



# Baja Mexico Winter Escape

March 7 – 13, 2017

La Paz - San Jose Del Cabo



Modern Sailing School & Club  
in partnership with Call of the Sea

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# La Paz to San Jose del Cabo, 100 Nautical Miles



## THE BOAT – *Seaward*, an 82-foot staysail schooner

*Seaward* is an 82' classic staysail schooner constructed of steel and specifically designed for educational voyages. Inspected and licensed by the U.S. Coast Guard, her crew of four includes a Coast Guard certified captain along with a professional crew of experienced sailors and educators. Your Seaward Adventure will have up to 10 passengers. *Seaward* has two heads, one of which has a shower. Fresh water aboard is limited, however there is an unlimited supply of seawater for showering on deck.



## WHAT TO BRING

### Useful Tips

- Space aboard is limited – please pack in crushable luggage (duffel bags, etc.) not a hard suitcase.
- Everything you bring needs to fit with you in your bunk.
- Clothes that can be worn over or under other layers will serve you well.
- Clothes that dry quickly are very important, and will make a world of difference once you are underway. Wool is a great option, as it maintains its warmth even when wet. As a rule, synthetic fibers like polar fleece and various polyesters and nylons dry more quickly than heavy cotton. Avoid denim, thick towels and heavy cotton sweatshirts – it takes a long time for them to dry.
- Your clothing should be comfortable and easy to move in.
- Your clothing should also be durable. Items could get torn, stained, etc. Perhaps this is an opportunity to take some of your oldest T-shirts out for one last fling.
- Your bunk will be provided with a reading light, mattress, pillow, bed linens, light blanket, and towel. You do not need to bring these items.
- Laundry facilities are not available.
- When at sea, people typically change clothes much less frequently than on land, so pack accordingly.
- If you wear prescription glasses, bring a second pair. If you wear contact lenses, bring extras and your glasses as well.

### Packing List

- Jackets/Foul Weather Gear: Foul weather gear (jacket and bibs) is the best, but a hooded windbreaker or polar fleece with a water proof shell will also work.
- Sunblock and Chapstick: SPF 15 or higher for both
- Sunglasses (with cord to prevent loss)
- Toiletries Kit (no hair dryers)
- Socks: Keep in mind that cotton will not dry quickly.
- Shoes: Two pairs. Be prepared to wear close-toed shoes with a captured heel on deck. Boat shoes, Keens, or sneakers are fine. You may bring any shoes you wish (including sandals and flip flops) for anchorages and shore excursions.
- Shorts: One to two pairs – quick drying
- T-Shirts: Three to six

- Long Sleeved Shirts: Two to three - it's often chilly
- Pants: One to two pairs. Light weight canvas or synthetic blends - avoid denim as it never dries
- Warm Hat
- Sweater or Fleece: Wool or polar fleece – avoid cotton.
- Sun Hat - wide brim is best
- Bathing Suit

### **Recommended Items:**

Writing and reading materials, camera, musical instruments, snorkeling gear, ziplock bags (nearly waterproof packaging), water bottle, baby wipes (a nice way to refresh between showers), a red flashlight. (Red flashlights are good for night vision, but you needn't buy an expensive headlamp. The low-budget version of a small flashlight painted with red nail polish works just fine!)

## **WEATHER**

Water Temp in the Sea of Cortez in March is 68 degrees.

## **MEALS ON BOARD**

All meals are included, and freshly prepared by a gourmet chef. While we cannot guarantee the menu, as ingredients are chosen based on availability, below is a sample menu.

### **DAY 1**

#### **BREAKFAST**

Spinach, tomato and cheddar cheese quiche with homemade crust; fresh fruit; toast with jam; French press coffee; tea; Mexican hot chocolate; juice of the day

#### **LUNCH**

Arugula, spinach and romaine lettuces with couscous, dried cranberries, tomatoes and tuna, topped with a creamy homemade mustard lime dressing; side of sliced French bread

#### **SNACKS & SUNDOWNERS**

Traditional Mexican ceviche with conch, shrimp or fresh caught Mahi Mahi; fresh lime margaritas

#### **DINNER**

Chili rellenos baked with cheddar cheese, onion, garlic, tomatoes and tomato-based rice; tortilla chips and guacamole

#### **DESSERT**

Strawberries in fresh homemade whipped cream with popovers

### **DAY 2**

#### **BREAKFAST**

Granola, yogurt, fresh fruit, honey; plantain muffins topped with oat and brown sugar crumble

topping; French press coffee; tea; Mexican hot chocolate; juice of the day (mango)

#### LUNCH

Mahi Mahi tacos with avocado, mushrooms, tomatoes and spinach on grilled flour tortillas with lime and sriracha

#### SNACKS & SUNDOWNERS

Brie with crackers; fresh apples and grapes; strawberry jam and red pepper jam; coco lemonade; coconut limeade with light rum

#### DINNER

Green couscous with pistachios, green onions, green chili peppers, parsley and mint, served over arugula salad

#### DESSERT

Coconut tres leches cake

## ITINERARY

### **March 7, Day 1: *Costa Bahia Marina to Bahia Falsa***

*Approx. 10 Nautical Miles*

- Passengers board *Seaward* at noon on Tuesday, March 7<sup>th</sup> at Costa Baja Marina in La Paz.
- Once passengers are on board and settled in, we will get off the dock.
- From La Paz we will head to Bahia Falsa to anchor, swim, relax, and sail our little boat *Santo*.
- We finish the evening with cocktail hour and a gourmet meal prepared by the ship's chef.
- We'll enjoy a beautiful sunset over the Sea of Cortez dreaming of the next day's adventure.



### **March 8, Day 2: *Bahia Falsa to Espiritu Santo***

*Approx. 8 Nautical Miles*

- We have arranged for passengers to have the opportunity to swim with Whale Sharks for \$85 USD. A local Panga (a 20ft open motor boat) will pick passengers up for a 3-hour excursion.
- Those who are not swimming with Whale Sharks are welcome to relax on board or head to the beach for the morning.



- Once divers and beach goers are back on board, we will sail for Espiritu Santo, one of the protected Islands off of La Paz.
- Here we will anchor and enjoy another wonderful evening on board Seaward.

### **March 9, Day 3: *Espiritu Santo to Isla Islotes***

*Approx. 12 Nautical Miles*

- We will spend the day exploring the uninhabited island of Espiritu Santo and make our way towards Isla Islotes.
- The islands feature pristine beaches, clear blue waters, and unmatched diving/ snorkeling opportunities.



### **March 10, Day 4: *Isla Islotes***

*No Sailing Day*

- Seaward will spend a second day at the islands, focusing on Isla Islotes.
- This little island is home to a large seal pup population.
- Activities for this day include swimming with these seal pups, hiking the islands, or beach going.

### **March 11, Day 5: *Isla Islotes to Ensenada de los Muertos***

*Approx. 55 Nautical Miles*

- After spending a few days anchored off the remote islands in the Sea of Cortez, we will begin to head south and make our longest passage yet!
- Our destination will be Ensenada de Los Muertos where passengers will have the opportunity to relax after a day of sailing in the Sea of Cortez.
- A great opportunity to relax and have a Margarita!
- Resort offers showers and amenities!



**March 12, Day 6: *Bahia los Muertos to Los Frailes***

*Approx. 45 Nautical Miles*

- Swimming, beach going, and sailing our little boat Santo for the day!

**March 13, Day 7: *Los Frailes to Puerto Los Cabo Marina***

*Approx. 30 Nautical Miles*

- Guests will disembark around noon. There is a shuttle from San Jose Del Cabo- La Paz.

