



## Baja: A Salt, Sun, and Surrender Immersion

**DURATION** | 7 Days

**TRIP LEVEL** | Level 2 - Moderate

# Trip Overview

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Join AdventureWomen and Super Age on a journey designed to challenge the body and recalibrate perspective. In Baja, between desert, mountains, and sea, you'll slow down and reconnect alongside a supportive community of women. Guided Super Age Awe Walks, woven into coastal hikes and quiet outdoor moments, invite you to notice beauty, vastness, and novelty in the natural world, a science-backed practice shown to reduce stress and renew energy. Through movement, shared meals, and time outdoors, you'll discover a rhythm of exploring, restoring, and returning home with perspective that lasts.

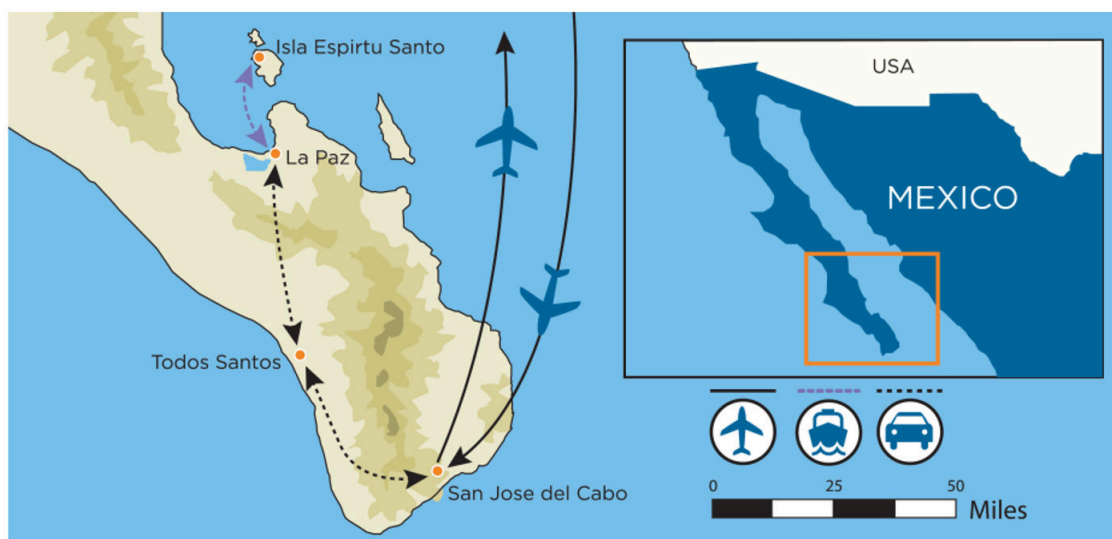
# Trip Highlights

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- Enjoy guided walks woven into hikes and quiet outdoor moments. You'll slow down, notice beauty and vastness, and experience a research-backed practice shown to reduce stress, boost mood, and deepen connection.
- Coastal hikes, desert walks, beach yoga, ocean swimming, and optional kayaking, surfing, or paddle boarding, all designed to energize and restore.
- Enjoy Baja's farm-to-table cuisine, immerse yourself in the creative spirit of Todos Santos, and return home with simple, sustainable practices for living well and finding awe in daily life.

# Map View

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Arrival: Arrive in San José del Cabo, Mexico (SJD) on Day 1 by 3:00 PM.

Departure: Depart from San José del Cabo, Mexico (SJD) on Day 7 after 12:00 PM.



# Trip Itinerary

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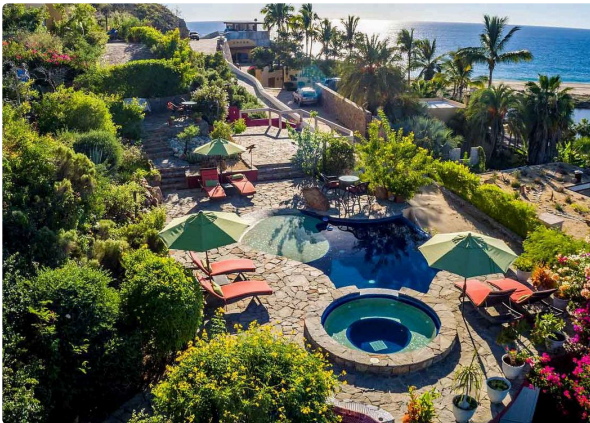


## Day 1

### 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 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: complimentary toiletries, hair dryer, coffee maker, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 2

### Morning Yoga and Surfing Lesson

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

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## Day 3

### Kayaking or Paddle boarding on 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 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

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## Day 4

### 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

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## Day 5

### Yoga, Water Activities, 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

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## Day 6

### An Afternoon in 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



### Los Colibris Casitas

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# Trip Itinerary

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## 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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## What's 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

*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.*

