

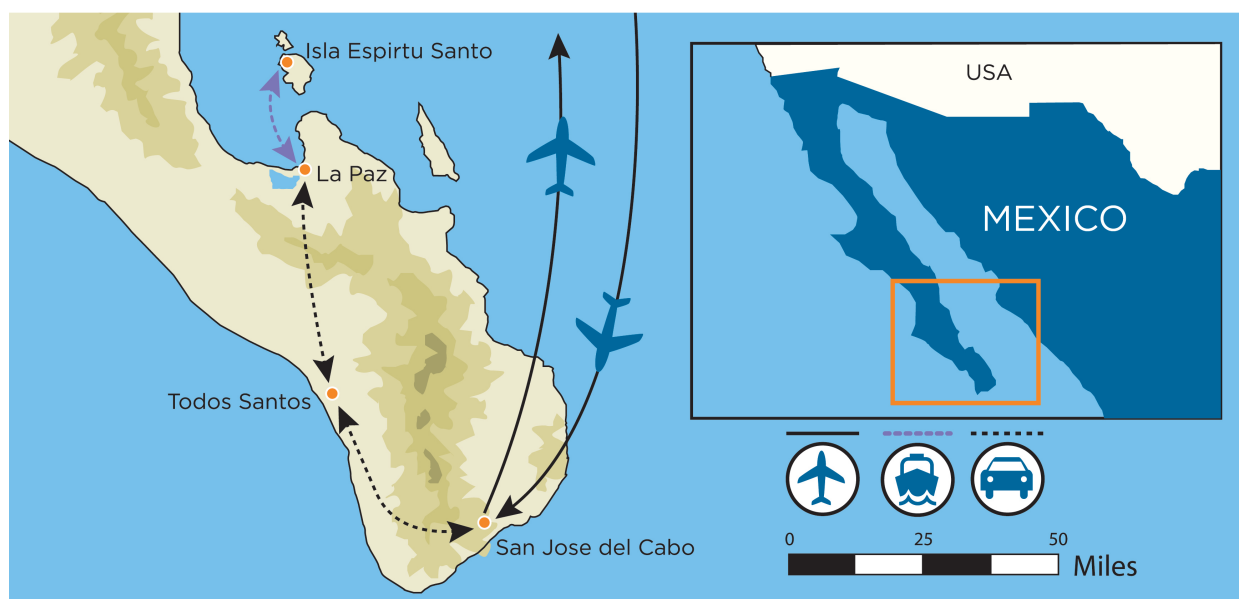
BAJA

A Wellness Journey Through Baja

TRIP HIGHLIGHTS

- ▶ Kayak in clear blue ocean water 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 while snorkeling in the Sea of Cortez
- ▶ Reach out and touch the stars during a three-day stay on a secluded beach

TRIP ROUTE



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QUICK VIEW ITINERARY

Day 1	arrive in Baja, welcome dinner
Day 2	head to an exclusive island camp, sound bath experience
Day 3	morning yoga, swim with sea lions, and grounded meditation
Day 4	morning yoga, stand up paddle board, cacao ceremony
Day 5	head back to Todos Santos, explore the town, cooking class
Day 6	surfing lesson, Día de los Muertos celebration, farewell dinner
Day 7	depart

ACTIVITY LEVEL

Active

TRIP PRICE

Main Trip: \$5,245

Optional Single Accommodations: \$1,300

TRIP DATES

October 28 - November 3, 2025

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DAY 1
Tuesday
10/28/25

Arrive in 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.

Arrival Information

Arrive at San Jose del Cabo Airport (SJD) today before 3:00pm.

Pick-up and Transfer

A group transfer from the airport to your hotel will be provided when most guests arrive (exact time to be determined). Private transfers at other times are available for purchase.

Welcome Dinner with Chef Iker

Get to know your guide, and fellow travelers over a delicious welcome gourmet taco dinner prepared by Chef Iker.

Accommodations

Los Colibris Casitas

Meals Included

dinner

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DAY 2
Wednesday
10/29/25

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

After breakfast, 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.

Dinner

Savor a tasty dinner prepared at the camp kitchen.

Accommodations

Baja-Style Beach
Camping

Meals Included

breakfast, lunch, dinner

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DAY 3
Thursday
10/30/25

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.

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.

Grounded Meditation

Enjoy a grounded meditation class this evening.

Accommodations

Baja-Style Beach
Camping

Meals Included

breakfast, lunch, dinner

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DAY 4
Friday
10/31/25

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 never disappointing.

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.

Dinner

Savor a tasty dinner prepared at the camp kitchen.

Accommodations

Baja-Style Beach
Camping

Meals Included

breakfast, lunch, dinner

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DAY 5
Saturday
11/1/25

Isla Espiritu Santo to Todos Santos

Leave the beauty of 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.

Explore Todos Santos

Visit local art galleries and do some last-minute shopping in Todos Santos today.

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

Guaycura Hotel

Meals Included

breakfast, lunch, dinner

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DAY 6
Sunday
11/2/25

Todos Santos

The Día de los Muertos or Day of the Dead is a multi-day holiday that involves family and friends gathering to pay respects and to remember friends and family members who have died. These celebrations can take a humorous tone, as celebrants remember funny events and anecdotes about the departed. Traditions connected with the holiday include honoring the deceased using calaveras and marigold flowers known as cempazúchitl, building home altars called ofrendas with the favorite foods and beverages of the departed, and visiting graves with these items as gifts for the deceased. The celebration is not solely focused on the dead, as it is also common to give gifts to friends such as candy sugar skulls, to share traditional pan de muerto with family and friends, and to write light-hearted and often irreverent verses in the form of mock epitaphs dedicated to living friends and acquaintances, a literary form known as calaveras literarias.

Breakfast

Start off your first day with a terrific Mexican breakfast prepared by a local chef.

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.

Day of the Dead Festivities

Head into town and join in the Day of the Dead celebration! Have your face painted by a local expert in the stunning traditional Catrina style, and celebrate the Day of the Dead in true Mexican fashion. More details will be shared about this celebration closer to the trip departure.

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

Guaycura Hotel

Meals Included

breakfast, lunch, dinner

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DAY 7
Monday
11/3/25

Depart Todos Santos

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

Departure Information

Depart from San Jose del Cabo Airport (SJD) today after 12:00pm. A group transfer to the airport will be provided when most guests depart (exact time to be determined). Private transfers at other times are available for purchase.

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 two big casas (houses), two casitas (little houses), and 5 suites. Each building and room is configured and decorated in a unique way. The accommodations all include a balcony, porch or patio, lovely views of the Pacific Ocean and lagoon, a small refrigerator, and a ceiling fan. The property has a water filtration system, so you can safely drink from the water from the tap.

Amenities: En suite bathrooms with soap, shampoo, hair dryer, electricity, coffee maker, Wi-Fi

Baja-Style Beach Camping

You will love your base camp on one of the Isla Espiritu Santo’s most beautiful beaches! It features tents with real mattresses, lovely linens, and pillows. 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

Guaycura Hotel

Guaycura Boutique Hotel Beach Club & Spa is located in a 19th century red brick historic building in the heart of Todos Santos, Baja California Sur, an authentic Mexican village where you can walk around art galleries and boutiques, indulge with one of our three oceanview culinary experiences or simply take a 10 minute drive to relax in our pristine beach club.

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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
- ▶ Gratuities for main driver

Not Included:

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

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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 trips.

Health Insurance

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

Adventure Travel Today

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 trips all over the world for women who want an active, out of the ordinary experience, 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 trips, 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!