

BAJA 2012

**Women's Island Adventure, Sea of Cortez in
partnership with Green Edventures and
Awesome Adventure Women.
La Paz, Baja California Sur, Mexico
April 16-23, 2012**

Go Snorkeling, Hiking, and Kayaking in Paradise!

**Explore the crystal clear water of the Sea of Cortez and the awesome
desert of Baja California Sur with fun, expert guides and an amazing
group of adventurous women.**



This adventure is 8-sun-filled days and 7-starry nights of action-packed outdoor experiences such as snorkeling with marine life including wild sea lions and coral reefs, kayaking through natural rock formation, hiking pristine deserts, and sharing stories, laughter, and camaraderie in a supportive and relaxed atmosphere.

Participants will learn:

Basic Snorkeling

- Learn about the different types of snorkeling and SCUBA gear and their functions.
- Learn and demonstrate open water snorkeling skills such as safe entry and exits for boat diving, energy reduction, maneuvering, and effective clearing of water from their mask and snorkel.

Advanced Snorkeling & Free-Diving (optional)

- Breath-holding skills for free-diving and underwater photography.
- The use of a weight belt to compensate for buoyancy.



SCUBA (Optional and for an additional fee of \$130)

- Participate in *Discovery SCUBA* to learn the basics of diving with a **Self Contained Breathing Apparatus**, safe underwater ascents and descents, and buoyancy control. (Left: SCUBA Diving with sea lions.)

Other educational programs include:

- Learning to identify reef fish and their behaviors.
- Our chef teaching you how to prepare an authentic Mexican cuisine.
- A local artist will share his talent with you and teach you to make your own souvenir hand craft.
- Our local guides will help you identify flora and fauna of Espiritu Santo Island.

7-Days & 8-Nights of Sun-Filled Exciting Adventures

Day 1: Arrival & Overnight the Hotel Marina

Participants will arrive between 11am and 2pm from the US to Los Cabos Airport and are transported as a group via air conditioned 15 passenger vans 120 miles north to La Paz with a stop half way for a light snack and bathrooms.



After checking in at the hotel, we'll tour town and then head to dinner to spend the remainder of the evening socializing and getting to know each other at sunset beach view restaurant.

Day 2- 7 Island Camp and Activities



On the morning of the second day, we will enjoy a delicious breakfast at the hotel restaurant and you will learn some basic snorkeling skills in the hotel pool.

On our way, to the island by boat, we will look for whale sharks in the Bay of La Paz and hopefully have the opportunity to snorkel with one of these gentle

plankton eaters (Left: a photo from 2010).

Discover Snorkeling in the Sea of Cortez - one of the most biologically diverse marine systems in the world. Highlights include snorkeling with friendly wild sea lions, free-diving or floating over coral reefs and rivers of fish. You'll learn to identify over 20 groups of fish and many invertebrates such as sea stars, crabs, and sea urchins.



Live in Paradise: The tent camp is nestled in the valley of a towering red canyon on the shores of a warm and sunny turquoise bay. Brush your teeth under billions of twinkling stars. This is full service camp with a kitchen and cooking staff, dive leaders, boats and crew.



Creature comforts include a covered dining area, private solar showers, private flush toilets, and a generator to charge camera batteries and supply electricity at night, lounge chairs, and umbrellas. Tents sleep 2-people and include 2 cots, 2 sleeping bags, and 1 night stand with drawers. The tents are large enough inside for the average person to stand completely upright.

Go Hiking on the World Heritage Site Espiritu Santo Island. This 23 thousand acre island, equivalent to the size of Manhattan has a lot to offer including stunning vistas, abundant sunshine and endemic species of plants and animals. Several short hikes are planned for the week. Anyone can easily explore an archeological site of indigenous people and the ruins of the world's first



commercial pearl farm. With a little more effort, climb high to the top of Cactus Hill for stunning panoramic views of the island. Along the way, your guide will introduce you to native flora and fauna. There will be plenty of stops for water breaks and photo opportunities. (Above and right: a sunset hike near camp.)

Experience Sea kayaking along pink sandstone rock formations, and through natural arches and into sea caves. Get up close to the intertidal zone as well as pelicans and cormorants. (Below and left sea kayaking at Los Arcos.)



Day 8: Departure Day and Historic La Paz

Our boat will depart after breakfast back to La Paz. We will visit local vendors and shop for souvenirs, and along the way discover the cultural side of this historic city on a walking tour before driving to the airport.

Physical exertion level: Easy to Moderate.

This trip is suitable for adults of all ages and a wide range of ability levels. Participants must know how to swim.

What is included?

All Meals & Non-Alcoholic Beverages: Lunch on arrival day to breakfast on departure day.

Group Roundtrip Ground Transportation from Los Cabos Airport (SJD) to La Paz.

Lodging: 6 nights at the island camp, 1 night at the Hotel Marina in La Paz. All lodging is double occupancy.

Professional guides and naturalists will introduce you to outdoor adventures and teach you about the interesting ecology that can be found here.

Adventure equipment such as snorkeling gear, kayak equipment, and wetsuit rental is provided.

Snorkeling & Free-Diving Instruction

All skill levels are welcome but participants must know how to swim. The primary outdoor skill component of this workshop will be learning to explore the wild marine habitats of the Sea of Cortez with a mask, snorkel, and fins. (Right: a diver with a sea star.)



What is not included?

Gratuities (\$100-125 total)

Alcoholic Beverages

Airfare from point of origin to San Jose del Cabo (est. \$550-700)

Travel insurance (recommended)

Optional SCUBA Diving: SCUBA diving is available for those who are certified and for those who are not certified but would like to try Discover SCUBA. There is an additional fee of \$130. This fee is paid directly to the Fun Baja Dive Shop.

All activities are subject to change without notice as practical considerations arise.

How safe is this adventure?

Green Edventures has been leading student, college and adult groups to La Paz since the summer of 2009. We have never encountered any problems with violence in La Paz or threats of violence. La Paz is one of the most peaceful cities in Mexico and has a lower crime rate than many US cities including Chicago, Detroit, and New Orleans. Most of the violence is occurring in border towns nearly 1,000 miles away from La Paz and Espiritu Santo. To minimize risk during adventure activities, Green Edventures has partnered with expert, well established and reputable businesses in La Paz.

Green Edventures works with partners and vendors to minimize risk through planning and hiring experience guides. Guides for technical activities are Rescue SCUBA Diver Certified and/or SCUBA Dive Master and for all non-technical activities guides are First Aid/CPR certified. While on the island, we have 24hour access to a boat and captain and VHF radio.

Are personal belongings safe left at the base camp or do things like passport, money, etc.. need to be carried with you at all times?

The island we stay on in Espiritu Santo Island, a World Heritage Site (aka world national park) that is the size of Manhattan and totally uninhabited and about 26 miles by boat away from La Paz. Our camp is a full service camp with a crew of at least 5 including a chef, 2-assistants, a boat captain, and local guide. Every detail is taken care of for you. Leaving your stuff at camp it is totally fine and you should! The crew at the camp will make sure your tents are not disturbed. Theft has never been an issue.

About Baja California Sur

Baja California Sur is one of the most peaceful and pristine states of Mexico's. It is considered a portion of North America. It is bordered to the north by the state of Baja California, to the west by the Pacific Ocean, and to the east by the Gulf of California, also known as the Sea of Cortez.

Do you have past participants that would be willing to talk with me?

Yes! Contact us for more information. You can also read the participant blogs here: [Baja Women Chronicles](http://www.bajawomen.blogspot.com) (www.bajawomen.blogspot.com)

If you would like more information and check out some awesome photos go to:

www.greenedventures.com or check them out on Facebook:

<https://www.facebook.com/#!/GoGreenEdventures>