



Baja: Sea Lions, Stargazing, and Mindfulness

DURATION | 7 Days

TRIP LEVEL | Active

Trip Overview

Feel inspired and empowered during this incredible adventure in Baja. Snorkel blue lagoons, swim with sea lions, refresh yourself with meditation, and restore yourself with yoga on pristine beaches in sunny Mexico on the Sea of Cortez. Upon arrival you'll head to Los Colibris Casitas in Todos Santos. Set high on a hill, this beautiful property features airy rooms with breathtaking ocean views. Refresh and de-stress with pampering, mouth-watering meals, and early morning yoga on the sky deck surrounded by the ocean. Then it's off to surfing lessons for all levels with the pros on Playa Los Cerritos. Your stay on Isla Espiritu Santo-- reserved exclusively for AdventureWomen--offers hiking, kayaking, paddleboarding, snorkeling with sea lions, and grounded meditation. End each day with a powerful grounded meditation. From active water sports and beach glamping to Mexican cooking classes, and connecting with your fellow travelers, this is a tropical adventure in you'll always remember with a smile.

Trip Highlights

- Kayak in clear blue waters, enjoy daily yoga with ocean views, and snorkel with playful sea lions.
- Brave the waves and learn from the pros in an all-women's surfing class and participate in daily mindfulness activities.
- Savor fresh local cuisine, sample margaritas, and stargaze during a three-day secluded beach stay.

Map View



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Trip Itinerary



Day 1

Arrive in Todos Santos

Arrive at San Jose del Cabo Airport (SJD) before 3:00 PM. A group transfer to your hotel will be provided. Private transfers are available for purchase. Meet your guide and fellow travelers over a gourmet taco dinner prepared by Chef Iker.

Meals: dinner | Overnight: Los Colibris Casitas



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 casitas (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: complimentary toiletries, hair dryer, coffee maker, Wi-Fi

Trip Itinerary



Day 2

Todos Santos: Yoga and Surf

Start your day with yoga on the sky deck overlooking the ocean. Enjoy a Mexican breakfast by a terrific local chef. Next up is a surfing lesson with the pros. No experience? No problem. Your instructors will get you to stand up even if it is just for a moment. Lunch is at a local restaurant, followed by a free afternoon in town, and a group dinner.

Meals: breakfast, lunch, dinner | Overnight: Los Colibris Casitas



Trip Itinerary



Day 3

Todos Santos to Isla Espiritu Santo

After breakfast, drive to La Paz, stopping to try on your wetsuit and get snorkeling gear. Take a 60-minute boat ride to your exclusive beach camp. Spend the afternoon kayaking or paddle boarding. Experience a sound bath with healing instruments to relax and balance your energy. Dinner is at the camp kitchen.

Meals: breakfast, lunch, dinner | Overnight: Baja-Style Beach Camping



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

Trip Itinerary



Day 4

Isla Espiritu Santo: Yoga and Sea Lions

Greet the day with morning yoga. Grab your snorkel gear and swim with sea lions for unforgettable nose-to-nose-encounters. Wrap up the day with dinner from the camp kitchen and a relaxing night on the beach. Share stories and participate in a grounded meditation class.

Meals: breakfast, lunch, dinner | Overnight: Baja-Style Beach Camping

Trip Itinerary



Day 5

Water Sports and Cacao Ceremony

Start your last day on the island with yoga. Explore the sea with paddleboards, snorkeling gear, or kayaks. Participate in a cacao ceremony, an ancient heart-opening ritual for healing and connecting with joy. Dinner at the camp kitchen.

Meals: breakfast, lunch, dinner | Overnight: Baja-Style Beach Camping



Trip Itinerary



Day 6

Isla Espiritu Santo to Todos Santos

Leave your camp and return to Todos Santos. Visit local art galleries and do some last-minute shopping. Take a Mexican cooking class, starting with making the perfect margarita. Then, you work together to prepare your own dinner under the chef's guidance.

Meals: breakfast, lunch, dinner | Overnight: Los Colibris Casitas



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Trip Itinerary



Day 7

Depart Todos Santos

After breakfast, say “hasta luego” to your guide and new friends. Depart from San Jose del Cabo Airport (SJD) after 12:00 PM. Group transfer to the airport provided. Private transfers available for purchase.

What's Included

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- 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

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.

