

# The **No-Stress** Family & Accessibility Guide

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Explore with **Confidence** and **Comfort**:  
a complete roadmap for  
**Limited Mobility, Senior Stamina, and Strollers**



[montealbanoaxaca.com](http://montealbanoaxaca.com)

# Limited Mobility Arrival & Logistics

## **Drop-off:**

Ask your driver to pull up to the concrete pavement near the entrance. Avoid getting out in the middle of the gravel parking lot.

## **The Entrance:**

There is a decently wide concrete ramp that connects the drop-off point directly to the Ticket Office, Museum, Restaurant, and Bathrooms.

## **Bathrooms (Important):**

The bathrooms are located before the entrance to the site. You do not need a ticket to access them. Use them immediately upon arrival because there are none available after entering the site.

## **Accessing the Main Plaza (The Secret Path)**

### **The Route:**

Do not try to climb over the mounds. There is a specific accessible path that runs behind the North Palaces, turns South around the North Platform, and enters the Plaza near Stela 18 and System IV, (*see the map on the next page*).

### **Surface Condition:**

This path is hardened dirt and short grass. It is even and stable, but not paved.

### **Effort Level:**

Electric Wheelchairs will have no issues. For manual wheelchairs the path is generally flat, but the surface friction means an elderly person or someone with limited upper-body strength will likely need to be pushed.

## **The Touring Strategy (Counter-Clockwise Loop)**

### **The View:**

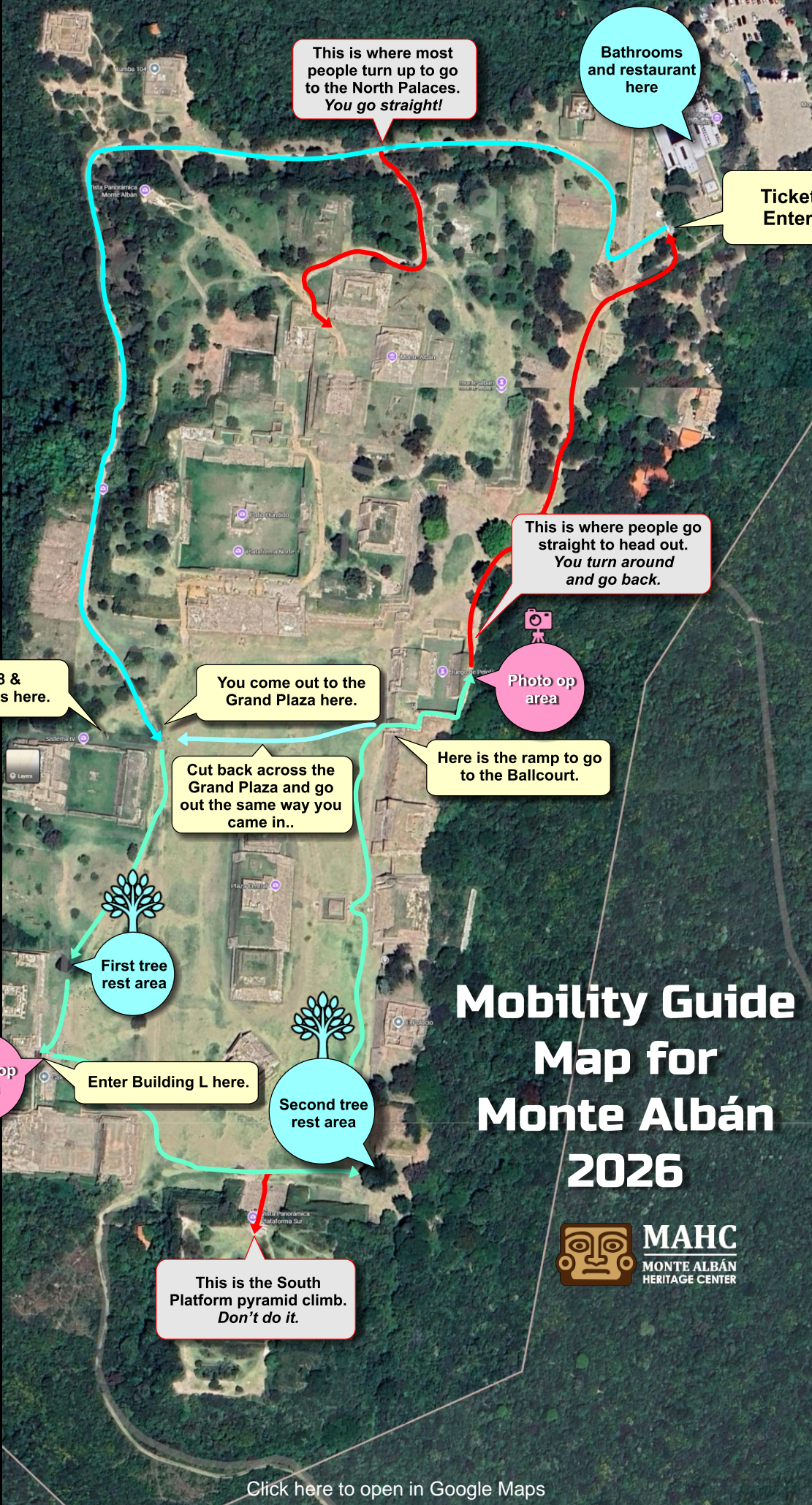
Once you enter via Stela 18, you are on the Main Plaza level. There are no steps down; it is a seamless transition.

### **Navigation:**

We recommend a Counter-Clockwise route. This allows you to see all major structures from the ground level as well as allowing you the shortest route back to the entrance.

### **Building J:**

Depending on the width of your wheelchair, you may be able to enter the interior of Building J to see the engravings. Narrow chairs fit best.



This is where most people turn up to go to the North Palaces. You go straight!

Bathrooms and restaurant here

Ticket gate Enter here

This is where people go straight to head out. You turn around and go back.

Photo op area

Stela 18 & System IV is here.

You come out to the Grand Plaza here.

Cut back across the Grand Plaza and go out the same way you came in..

Here is the ramp to go to the Ballcourt.

First tree rest area

Photo op area

Enter Building L here.

Second tree rest area

This is the South Platform pyramid climb. Don't do it.

# Mobility Guide Map for Monte Albán 2026



## **The "Dead End" Warning (Save Your Energy)**

At the far end of the counter clockwise circuit, there is a ramp that takes you above the ballcourt. Up there, there are stunning views of the Oaxaca Valley. The Catch? Though this way is the way out for most, it is a dead end for wheelchairs or anybody with mobility issues. There are rugged stairs further down, but they are unsafe to descend. So you must go back down the ramp, return to the Plaza, walk southwest back to the path where you came in (by Stela 18) in order to return to the exit (again, see the map). Keep this in mind and plan your trip accordingly!

## **The Two Best Accessible Photo Ops (For those with mobility issues)**

### **The Classic Shot:**

From the Danzantes (Gallery of the Dancers) looking North. This captures the scale of the Grand Plaza perfectly from ground level.

### **The Valley Shot:**

From the top of the Ballcourt ramp you can see a beautiful view of the valley floor.

Of course there are so many more opportunities for pictures but these are the two most popular and they're accessible to everyone.



**View of the ramp leading to the top of the Ballcourt**

# The Elderly: The "Stamina Saver" Strategy

(Critical advice for travelers 60+ or those with respiratory/knee issues)

## The "Heat & Distance" Reality Check:

The Grand Plaza is 300 meters long (roughly 3 football fields). It is fully exposed to the sun. The "Rubber Band" Rule: The further you walk away from the entrance, the further you must walk back.

## Health Warning:

If you have respiratory issues or struggle with heat, do not go past the Museum area. The elevation + heat + distance can be dangerous.

## Essentials:

A hat and water are mandatory. A walking stick helps for balance, but remember: the stick doesn't do the walking, you do.

## The North Palace Trap (Crucial Warning)

The mistake many visitors make is entering via the path up to the North Palaces/Sunken Patio. While going up is doable, the path down into the Main Plaza involves steep, tall, and uneven steps. These steps require high knee-lifting and offer poor support. It is a major hazard for anyone with flexibility or knee problems. So the fix is, if you do go up, do not descend into the Plaza this way. Backtrack the way you came and enter via the Handicap Access Path (see map).

## Touring the Main Plaza (West Side)

### Pacing:

Take your time. The energy is uplifting, but the sun is scorching.

### Accessible Sights:

You can see Stela 18, Building L, the Danzantes, and System M perfectly from ground level.

### Rest Stop #1:

There is a resting tree at the halfway point (see map). Use it.



First rest stop in front of Building L on the west side of the Grand Plaza

## **The South Platform (To Climb or Not to Climb)**

### **The Temptation:**

You will see people climbing the massive South Platform for the "best view" of the valley. The reality is climbing up is extremely tiring and that's the easy part. Climbing down is the "knee-killer." The steps are tall, uneven, and require dangerous impact on your joints.

### **The Verdict:**

Unless you are in excellent physical shape, skip the climb.

### **Rest Stop #2:**

In the Southeast corner (next to the South Platform base), there is a shade tree. Take a break here—this is the last shade you will get for a while.

## **The Return Trip (East Side & Exit)**

### **Accessible Sights:**

Building P, the Adoratorio, Buildings G, H, I, and the Ballcourt are all easily accessible from the path.

### **Building VG Warning:**

To see Building VG, you must climb a dirt hill. After 2–3 hours in the sun, this is often the "straw that breaks the camel's back." Skip it; save your energy for the exit.

### **Tomb 56:**

Visible on your way out near the exit path.

## **The Final Stop (Tomb 7)**

### **Location:**

Right off the parking lot/exit path.

### **Accessibility:**

Straightforward and flat.

### **Recommendation:**

Visit this last on your way out. It is easy to access and close to the car if you need to leave quickly.



# The Stroller & Toddler Survival Guide

(Essential logistics for families with kids under 8)

## Stroller Logistics (What parents need to know)

### The "Off-Road" Terrain:

The plaza is hardened dirt and short grass.

### Pro Tip:

Large-wheeled strollers (joggers) work great. Small plastic-wheeled "umbrella" strollers will vibrate aggressively and might repeatedly get stuck.

### Stroller Parking:

If you decide to climb the South Platform (see warnings below), you cannot take the stroller. It is generally safe to park your stroller at the base of the stairs. Theft inside the ruins is very rare. Take your valuables (wallet/camera), but leave the buggy. You will be able to keep an eye on it as you ascend.

## The "Code Brown" Protocol (Diapers & Bathrooms)

### Changing Tables:

Do not count on them.

### The Emergency Spot:

If you are deep in the site (far from the entrance) and need to change a diaper or two, head to one of the "Resting Trees" that are marked on the map. They are the best place for a quick change.

### Trash Disposal:

You do not need to carry dirty diapers all the way out. There are trash cans located along the paths between the structures.



## **Snacks & Food**

### **(To eat or not to eat)**

#### **The Picnic Rule:**

While full elaborate picnics aren't common, quick snack breaks are necessary for kids. Use the Resting Trees (again, marked on the map) for shade.

#### **Ground Cover:**

The grass can have ants. A light blanket is recommended if you plan to sit for more than 5 minutes.

#### **The Restaurant:**

The on-site restaurant is kid-friendly and a safe bet for a meal before or after the tour.

## **CRITICAL SAFETY**

### **(The "No-Climb" Rules)**

#### **The South Platform Warning:**

The stairs are steep, uneven, and high.

#### **The "No-Carry" Rule:**

*NEVER* attempt to carry a toddler or baby in your arms while climbing the pyramid. Your center of gravity shifts, and a slip could cause a bad accident.

#### **The Age Limit:**

We recommend that only children 8 years and older attempt the climb, and only if they are calm and careful. If your child is younger, stay on the ground level.

## **Beating Boredom**

### **(The "Magic" Tricks)**

#### **The Echo:**

Stand near Stela 9 (located directly in front of the North Platform) and have your kids clap loudly. The acoustics of the ancient city create a distinct "bird chirp" echo that feels like magic. You can also see people doing the same at the top of the Ballcourt.

#### **Iguana Spotting:**

Keep kids engaged by hunting for iguanas on the stone walls (look, don't touch!).

#### **The Museum (side note):**

This is a "Low Stress" zone. Most fragile items are behind glass or ropes. It is safe for toddlers to walk through, provided you keep an eye on them.



# One Last Tip: Don't Just Walk It, Hear It.

Now that you know how to navigate Monte Albán safely without exhausting yourself, make sure you understand what you are looking at. You have the **5 Stop Audio Tour** so...

## Before you lose signal at the top of the mountain:

1. Open your email. Download the Audio Tour files to your phone now.
2. Pop in your headphones as you walk the "Accessible Path."

## "Need Food or Plans for Tonight?"

You've survived the ruins! *Now go enjoy the city.*

Visit [montealbanoaxaca.com](http://montealbanoaxaca.com) for our curated list of alternative restaurants that won't turn you away at the door and at the same time give you the best food and experience Oaxaca Gastronomy has to offer. Click [HERE](#) for the list.

Looking for some tantalizing nightlife destinations in Oaxaca. Click [HERE](#).

And for all the events going on in Oaxaca right now, check out our Events Calendar [HERE](#).

## Have Fun & Enjoy Oaxaca!

