

Baja: Where Desert Meets the Sea February 1 - February 7, 2017

YOUR ITINERARY

2/1/17
Wednesday

Arrive Todos Santos

Welcome to Baja! Bordered by both the wild Pacific Ocean and the protected Sea of Cortez, this finger-like desert peninsula is a haven for exotic plants, birds and animals (both terrestrial and marine) and is home to friendly and welcoming people.

✦ **Pick-up and Transfer**

Your guide will greet you at the San Jose del Cabo airport (SJD) and transfer you to Los Colibris Casitas in Todos Santos.

✦ **Welcome Dinner and Briefing**

Tonight's Welcome Dinner and trip briefing is at Santo Vino, Chef Dany Lamote's "love letter to Baja."

At Santo Vino Bistro, Chef Dany Lamote has created an intimate dining space in the traditional style of a European bistro. He will transport you to the comfortable elegance of Baja food with his own creative, culinary twists. Fusing different cultures and knowledge into unique inspirational recipes, he lovingly takes traditional Mexican recipes and then personalizes and adapts them by mixing in his life experiences...and you, the diner, win! What better way to begin our week in Baja!

Accommodations: Los Colibris Casitas

Meals Included: Dinner

2/2/17
Thursday

Todos Santos

Todos Santos is an undiscovered gem, back-dropped by the Sierra de Laguna Mountains and rimmed with gorgeous beaches and lush gardens. It's an official Pueblo Magico, one of Mexico's 50 off-the-beaten-path towns known for their "magical ambiance."

✦ **Breakfast**

Start off your first day with a terrific Mexican breakfast prepared by Los Colibris Chef Iker Algorri.

✦ **Tortilla-Making Class**

Move straight into your tortilla-making class to ensure that there are plenty of tortillas on hand for your cooking class tonight.

✳️ **Surfing Class**

It's then time to hit the waves at beautiful Playa Los Cerritos, one of the best surf breaks in Baja, where your veteran instructor will work with you one-on-one, and guarantee that you'll ride the waves – at least for a moment! A spectacular crescent of sand, Los Cerritos is one of the best surf breaks in Baja. And with a smooth, sandy bottom and small waves breaking close to shore, it is the perfect place to introduce beginners to the joy of surfing. Haven't you always wanted to try this?

✳️ **Picnic Lunch**

Enjoy a delicious picnic lunch on the beach.

✳️ **Playa Punto Lobos**

Once everyone has had a chance to shower off, head to Playa Punta Lobos to greet the local fishermen as they come in with the daily catch. There, Chef Iker will instruct the group on the local fish and how he makes his buying decisions, and of course purchase the fish for the cooking class to follow.

✳️ **Visit a Local Artist**

Jill Logan is a California artist who has been living, working, and drawing her inspiration in Todos Santos for the last few decades, and her art reflects the glorious nature and wonderful atmosphere of the area. Enjoy a wine reception with Jill in which she will give you a tour of her gallery and talk about her life and work.

✳️ **Evening Cooking Class**

Head back to Iker's Colibris Café at Los Colibris Casitas to learn how to make the perfect margarita and Punta Lobos Fish Stew.

Accommodations: Los Colibris Casitas

Meals Included: Breakfast, Lunch, Dinner

2/3/17
Friday

To Isla Espiritu Santo

Espiritu Santo National Park in the Sea of Cortez is part of a UNESCO World Heritage Site, and is one of the best marine life viewing destinations in the world. Whales, dolphins, whale sharks, sea turtles, manta rays and plenty of beautiful tropical fish call the surrounding waters home, while a terrific range of bird species including Blue-footed Boobies, Reddish Egrets, Great Blue Herons, and Yellow-footed Gulls frequent the island's skies and shores. The island itself is stunning, with magnificent towering cliffs, spectacular sandy bays, amazing lava rock formations, and rock art left by the now-extinct Guaycura and Pericu Indians. There's even an endemic ring-tailed cat, the babisuri. It's a remarkable place to explore.

✳️ **Meals**

Breakfast, lunch, and dinner are provided today.

✳️ **Afternoon Activities**

After lunch, spend your afternoon kayaking or stand up paddle boarding exploring hidden lagoons and desert beaches. Take a late afternoon hike as a group to explore the area and enjoy the sunset!

Accommodations: Glamping on the Beach

Meals Included: Breakfast, Lunch, Dinner

2/4/17
Saturday

Isla Espiritu Santo to La Paz

La Paz is a laid-back little city that is draped along a beachfront boulevard, the Malecon. Old colonial buildings, small markets and relaxing cafes make it perhaps the most "Mexican" city on the Baja.

✦ **Swimming with Sea Lions**

Swimming with sea lions is magical, with unforgettable nose-to-nose encounters. Grab some snorkel gear provided and jump in with them. If weather permits, you will also be able to swim with whale sharks.

✦ **Breakfast and Lunch**

Breakfast and lunch will be served at camp.

✦ **Transfer to La Paz**

Return to shore and La Paz late Saturday afternoon.

✦ **Dinner**

Have dinner at a terrific local joint on the Malecon, El Bismarkcito – a La Paz institution. Listed as one of the Top 3 Restaurants in La Paz, it grew from a small taco stand to one of the most notorious restaurants in La Paz. Located right on the Malecon, it specializes in Mexican seafood dishes (and they only buy sustainable locally-caught fish).

Accommodations: Seven Crown La Paz Centro Hotel

Meals Included: Breakfast, Lunch, Dinner

2/5/17
Sunday

La Paz to Magdalena Bay

Magdalena Bay is the largest wetlands ecosystem on the west coast of Baja and one of the most important in North America. The World Wildlife Fund ranks it as one of the most important coastal habitats in Mexico. Magdalena Bay has mangrove forests, barrier beaches and sand dune islands, all of which contribute to the incredible scenery and biological diversity of the area. The Bay is also the prime calving ground for the gray whale, and January to March it is possible to see – and often pet – a large number of whales, including mothers and calves

✦ **Breakfast**

Breakfast at the hotel.

✦ **Transfer**

Drive four hours on Sunday morning from La Paz to Magdalena Bay.

✦ **Lunch**

Stop for lunch at one of the delicious local restaurants on the way to Magdalena Bay.

✦ **Whale Watching**

Head out onto the water for three hours of interacting with whales. Highly experienced local staff will ferry you through the waters of Magdalena Bay to whale watch from motorized skiffs, perfect conveyances from which to have a "whale's eye view" of the Great Grays!

✦ **Dinner**

Dinner is at your hotel tonight.

Accommodations: Mar Y Arena

Meals Included: Breakfast, Lunch, Dinner

2/6/17
Monday

Magdalena Bay to Todos Santos

The Gray whale is the largest animal to have ever exhibited friendliness towards humans. There is little to compare with the experience of closely observing a mother nurse her calf, or seeing juveniles leaping exuberantly out of the water. They frolic, breach, spyhop, and lobtail, while spouting heart-shaped clouds of mist into the cool midday air. The young calves are especially curious, following and sometimes even nuzzling up to the whale-watching skiffs. Sometimes they catch a ride on their mother's backs!

✦ **Breakfast**

Enjoy breakfast this morning at the hotel.

✦ **Morning Whale Watch**

This morning you will head back out onto the water for another three hours of whale watching.

✦ **Return to Todos Santos**

Return to Todos Santos and Los Colibris Casitas, where you will enjoy a final Baja sunset from a patio or balcony.

✦ **Farewell Dinner**

End your spectacular week with a Farewell Dinner at the fabulous Restaurante La Casita Tapas and Wine Bar. One reviewer said "...each dish exceeds in every way what taste buds expect of well concentrated and carefully prepared dishes. 'Succulent' as a description doesn't do the food justice. Think 'excellent' and you'll be close."

Accommodations: Los Colibris Casitas

Meals Included: Breakfast, Lunch, Dinner

2/7/17
Tuesday

Depart Todos Santos

After a fond farewell and breakfast, say "hasta luego" to your guide and new friends!

✦ **Breakfast and Transfer**

After breakfast you will be transferred to the airport; flights should not depart earlier than 12:00 noon.

Meals Included: Breakfast

ACCOMMODATIONS

Los Colibris Casitas

Los Colibris—The Hummingbirds—is located in Todos Santos, just a ten-minute walk from the area's beautiful beaches. The property features two big casas (houses) and two casitas (little houses) with a total of six comfortable bedrooms. Each building is configured and decorated in a unique way. The accommodations all include a kitchen or kitchenette, a dining area, a balcony, porch or patio, ceiling fans, and lovely views of the Pacific Ocean and lagoon.

Glamping on the Beach

You will LOVE your base camp on one of the island's most beautiful beaches! It features walk-in safari-style tents with twin beds, mattresses, pillows, sheets, and lamps. The accommodations are so comfortable and beautiful that you won't want to leave. This is GLAMPING (glamorous camping) at its best! There is a kitchen tent where our on-site chef makes wonderful meals for you every day, and there is a separate tent for the sun showers. There are even little cabañas for the compost toilets.

Seven Crown La Paz Centro Hotel

The Seven Crown La Paz Centro Hotel is located in downtown La Paz, Baja California Sur, just two blocks from the Malecon. The hotel features 50 guest rooms and suites, a swimming pool, wireless internet, and exceptional service.

Mar Y Arena

The Villas Mar & Arena is located just opposite Magdalena Bay. The rooms have sea views, each with a TV, private bathroom and free Wi-Fi. Puerta San Carlos is a very small town with limited options. Mar Y Arena is centrally located, clean, comfortable and accords excellent service.

TRIP DETAILS

Included On Baja: Where Desert Meets the Sea

- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- All ground transportation
- All activities as listed in the itinerary
- On the island (Espiritu Santo), drinks, glass of wine/beer during happy hour
- English-speaking guides throughout the trip
- One AdventureWomen Associate

Not Included On Baja: Where Desert Meets the Sea

- *All flights
- *Meals not specified in itinerary
- *Alcoholic beverages
- *Items of a personal nature
- *Gratuities and personal expenses

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.



14 Mount Auburn Street, Watertown, MA 02472
(800) 804-8686 • (617) 544-9393
info@adventurewomen.com

Pre-departure Information

Baja Multi-Sport: Where Desert Meets the Sea

How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

Health Requirements and Health Insurance

This trip is rated **Easy to Moderate**. You must be in good physical condition, be able to hike/walk a few miles with ease, and have good upper body strength for sea kayaking. **You MUST have your own health insurance.**

Passports and Visa

For US citizens traveling to or from Mexico, all travelers must have a valid United States passport. The US Department of State recommends that your passport be valid for at least six months after your expected return. No visa is required for travel to Mexico from the United States.

Traveling to Cabo, Mexico: Arrival and Departure

Your flight to Cabo San Lucas, Mexico needs to arrive at the San Jose del Cabo Airport (SJD) by **3:30pm on February 1, 2017**. We will be picked up at the airport and transferred to Todos Santos and Los Colibris Casitas, Guaycura 88, La Poza, 23300 Todos Santos, Mexico (011-52) 612-14-50189 or 1-619-446-6827.

On February 7 you will be returned to the airport in the morning, **in time for departures after 12:00pm.**

ADVENTURE TRAVEL FOR WOMEN SINCE 1982 - FIRST AND STILL THE BEST!

If you want/need to arrive prior to February 1, please contact us. We'd be delighted to make arrangements for you.

Making Travel Arrangements to Cabo, Mexico

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393

email: info@adventurewomen.com

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

Weather

Baja has two seasons: a dry season and a green season. Verano, the dry season, runs from December to April and invierno, the rainy or "green" season runs from May to November. It can, however, rain in the dry season and be dry in the rainy season, so you best be prepared for precipitation regardless of seasons. As far as temperatures, expect highs in the high 70s and 80s, and lows in the high 50s or 60s.

Money

On this trip, US cash is accepted nearly everywhere. You should have enough money in US dollars, smaller bills (fives, tens, twenties, and some ones) to leave for tips. Credit cards are accepted in downtown Todos Santos and La Paz.

What to Bring

In general, dress on this Baja vacation is very casual. The temperatures and weather on the Baja Peninsula in Mexico can be quite warm, OR can also be quite cool during the mornings and evenings, especially if it is windy. Dressing in layers while whale watching by skiff on Magdalena Bay and sea kayaking is recommended.

Here are our best tips for what to pack for your Baja Multi-sport trip!

- Soft-sided suitcase or duffel bag (easier to transport on boats than a hard-sided suitcase)
- A small day pack or soft shoulder bag (to use as a carry-on bag) for carrying camera, film, hat, etc., on our excursions
- 2 pairs fast drying shorts
- Rain gear (jacket and pants)
- One set of light-weight clothes (long-sleeved shirt and pants)
- Sweater or jacket/sweat pants (if nights get cool)
- Swimsuit(s)
- 3 T-shirts
- One pair comfortable tennis shoes or shoes you can hike in
- One pair sport water sandals
- Sun hat
- "Town" clothes for our time in La Paz. You can leave these clothes in a small tote bag at the hotel while we are at beach camp.
- Insect repellent
- Sunglasses with securing strap
- Sunscreen and lip balm with sunscreen
- Small travel alarm clock
- 4-6 clothes pins for hanging up wet clothes
- Various sizes of Ziploc bags for wet/dirty clothing
- Water bottle with a securing device
- Toiletries and biodegradable soap and shampoo
- Lightweight beach towel and washcloth
- 3-4 cotton bandanas, an enduring AdventureWomen tradition that has withstood the test of time!
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- Underwear and pajamas
- Flashlight and/or small head lamp (for reading in bed) and extra batteries. A good flashlight is essential for getting to and from the toilets and your tent in the dark
- Small binoculars, diary, sketchbooks, paperback book
- Field guides

Personal First Aid Kit

- Foot powder for moisture absorption
- Band-aids (cloth, not plastic)
- Roughly ten individually wrapped alcohol pads

- Antibiotic cream
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets
- Antihistamine
- Cough drops
- Tweezers
- Ace bandage
- Antibiotics (Cipro, or another systemic antibiotic)
- Prescription medicines in their original bottles
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine
- Pepto-Bismol tablets and/or liquid
- Emergen-C. Good for higher altitudes, and some people swear they get fewer colds on airplanes if they take this during flights

Camera Equipment

This is an experience you definitely want to record on film! Bring your camera and more memory cards than you think you need. Also bring plenty of Ziploc bags to protect your camera(s). If you have particularly expensive camera equipment, we recommend purchasing a waterproof camera box (i.e., Pelican waterproof box), available at camera or dive shops. If you are an amateur photographer, shooting with a simple snapshot camera is just fine. Some of the waterproof throw-away cameras take excellent pictures!

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.)
- Bring 2-3 extra passport size photos to use in emergencies
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home
- Remove extra credit cards, driver's license, and personal items from wallet or purse
- Make sure passport and airline tickets are valid and in the correct name
- Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations)
- Please leave all valuable jewelry at home!!!

Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before November 3, 2016.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding

of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

AdventureWomen, LLC
14 Mount Auburn Street, Watertown, MA 02472
800-804-8686 • 617-544-9393