



New Mexico Wellness Retreat with Canyon Ranch

6 Days



The Adventure Company | EST. 1969

MT·SOBEK™

MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ New Mexico Wellness Retreat with Canyon Ranch

With its otherworldly landscapes and unique blend of cultures, New Mexico is aptly known as the "Land of Enchantment." Unwind, relax and recharge in healing waters and natural hot springs. Travel downstream on the Rio Chama through the colorful cliffs and canyons that inspired the great artist Georgia O'Keefe. Practice yoga on the banks of the river each morning and cleanse your mind each evening under the New Mexico sky. Enjoy a variety of different healing pools in Ojo Caliente to close out a week of rejuvenation.

Details


Arrive: Albuquerque or Santa Fe, N

Depart: Albuquerque, New Mexico

Duration: 6 Days

Group Size: 4-16 Guests

Minimum Age: 18 Years Old

Activity Level: 

Testimonials

"I have taken 12 trips with MT Sobek. Each has left a positive imprint on me—widening my view of the world and its peoples."

Jane B.

"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.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1.888.831.7526

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Why Take This Trip With Us?

REASON #01

This MT Sobek wellness retreat includes the assistance of an expert Canyon Ranch yoga instructor throughout the week.

REASON #02

Our wellness retreats blend active pursuits, including hiking, stand-up paddleboarding and kayaking, with rejuvenating yoga and restorative experiences in nature.

REASON #03

We work closely with the wellness experts at award-winning Canyon Ranch to create the best trips in the adventure-wellness space.

What to Expect



ACTIVITIES

Daily yoga and relaxation sessions, hiking stand-up paddleboarding, kayaking, wildlife watching — all in the company of expert guides and instructors.



LODGING

Three nights of riverside camping, plus two nights at the elegant Ten Thousand Waves resort and one night at Ojo Caliente Mineral Springs Resort



CLIMATE

New Mexico experiences abundant sunshine with summer high temperatures reaching the mid-80°Fs. Be prepared for arid heat and low relative humidity.

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

WELCOME TO NEW MEXICO

Fly into Santa Fe or Albuquerque at any time today and take a shuttle ride to the hotel in Santa Fe. For those who prefer extra assistance, we have scheduled one group transfer from ABQ at 3pm. Santa Fe is the oldest and highest capital in the United States and recently celebrated its 400th anniversary. Its unique architectural style incorporates both indigenous and colonial influences. Tonight, meet for a trip orientation and welcome dinner at Izanami, the acclaimed Izakaya-style Japanese restaurant at our spa resort.

Meals: D

DAY 2

UNPLUG, UNWIND & REJUVENATE

Today is yours to digitally detox, unwind your body and connect with nature in a variety of hot, mineral tubs, cold plunge, wet/dry saunas and a meditation room. For an added fee, you may enjoy a premium private tub, a yasuragi head and neck treatment, and/or a 50-minute therapeutic massage followed by a salt glow. This evening we will venture into the heart of historic Santa Fe to enjoy a festive dinner at the iconic New Mexican Restaurant, The Shed.

Meals: B, D

DAY 3

JOURNEY INTO THE RIO CHAMA WILDERNESS

This morning, drive north toward the historic town of Tierra Amarilla, our starting point for a three-day journey through a pristine desert river canyon — a true treasure of the Southwest! Choose to stand-up paddleboard, kayak or relax on a raft while enjoying a mellow day, with a stop at a riverside hot spring before continuing on to camp. Let the guides prepare a healthy, fresh menu designed specifically for your wellness journey.

Activity: 4-hours SUP, kayaking or rafting on Class I-II rapids

Meals: B, L, D

DAY 4

RIDE ARAGON RAPID & HIKE NAVAJO PEAK

Begin the day at camp with a morning meditation and yoga class to appreciate nature. Venture downstream and challenge yourself with Class II and III rapids. Hike up the summit of Navajo Peak to enjoy breathtaking views of the multicolored layers of sandstone and limestone canyon walls. This afternoon, return to camp for a yoga class designed to relax muscles and ease tension. Then, sit back in one of our camp chairs and take in the sunset as the colors of the sky and canyon walls change before your eyes.

Activity: 4 hours SUP, kayaking or rafting Class II-III rapids and 2 miles hiking with 800' elevation gain & loss

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Meals: B, L, D

DAY 5

HIKE HUCKBAY CANYON & SOAK AT OJO CALIENTE HOT SPRINGS

Start the day with a beautiful hike through Huckbay Canyon. Afterwards, float downriver to our take-out and stop for lunch before leaving the Rio Chama Wilderness. Enjoy a picturesque drive to Ojo Caliente Hot Springs Resort before checking into your comfortable room and soaking below the cliffs in the variety of natural mineral pools and springs. Ojo's legendary waters have been soothing body, mind and spirit naturally for thousands of years.

Activity: 3-hours SUP, kayaking or rafting Class I-II rapids and half-mile hiking

Meals: B, L, D

DAY 6

ENJOY MORNING SOAK & DEPART FOR HOME

Relish one last New Mexican sunrise as you take in a morning soak through Ojo's many pools. Enjoy a hearty and healthy breakfast in the resort's restaurant before driving and hour back to Santa Fe and departing for home.

Meals: B

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Dates

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

\$ 4,595 per person

Additional Cost

\$ 700 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary specialty camping, rafting, and SUP 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
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Optional travel protection

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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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