a street vendor, sit on a bench, and watch local life. Five minutes' walk from the Frida museum.

Insider tip: The plaza is busiest mid-morning on weekends. Come on a weekday for a quieter, more authentic feel.

Open in Google Maps >

PREFER A GUIDE? · HALF DAY

Frida Kahlo Museum and Coyoacán walking tour

You'll see Frida's studio and personal objects, then explore the bohemian neighbourhood where artists and writers still gather.

Book this tour

3



12:30 PM · 1 hour

Mercado de Coyoacán

\$3-8.50 per person typical spend for snacks/drinks · Open 10 AM-8 PM (varies by stall)

A working neighbourhood market for fresh produce, flowers, and prepared food. Pick up tamales, quesadillas, or fresh fruit. It's the real deal, not a tourist spot. A 5-minute walk south from Jardín Centenario.

Insider tip: Shop early before noon. Ask a vendor to recommend the best comida corrida stall for lunch.

Open in Google Maps >

4

2:00 PM · 1.5 hours

Trotsky House Museum

\$3.75 per person · Open 10 AM-5 PM (closed Thursdays)

The fortified home where León Trotsky was exiled and assassinated. His study, bedroom, and the famous ice-pick hole are preserved. Lean into the Cold War drama. A 15-minute walk north from Mercado de Coyoacán.

Insider tip: Buy tickets on arrival. The English tour runs at 3:30 PM and fills up. Small group, intense history.

[Book tickets](#)[Open in Google Maps >](#)

5

3:45 PM · 1.5 hours

Avenida Francisco Sosa

Free

A tree-lined bohemian street lined with galleries, cafes, and colonial mansions. Wander, window-shop, and stop for coffee or mezcal. A 5-minute walk east from Trotsky House.

Insider tip: Visit galleries on foot and pop into small art studios. Many close Mondays. Best light and fewer crowds after 3 PM.

[Open in Google Maps >](#)

6

5:15 PM · 1 hour

Fonoteca Nacional

Free · Open 10 AM-6 PM (closed Mondays)

A quiet, quirky archive of Mexican music and sound from a 1920s mansion. Listen to vinyl records, watch old performance clips, or just sit in the garden. End your afternoon here for calm before dinner. A 10-minute walk from Avenida Francisco Sosa.

Insider tip: It's free and rarely crowded. Ask staff to play a classic Mexican corrido or son jarocho while you rest.

[Open in Google Maps >](#)

7

7:00 PM · 1.5 hours

Book ahead

Restaurante Jaso

\$17-29 per person for dinner · Open 2 PM-11 PM (closed Mondays)

Proper Mexican cuisine on a quiet Coyoacán street. Try the mole negro, a whole branzino with lime, or chiles rellenos. Real cooking, local crowd, reasonable prices. A 10-minute walk from Fonoteca Nacional.

Insider tip: Book ahead on weekends. Arrive at 7 PM to eat while natural light still comes through the windows.

[Open in Google Maps >](#)

GO

8:45 PM · 30 minutes

Coyoacán to Centro Histórico

Metro Line 2 northbound from Coyoacán station back to your base. 25 minutes, direct route.

- Metro · 30-40 minutes · \$0.30 per person

- Uber · 15-25 minutes · \$4.50-7 per person

[Open Day 3 as a route in Google Maps](#)

DAY 3: FRIDA KAHLO'S HOUSE AND COYOACÁN (CONTINUED)

Where to eat

Café de Tacuba

Mexican Contemporary · Breakfast · \$\$

Charming courtyard spot near Zócalo. Order chilaquiles and fresh juice before heading south.

[Google Maps >](#)

Corazón de Maguey

Mexican Regional · Lunch · \$\$

Coyoacán favorite in a colonial house. Mole negro and nopales. Arrive by 1pm to beat crowds.

[Google Maps >](#)

Fuente de Cerveza

Mexican Casual · Dinner · \$

Lively spot on Jardín del Carmen. Tacos al pastor and local beer. Perfect for people watching.

[Google Maps >](#)

Chapultepec Castle and Dinner at Pujol

Sunrise 6:46 AM

Golden hour 6:18 PM

Sunset 6:47 PM

Sleep in Centro Histórico · night 4 of 4

Climb up to Chapultepec Castle, see the Museo de Arte Moderno, browse the Mercado de Polanco and finish with dinner at Pujol.

1

8:00 AM · 2 hours

Castillo de Chapultepec

\$5.50 per person · Open 9 AM-6:15 PM

Perched on a hilltop, this 19th-century castle offers city views and rooms filled with Mexican history from independence through the 20th century. It's less crowded early, and the views improve as the city wakes up. Take the Metro Line 1 to Chapultepec station, then walk 15 minutes uphill through the forest.

Insider tip: Arrive by 8:15 AM to beat tour groups. The terrace on the east side catches the best morning light.

[Book tickets](#)[Open in Google Maps >](#)

2

10:30 AM · 2 hours

Museo de Arte Moderno

\$5.50 per person · Open 10 AM-6 PM (closed Mondays)

Five floors of 20th-century Mexican art: Rivera, Orozco, Tamayo, Frida's contemporaries. It's manageable in two hours and sits right in Chapultepec Park, so no travel time wasted. Walk downhill from the castle or enter directly from the park.

Insider tip: Skip the permanent collection queues: go straight to the temporary exhibitions on the top floor first.

[Book tickets](#)[Open in Google Maps >](#)

3

1:00 PM · 1.5 hours

Mercado de Polanco

\$4.50-11.50 per person typical spend · Open 10 AM-8 PM

A gourmet food market in the heart of Polanco with sit-down stalls serving fresh ceviche, tacos, tortas, and regional Mexican dishes. It's touristy but good, and perfect for a proper lunch without leaving the neighbourhood. Metro Line 1 from Chapultepec to Polanco, then walk 8 minutes.

Insider tip: Sit at La Polar's ceviche counter for the best fish. Order the mixed ceviche tostadas and a fresh jamaica agua.

[Open in Google Maps >](#)

DAY 4: CHAPULTEPEC CASTLE AND DINNER AT PUJOL (CONTINUED)

4

7:00 PM · 2.5 hours

Book ahead

Pujol

\$69-91 per person for tasting menu · Open 1 PM-4 PM, 6 PM-11 PM (closed Sundays and Mondays)

Mexico City's top restaurant, tasting menu only, focused on Mexican ingredients and technique. Book weeks ahead normally, but it's worth trying for a walk-in table at the bar. A 10-minute walk from Tamayo through Polanco's quiet streets.

Insider tip: Arrive exactly at 7 PM for the best chance at a bar seat without a reservation. If full, Contramar or Quintonil are strong second choices.

[Open in Google Maps >](#)

Open Day 4 as a route in Google Maps

Where to eat

Contramar

Mexican Seafood · Lunch · \$\$

Casual waterfront spot. Order the ceviche and grilled fish of the day.

[Google Maps >](#)

Café de Tacuba

Mexican Contemporary · Dinner · \$\$

Modern takes on classics in Polanco. Try the mole and seasonal vegetables.

[Google Maps >](#)

When should I book Frida Kahlo's house?

Book online (museofrida.org.mx) at least 2-3 days ahead; it hits capacity by 11am most days and timed entry is required. Go early in the morning if you don't have a slot.

What's the best market for street food?

Merced (north of the centro) is the city's massive produce market and chaotic in the best way; go 8-10am. For eating, Oaxaca Street in Colonia Roma has excellent taquerías. Both are worth the metro ride.

Do I need to book restaurants in advance?

Not for casual spots and taquerías. For Pujol, Quintonil or other fine dining, book 1-2 weeks ahead online. Most mid-range places take walk-ins but expect queues 2-3pm and 8-9pm.

What's the weather like in Mexico City in March?

Expect 24°C/75°F days and 12°C/54°F nights. Pack layers, sunscreen, and comfortable walking shoes. Rain's rare but bring a light jacket just in case.

Do people speak English in Mexico City?

Spoken here: Spanish. English is spoken in tourist areas, restaurants, and hotels, but not widely in local markets or public transport.

Useful phrases:

- Hola (OH-lah): Hello
- ¿Cuánto cuesta? (KWAN-toh KWES-tah): How much does it cost?
- Un café, por favor (oon kah-FEH, por fah-VOR): A coffee, please
- ¿Dónde está...? (DON-deh es-TAH): Where is...?
- Gracias (GRAH-see-ahs): Thank you

Is Mexico City safe for visitors?

Stick to well-traveled neighbourhoods like Roma, Condesa, Coyoacán, and Centro. Avoid displaying expensive items and don't wander alone after dark in unfamiliar areas.

What's the emergency number in Mexico?

Call 911 for police, ambulance or fire.

Do you tip in Mexico?

Leave 10-15% in restaurants if service wasn't included. Taxi drivers and hotel staff don't expect tips but appreciate small change. Street food vendors don't need tips.

What do only locals know about Mexico City?

- Hit the markets early: Mercado de Abastos opens at 7am and clears by 11am, so get there first thing for the best produce and street food.
- Use the Metro app to navigate the subway cheaply (single journey around 5 pesos), but keep your bag close and avoid peak hours 7-9am and 6-8pm.
- Every neighbourhood has a vibe: Roma is trendy, Condesa is hip and leafy, Coyoacán is bohemian and pedestrian-friendly, Centro is colonial and crowded.
- Many museums offer free or discounted entry on Sundays. Book the Frida Kahlo Museum online in advance or you'll wait hours.