



Trip Dates: October 22-October 29

Arrival Time: Evening of October 22

Trip Meeting Location: Hotel Posada Luna Sol, La Paz, Mexico

Approximate End Time: Morning of October 29

ETC Baja Shared Expedition

Espiritu Santo on the Sea of Cortez in Baja, Mexico provides the landscape for a stunning vacation paddling crystalline waters, snorkeling with tropical fish and sea lions, exploring arroyos and side canyons, and relaxing on white sandy beaches. Days will include paddling the stunning Espiritu Santo coast by kayak, skiff rides for snorkeling at a sea lion rookery, and happy hour with delicious meals every evening. This is a memorable adventure and perfect for the novice or experienced paddler.

Environmental Traveling Companions

Environmental Traveling Companions (ETC) has been providing outdoor adventure opportunities to people of all abilities and backgrounds since 1972. Beginning on the banks of the Stanislaus River, ETC began using volunteers to take people with disabilities and youth from under-resourced backgrounds on whitewater rafting trips. Decades later, the organization has grown to include four main programs: whitewater rafting, sea kayaking, cross-country skiing, and youth leadership development. ETC is recognized as a pioneer in the industry of accessible outdoor adventures. This Shared Expedition is offered in partnership with Mar y Aventuras, a premier local sea kayak outfitter in La Paz, Mexico.

Baja Kayak Trip Overview

- **Day 1:** Arrive La Paz, Baja California Sur, Mexico. You will have the evening on your own to experience the Malecon or downtown area, prepare for your trip, and get a good night sleep at the Hotel Posada Luna Sol.
- **Day 2:** Meet with the Guides for a continental breakfast at the hotel and an informational meeting. Then you'll collect rental gear and transfer by motorized skiff to the island of Espiritu Santo (approximately 2 hours). You'll have lunch upon arrival at our Candelero Camp on the island, and then receive a camp orientation followed by sea kayak instruction and paddling. The sea kayak orientation includes a mandatory wet exit or "dunk test," so get ready to have some fun as we all take the plunge! It's a piece of cake! (B/L/D)
- **Days 3–Day 6:** Days are full of kayaking, snorkeling, hiking, fishing, and relaxing along the shores of the enchanted island of Espiritu Santo. Guided kayak excursions of 4-10 miles are offered daily along the island coast. Other guided activities include: hiking up a beautiful arroyo, early morning fishing from a skiff (must have a license), excursions to nearby snorkeling "hot spots" including a sea lion rookery, swimming, and relaxing on the beach.
- **Day 7:** After lunch you will transfer back to La Paz by motorized boat. You'll then check-in to the hotel where you can enjoy a hot shower and have time to take a walk into downtown La Paz or an afternoon siesta before meeting for a farewell dinner that evening (dinner not included). (B/L)
- **Day 8:** Transfer from the hotel to the La Paz airport, to the bus terminal if going to the Cabo airport, or on to your next adventure in Baja, Mexico.

Although we do our best to adhere to the above itinerary, it is subject to change for reasons beyond our control including weather. B/L/D indicates meals included in trip cost

Trip Location

The trip will begin and end at the Hotel Posada Luna Sol in La Paz, Mexico. Taxi drivers know the hotel by name and will be able to provide transportation from the La Paz Airport or Bus Terminal.

Travel Information:

Guests are responsible for making travel arrangements to and from La Paz, Baja California Sur, Mexico. There are two airports that service this part of the Baja peninsula:

- **La Paz (LAP):** Flying in and out of La Paz airport is often more convenient, only requiring a short taxi ride between the airport and Hotel Posada Luna Sol. However, flights into La Paz are typically more expensive and often require at least one stop when coming from the United States.
- **San Jose Del Cabo (SJD):** The flights in and out of Cabo are typically cheaper and often direct, although this travel option requires a 2-3 hour drive between Cabo and La Paz. There are buses that make this trip regularly from San Jose Del Cabo airport to La Paz Malecon, about a 5-minute taxi ride from the hotel. We recommend Eco Baja Tours, which can be booked online at www.ecobajatours.com.

Arrival Time

Guests are asked to arrive in at the Hotel Posada Luna del Sol by the 6pm on the first night of the trip so we can review necessary information and answer questions. We will meet as a group the next morning for breakfast.

Departure Time

There are no scheduled trip activities on the last morning of the trip. We recommend booking flights out of La Paz no earlier than 11:00AM and no earlier than 1:00PM for flights out of San Jose Del Cabo.

Guides

This trip is run through our friends at Mar y Aventuras, an outstanding local Baja adventure company and good friend to ETC. They use local guides who are highly experienced kayakers and very knowledgeable of the area. ETC will also have a representative on the trip to support the local team of guides and assist with any special accommodations.

Specific Accommodations

ETC is committed to making outdoor adventure accessible to people of all abilities and our crew is experienced in making adaptations for a wide range of physical abilities. In order for us to be fully prepared for your group, we ask that each person with a disability discuss your specific needs with the Sea Kayak Program Manager and ETC Trip Representative.

Due to the size limitations of our kayaks, people over 250 lbs or who cannot fit comfortably into kayak cockpits with the dimensions of 35" long x 18.75" wide could pose a safety risk should the kayak accidentally capsize. If you are concerned comfortably or safely fitting inside our kayaks, please discuss this with the Sea Kayak Program Manager at the time of registration.

Equipment

Mar y Aventuras, our partner in Mexico, provides all sea kayak specific equipment, including kayaks, personal floatation devices (PFDs), spray skirts, paddles, and safety equipment. Additionally, Mar y Aventuras provides tents based on double occupancy (if you wish for a single tent, there is a supplemental fee of \$25). Personal equipment is not included in the trip fee, and thus there is an enclosed "Equipment List" outlining what each person should bring with them. If you have questions about equipment, please contact the Sea Kayak Program Manager.

Rental Equipment

Sleeping pads, sleeping bags, and snorkeling equipment may be rented from Mar y Aventuras in La Paz at the following fees:

- Sleeping bag with pad \$20
- Sleeping bag or pad separately \$15
- Snorkel gear \$15
- Mask, snorkel, or fins separately \$10
- Wetsuit \$15 (highly recommended for trips taking place from November through May)

Please reserve all equipment prior to the trip on the Mar y Aventuras Trip Application Form to ensure proper sizes are available. Payment will be collected in Baja prior to your trip departure in cash or traveler checks.

Food

Meals are a combination of the best of American and Mexican traditions, prepared using fresh, local ingredients. Barbecued chicken, fresh fish Vera Cruz style, grilled steak tacos accompanied by guacamole and a variety of Mexican salsas, plus fresh soups and salads prepared daily for lunch are just a few examples of the tasty menus. The motorized skiffs allow us to bring large blocks of ice to store fresh produce and indulge in luxuries not always available when camping. Each evening you can enjoy a cocktail and appetizer for "happy hour" as you watch the spectacular Baja sunset while sipping a Margarita! Special diets can be accommodated due to the variety of foods we are able to store. If interested in purchasing beer, wine, or soda to have along for the trip, there will be an opportunity to go to a local supermarket before heading to the island on the morning of Day 2.

Overnight Accommodations

Hotel: The first and last night of the trip will be spent at the Hotel Posada Luna Sol, a very nice hotel owned by Mar y Aventuras. Rooms are assigned for double occupancy (if you wish for a single room, there is a supplemental fee of \$95).

Camping: We camp on sand beaches on Isla Espiritu Santo. A large kitchen tent is set up by the staff and used for cooking. A shade tarp is also set up for taking breaks from the noontday sun. Quality 3 person tents are provided for double occupancy. Bathing is available daily in the sea using a biodegradable soap that lathers in salt water. Fresh water will be available for a quick rinse from a sun shower to complete the process. The toilet is a porta-potty system that uses water to flush. It is placed in a secluded spot at each camp and is available from the time you arrive until you depart.

Money in La Paz

La Paz has many ATM machines. Often you have the choice of receiving money in US dollars or pesos. Keep in mind that accessing these machines can be a hassle and they do not always work. Some businesses accept credit cards and travelers checks but many do not. US dollars are accepted at most establishments, so it is not necessary to change your dollars into pesos before you arrive. We recommend bringing plenty of cash and in small bills for rentals, restaurants, guide tips, and other incidentals.

Gratuities

Tipping of your guides is voluntary but greatly appreciated by the guides! If you would like to leave your guides a generous tip showing appreciation for an excellent job, 5-10% of the trip cost per person is standard in the adventure travel industry. All gratuities are pooled and distributed among the local guides and staff evenly. If you do choose to leave a tip, please leave cash (USD is fine). No personal checks or credit cards can be accepted.

Trip Forms

Each person participating in the trip is required to complete two forms: a health form and a liability release. Both forms must be signed by the participant or the participant's parent or legal guardian if he or she is under the age of 18. Please complete the forms (included in this packet) at your earliest convenience and return them to ETC via post, fax, or email:

Post: Environmental Traveling Companions
Sea Kayak Program
Ft. Mason Center, 2 Marina Blvd.
San Francisco, CA. 94123

Fax: 415-474-3919

Email: kayak@etctrips.org

Additionally, after registering with ETC please complete a trip information form with Mar y Aventuras, our partner in Mexico, to communicate any food preferences, medical concerns, and the need for rental equipment. This form can be found at: <http://www.kayakbaja.com/forms/applicationform.php>

Requirements for all Activities

- Be able to manage all personal care and mobility independently or with the assistance of a friend, family member, or attendant (see Personal Care Attendant Policy below)
- Be able to breathe independently, not require medical devices to sustain breathing
- Perceive, understand, and respond to commands given by a guide independently or with the assistance of an interpreter
- Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance
- If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a personal care attendant or staff member
- Be prepared to participate in physically strenuous activities that may require physical ability beyond what many people are accustomed to in their day-to-day lives
- For overnight trips, be able to move about the campsite or building independently or with the assistance of a companion, on trips that include overnight camping
- Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and to be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite
- Be able to wear all safety equipment correctly such as, but not limited to, spray skirts, and personal flotation device
- Be comfortable traveling in remote settings where access to advanced medical care may be significantly delayed

For Sea Kayaking Trips

- Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket);
- Independently exit a capsized vessel and cooperate with an assisted rescue facilitated by an ETC Guide.
- Be able to comfortably sit in a sea kayak, which has a typical weight capacity of about 250 pounds per person.
- Be able to spend extended time in outdoor environments, where there may be exposure to wind, precipitation, and uninterrupted sun

Sea Kayak Program

Personal Care Attendant Policy

- ETC guides are trained in making our adventures adaptive, (including assisting with transfers in and out of kayaks and rafts and getting around camp), but they are not trained personal care attendants. Many participants with disabilities find that they need more support in the less familiar environments of our trips than they do at home.
- ETC's overnight trips are usually camping trips, and some only have portable toilets and buckets for washing that are set up each night (i.e., no running water). ETC provides tents and cots for those who need them. You will need to be able to get into your tent and on and off either a cot or the ground on your own. Also, you will also need to be able to do your own toileting, washing, and dressing.
- If you think that you will need assistance with any of the following: toileting, eating, taking medicines, dressing, and getting in/out of bed, ETC asks that you bring a personal care attendant with you. ETC cannot provide personal attendants on our trips.

ETC Sea Kayak Program - Baja Shared Adventure

Terms and Conditions

We look forward to sharing an ETC adventure with you. Below is a list of Terms and Conditions for your trip booking:

Reservations and Cancellations

- A deposit of 50% of the total trip cost is required to secure your reservation. The trip balance is due no later than 60 days prior to the trip date.
- Cancellations made 90 days or less prior to the trip date are not refundable unless special accommodations are made in advance with the ETC Office. We recommend that you get trip insurance
- ETC reserves the right to cancel the trip due to weather conditions, tide/current conditions, water level, or for other unforeseen reasons. If ETC cancels the trip, the trip payment will be refunded in full.

Single Supplements: For single tent and/or hotel accommodations, the following charges apply:

- Tent and hotel: \$95
- Tent only: \$25

Transportation

- ETC does not provide transportation to or from the Hotel Posada Luna Sol in La Paz, Mexico.

Medical

All participants must complete a Health Form, which must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. ETC works to accommodate people with special needs, though we reserve the right to exclude or remove someone from a trip at any time if doing so is related to the safety of the trip.

Liability

Due to the nature of the activity, a condition of participation is the completion of a Liability Release acknowledging the inherent risks of the trip activities. This form must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. Participants who refuse to sign the liability release will not be allowed to participate.

Payment of your trip deposit indicates that you agree to the above Terms and Conditions.

Baja Shared Expedition Equipment List

Clothing

- Sunhat with strap
- T-shirts
- Light long-sleeve shirt for sun protection
- Fleece jacket
- Lightweight long pants
- Shorts (quick dry are best)
- Waterproof windbreaker or Paddling jacket
- Swimsuit
- Lightweight long underwear
- Socks
- Sport sandal (ex. Teva or Chaco)

Miscellaneous

- Beach towel
- Toiletries
- Flashlight with extra batteries
- Sunscreen
- Lip balm with sunscreen
- Biodegradable soap and shampoo (Campsuds work great)
- Small daypack
- Passport mandatory
- Cash
- Passport mandatory

Gear

- Snorkel gear (mask, snorkel & fins) You can rent from Mar y Aventuras if you wish
- Wet suit (for snorkeling, NOT for paddling)
- Sleeping bag and pad- You can rent from Mar y Aventuras if you wish
- Duffel Bags for gear – Gear is transported in skiffs and stays dry, but pack plastic garbage bags inside your bags to protect from moisture.
- Small dry bag for day trips if you have one
- Camera with waterproof case and extra batteries
- Headlamp with extra batteries
- Binoculars
- Insect repellent
- Sheet for sleeping bag in case it is hot at night
- Cards, small games, etc.
- Small Instrument (this can be packed in the skiff but should be put in a waterproof bag)
- **A good book!**

Here is a link to the health and liability release forms that must be completed by all participants!

Health Form & Liability Release

- Separate forms are required for each participant. Participants in the same family or household cannot use the same forms.
- Please complete these forms using blue or black ink.
- **It is very important that both forms are filled out completely.** Please do not leave any field blank unless the question does not apply to you. Participants will only be allowed to participate if they have forms that are completely filled out.
- For participants under the age of 18, both forms must be signed by a parent or guardian.
- For this trip, please send (via email, fax, or post) your forms to the ETC office at least **one month** before your trip start date.
- If you have any questions or concerns about a medical condition or your ability to participate on an ETC trip, please do not hesitate to contact the Sea Kayak Program Manager at 415-474-7662 x13 or at kayak@etctrips.org in advance of the trip date.
- Spanish versions and accessible type-friendly PDF versions of these forms are available upon request.