

THE US Review of Books



[Exploring Wine Regions—Mexico: Discovering Mexico's Quality Wines and Phenomenal Cuisine](#)

by Dr. Michael C. Higgins PhD
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book review by Mark Heisey

"The three wine regions I visited for this book are truly remarkable. You have to go. The food is amazing, the people are wonderful, and the wine will surprise you."

When considering the world's top wine regions, many will often bring up France, Italy, or even California. One destination that is not readily recalled is Mexico. However, this guidebook gives an extensive, firsthand account of exceptional wines from the country paired with stunning views and incredible culinary discoveries. For instance, the Valle de Guadalupe is a part of the same wine-making climate famous in California. Meanwhile, the mountainous state of Guanajuato in central Mexico is home to a unique wine-making climate as well as a thriving travel destination—the colonial-era village of San Miguel de Allende. Finally, the small Mexican state of Queretaro, with its abundance of history and Spanish colonial architecture, is not only known for its wine, food, and culture but also for its particularly engaging sparkling wines. All three regions have been attracting world-class winemakers who have studied and

worked all over the world alongside owners who are driven to provide some of the finest quality wine and gastronomic experiences available. This guidebook will help ensure that readers who travel to these places spend their time visiting the very best these regions have to offer.

Higgins has over twenty years of experience traveling, photographing, and writing about wine, food, and the accompanying lifestyle. He personally visits and experiences everything he writes about and spends time talking to the locals and getting to know the region, its history, and culture. The book is full of interesting information about the towns, shops, and landmarks visited. Higgins has positive energy, and this comes through in his descriptions. Some readers may be reminded of the personal style found in Rick Steves' travel guides, although Higgins is more likely to gush about his wonderful experiences than spend time on anything less than optimal. Also, he provides detailed directions on how to find some of the harder-to-reach destinations, a budget overview, and specific information as to what kind of tastings, food, and lodgings are available. In this sense, the comprehensive style of this guidebook may appeal to those who gravitate to the *Lonely Planet* series. Higgins includes a handy index to allow a quick view of attractions in the area as well as an ebook format for those who want a smaller, lighter travel option.

This book is part of a series of wine books by the author. Clearly, Higgins has established himself as a professional and trusted voice covering the subject. He isn't just a visitor at the sites he attends; he actively participates and tries to form a relationship with those who provide the experiences and asks them about their stories. Higgins' writing is clear, practical, and optimistic, inviting the reader to come enjoy the encounters he is having. Also, the book is packed with fantastic photos of landscapes, buildings, and food, which are enjoyable to view even if the book is simply picked up off a table while passing the time. This is a fantastic book to give as a gift to any travel lover. It will be especially treasured by those looking for phenomenal wine, culinary, and cultural experiences that leave a lasting impression on the traveler.