



Baja Wellness Retreat with Canyon Ranch

6 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Baja Wellness Retreat with Canyon Ranch

Set out for a wellness retreat in Baja California Sur, amidst palms trees, lush lagoons, towering cliffs, and pristine waters rich in marine wildlife. After a revitalizing session of morning yoga with Canyon Ranch expert yoga instructor, Adrea Richmond, and with 360-degree views, hop on a thrilling boat ride on the Sea of Cortez. Test your surfing and paddling skills, swim with whale sharks and sea lions, marvel at dolphins and manta rays, snorkel with tropical fish, and explore desert beaches. Back at Todos Santos, visit local shops and art galleries, then wrap up the adventure over a mouthwatering Mexican dinner. This trip is offered in collaboration with our friends at Canyon Ranch, the world's recognized leader in healthy living and luxury wellness vacations.

Details

Arrive:	San Jose del Cabo, Mexico
Depart:	San Jose del Cabo, Mexico
Duration:	6 Days
Group Size:	6-16 Guests
Minimum Age:	18 Years Old
Activity Level:	

Testimonials

"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."

Marianne W.

"Traveling with MT Sobek is like gaining a new set of close friends that have shared an incredible experience together."

Mark N.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

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Why Take This Trip With Us?

REASON #01

This MT Sobek retreat includes the assistance of an expert Canyon Ranch yoga instructor at Los Colibris and on Isla Espiritu Santo.

REASON #02

Bilingual naturalist guides, who are all certified Wilderness First Responders, guide travelers on forays into nature.

REASON #03

You can join a variety of activities on Isla Espiritu Santo, a national marine park and part of a UNESCO-listed World Heritage Site.

What to Expect



ACTIVITIES

Yoga sessions, marine wildlife encounters, birdwatching, kayaking, snorkeling, stand-up paddle boarding, surfing, and stargazing.



LODGING

Three nights at the boutique Los Colibris Casitas bookend the trip, with two nights at the award-winning upscale Camp Cecil thrown in.



CLIMATE

Baja experiences hot summers and mild winters. Temperatures in Mexico surpass 120°F in summer, but cool to the 80's in autumn.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Adrea is an Internationally Certified Yoga Teacher with Yoga Alliance International and has taught in the countries of Spain, Greece, and The United States. She received her certification in Athens, Greece where she spent five months of immersive training. Her classes are a well-balanced blend of a Mediterranean flow, Ancient Indian philosophy, and American flare. She devotes great attention to the musculoskeletal alignment of our bodies and also speaks about the internal benefits of the yoga asanas during sessions. MT Sobek guests can expect to experience a true yoga class beneficial to your mind, body, and soul.

Adrea Richmond

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Itinerary

DAY 1

ARRIVE IN TODOS SANTOS

Welcome to Baja California Sur! Arrive at the airport in San Jose del Cabo, to meet your guide and transfer to Todos Santos, located 50 miles north of Cabo on the Pacific side of the Baja peninsula. This delightful desert oasis is thick with palms, lush with lagoons, and filled with sea birds. Get settled into your lovely room with ocean views and have a trip briefing and welcome dinner of gourmet tacos prepared by local lawyer-turned-chef Iker Algorri, served on the Los Colibris grounds.

Meals: D

DAY 2

YOGA ON THE SKY DECK & SURF AT LOS CERRITOS

Start the day early with yoga on the Los Colibris' Yoga Sky Deck with Canyon Ranch yoga instructor Adrea Richmond, and majestic views. Follow it up with a terrific breakfast, then take on the waves at Los Cerritos, one of the best surf breaks in Baja. With top surfing instructors, you're guaranteed to ride the waves — at least for a moment! Have a picnic lunch on the beach. In the evening, head into town for dinner at Landi's, where chef Landi Ortega whips up home-style Mexican dishes. Back at Los Calibris, enjoy a spot of stargazing.

Activity: Yoga, surfing, & cultural touring

Meals: B, L, D

DAY 3

CRUISE THE SEA OF CORTEZ TO ISLA ESPIRITU SANTO

After breakfast, head to La Paz, get snorkeling gear and wet suits, and on to the boats and out into the Sea of Cortez. Have a stop to swim with whale sharks in the Bay of La Paz, then transfer to another boat for the trip to Camp Cecil on Isla Espiritu Santo. Part of Marine Zone of Espiritu Santo Archipelago National Park, a UNESCO World Heritage Site, it's one of the world's top spots to view marine life and a terrific range of bird species that frequent the island's shores.

Activity: Snorkeling & swimming

Meals: B, L, D

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DAY 4

EXPLORE ISLA ESPIRITU SANTO

Today explore the protected Isla Espiritu Santo, a stunning place with magnificent towering cliffs, spectacular sandy bays, amazing lava rock formations, and rock art left by the now-extinct Guaycura and Pericu indigenous groups. Do some yoga, head out for kayaking, snorkel with colorful tropical fish, swim with sea lions, try out stand-up paddle boarding, spend time birdwatching, or hike to hidden lagoons and desert beaches.

Activity: Yoga, snorkeling, swimming, kayaking, & stand-up paddle boarding

Meals: B, L, D

DAY 5

RETURN TO TODOS SANTOS & EXPLORE THE TOWN

Feel re-energized by your last morning yoga session on the beach at Camp Cecil. Then, after a wonderful breakfast, take a return boat trip Todos Santos. The afternoon is free to explore this tiny town with its many shops and galleries, home to a diverse community of artists, chefs, fishermen, surfers, and yogis. Enjoy a farewell dinner at La Casita, featuring specialties especially prepared by Chef Sergio Rivera.

Activity: Yoga & cultural touring

Meals: B, L, D

DAY 6

DEPART FROM SAN JOSE DEL CABO

Say adios to Mexico and transfer to the airport in San Jose del Cabo.

Meals: B

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Dates

Nov 7 - 12, 2019

Nov 15 - 20, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 4,995 per person

Additional Cost

\$ 700 Single Supplement

2020

\$ 4,995 per person

Additional Cost

\$ 700 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Expert yoga instruction from Canyon Ranch Yoga Instructor
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary camping/yoga/SUP/surfing/etc. gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your lead adventure guides
- Optional tips to your yoga instructor
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Travel protection other than the basic medical and evacuation protection noted above

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

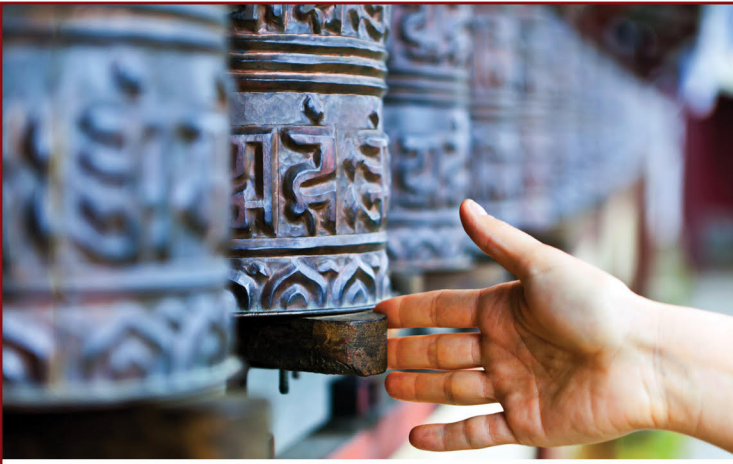
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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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