

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

iRise Above Journey Through Baja



November 11 - 17, 2021

iRise Above Journey Through Baja

TRIP HIGHLIGHTS

- ▶ Horseback ride on sandy beaches, kayak in blue lagoons, and enjoy daily yoga classes overlooking the ocean
- ▶ Brave the wave! Take a bucket-list surfing class in a women's-only session
- ▶ Take part in daily mindfulness activities
- ▶ Savor fresh local cuisine and sample margaritas in their birthplace
- ▶ Delight in the playful antics of sea lions as you snorkel among them in the Sea of Cortez
- ▶ Reach out and touch the stars during a three-day glamping experience on a private beach

TRIP ROUTE



iRise Above Journey Through Baja

QUICK VIEW ITINERARY

- Day 1 arrive in Baja, evening meditation, welcome dinner
- Day 2 morning yoga, horseback riding on the beach and surfing lessons
- Day 3 head to an exclusive island camp, sound bath experience
- Day 4 morning yoga, swim with sea lions, energy meditation practice
- Day 5 kayak, stand up paddle board, or snorkel
- Day 6 head back to Todos Santos, explore the town, cooking class
- Day 7 depart

ACTIVITY LEVEL

Active

TRIP PRICE

Main Trip: \$4,190

Optional Single Accommodations: \$1,100

iRise Above Journey Through Baja



your adventure
in depth

DAY 1
Thursday
11/11/21

Arrive Todos Santos

Welcome to Mexico's 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 home to lovely, friendly people whose warm hospitality, artistic endeavors, and strong traditions draw visitors from around the world. A perfect destination to gather with other young women wishing to heal and live well after breast cancer!

Pick-up and Transfer

You will be picked up at the San Jose del Cabo airport and transferred to your hotel.

Grounded Meditation

Meet Sandra, your wellness coach, who will travel with your group throughout this journey. Tonight enjoy a centering meditation class at sunset as you take in the beauty that surrounds you. Sandra's energy healing practice will support you in rediscovering the innate wisdom and creativity that already exists within. She is devoted to guiding you in clearing any emotional or energetic blockages that may be hindering your highest healing potential, health, integrity, and expression.

Her practice is interdisciplinary, incorporating several modalities including Intuition Medicine®, Reiki®, mindfulness, visualization, breath, anatomy, and mysticism. She has studied yoga and energy work all over the world and travels often to refine her practice with elders.

Welcome Dinner

Get to know your guide, your trip iRise Above Ambassador, and your fellow travelers over a delicious welcome dinner this evening.

Accommodations
Los Colibris Casitas

Meals Included
dinner

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DAY 2
Friday
11/12/21

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."

Morning Yoga

Enjoy an early morning yoga class on the sky deck designed specifically for young women wishing to rise above the residual effects of breast cancer to heal and live well. What better way to start your day than yoga overlooking the ocean?

Horseback Riding

Todos Santos has 70 miles of pristine beach. Take in the beauty of a Baja landscape on horseback.

Lunch

Enjoy lunch at a local restaurant.

First Surfing Lesson

Take a surfing lesson today. No experience? No problem! Your instructors guarantee that you will stand up - at least for a moment - during your very first lesson!

Grounded Meditation

Enjoy another meditation class with Sandra this evening.

Accommodations
Los Colibris Casitas

Meals Included
breakfast, lunch,
dinner

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DAY 3
Saturday
11/13/21

Todos Santos to Isla Espiritu Santo

One of the most striking things about the Baja peninsula is the incredible juxtaposition of desert and sea, happy home to both cactus and seagull. Artists and photographers are lured here by the quality of light, marine sports enthusiasts come to enjoy the challenging fun above and below the surface of the inviting big blue sea, and the local residents enjoy a stress-free lifestyle, welcoming visitors who seek a multi-layered getaway.

Travel to Isla Espiritu Santo

Drive to La Paz, stopping to try on your wet suit and get your snorkeling gear. From La Paz, you will get on a boat for your 60-minute ride to your exclusive camp on the beach. Wear your bathing suit this morning, just in case there is a chance to swim along the way!

Afternoon Activities

Spend your afternoon kayaking or stand up paddle boarding exploring hidden lagoons and desert beaches.

Sound Bath

Discover the power of sound to transform consciousness, heal the mind, and calm the body. Connect with your senses, clear energy blockages, balance your emotions, and elevate your frequency through the healing power of sound and vibrations. Sound baths stimulate alpha waves in our brain which recalibrate our cells and allow us to shift into a deep state of relaxation, coherence and harmony. Soundbaths operate on a mental, emotional, energetic, and spiritual dimension, allowing us to purify any dissonant energies and center deeply into ourselves. This soundbath will incorporate an array of healing instruments including crystal singing bowls, chimes, drums, gongs, rainsticks, guitar, and vocals.

Accommodations
Glamping on the
Beach
Meals Included
breakfast, lunch,
dinner

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DAY 4
Sunday
11/14/21

Isla Espiritu Santo

Jacques Cousteau once called the Sea of Cortez “the aquarium of the world” and “the Galapagos of North America.” About 39 percent of the world’s marine mammal species and 70 percent of the world’s marine cetacean species live or migrate through here, making this region one of the planet’s most bio-diverse ecosystems.

Morning Yoga Wake up to the sounds of the ocean, step outside your tent, and greet the day with a morning yoga class.

Swimming with Sea Lions Swimming with sea lions is magical, with unforgettable nose-to-nose encounters. Grab some provided snorkeling gear and jump in with them.

Intuition Medicine® This energy medicine practice is rooted in identifying the energetic and emotional incongruities that can cause imbalance, physical maladies, or disease in the body. Through guided meditation, you will discover your own intuition and innate wisdom, clear out dissonant energies, and connect with your highest healing potential. This practice combines visualization, chakra balancing, and the mechanics of grounding to bring you back to center, recalibrate, and feel yourself come alive in your body.

Dinner Enjoy a dinner from the camp kitchen and a relaxing night on the beach. Share stories about your experiences with the curious sea lions earlier today. Take this opportunity to give and receive support, and discover strength, hope, and comfort unique to the iRise Above sisterhood.

Accommodations
Glamping on the
Beach
Meals Included
breakfast, lunch,
dinner

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DAY 5
Monday
11/15/21

Isla Espiritu Santo

Spend the day on Isla Espiritu Santo. Go hiking to explore the lava rock formations and striking cliffs of the island and look for all of the strange birds in the air and curious animals on the mainland. When the time comes to get in the water, go for a swim, kayak, snorkel, or stand up paddle board.

Morning Yoga

Enjoy another invigorating yoga experience this morning. The perfect way to start your last day on the island!

Stand Up Paddle Boarding, Kayaking, or Snorkeling

Decide how you want to explore the sea just off the coast of Isla Espiritu Santo. Talk to your guides to take out a paddle board, throw on some snorkeling gear, or jump into a kayak. There's no wrong answer; this water has a way of nourishing the mind, body, and spirit.

Cacao Ceremony

Cacao ceremonies are an ancient, heart-opening ritual that supports the body in healing and connecting with the joy and magic of cacao. To honor this sacred plant, we will hold a circle of intention setting, blessings, and medicine songs. Together we will enjoy the physical, energetic, and emotional benefits of this divine food and medicine.

Accommodations
Glamping on the
Beach
Meals Included
breakfast, lunch,
dinner

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DAY 6
Tuesday
11/16/21

Isla Espiritu Santo to Todos Santos

Leave your beautiful glamping site on Isla Espiritu Santo and head back to Todos Santos.

Return to Todos Santos

Leave your beautiful camp and make your way back to Todos Santos.

Tour Historic Todos Santos

Tour the historic parts of Todos Santos. Visit local art galleries and do some last-minute shopping.

Cooking Class

Take a Mexican cooking class this evening. Start your class by learning to make the perfect margarita. Make sure you pay attention as you learn from the chef - you are making your own dinner!

Accommodations
Los Colibris Casitas

Meals Included
breakfast, lunch,
dinner

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DAY 7
Wednesday
11/17/21

Depart Todos Santos

After a fond farewell and breakfast, say "hasta luego" to your guide and new fellow breast cancer thrivers!

Transfer to the Airport

Say goodbye to your new AdventureWomen friends and iRise Above Ambassador as you transfer to the airport for your flights home.

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.

Meals Included
breakfast

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Accommodation Details

Los Colibris Casitas

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

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity; Wifi

Glamping on the Beach

You will love your base camp on one of the Isla Espiritu Santo'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 your on-site chef makes wonderful meals for you every day, and there are sun showers and portable toilets in separate cabanas.

Amenities: Composting toilet cabanas (not en suite); sun shower cabanas with soap and shampoo; solar charging station for small devices; campsite is off grid

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All ground transportation
- ▶ All meals as listed in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ Happy hour on Isla Espiritu Santo
- ▶ One group transfer on arrival and departure
- ▶ iRise Above Ambassador
- ▶ iRise Above Foundation gift bag

Not Included:

- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Cost of hospitalization or evacuation
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Fees for travel insurance
- ▶ International airfare to and from Baja
- ▶ Items of a personal nature
- ▶ Meals not specified in the itinerary
- ▶ Gratuities for guides and drivers

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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

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to 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!**

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!

In this spirit, the successful adventure traveler should be a