



Gulf of California - Sea of Cortez Modern Sailing Expeditions

November 24 to December 4, 2019



Modern Sailing School & Club
(415) 331 – 8250

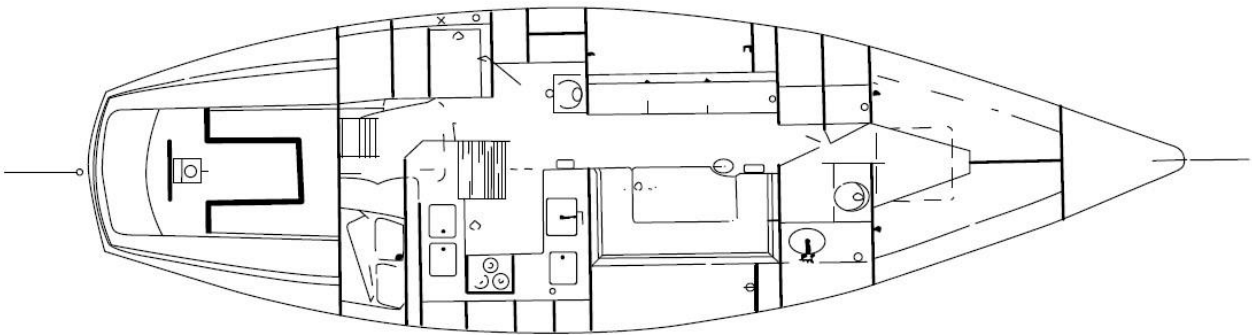
Cpt Blaine McClish
Trip Leader

THE BOAT — *Coho II*, 44' Spencer 1330



Coho II is MSC's legendary offshore racer/cruiser. She has carried hundreds of MSC students and sailors under the Golden Gate Bridge and onto the Pacific Ocean. At 44.4 feet overall length and 24,000 pounds of displacement, *Coho II* is built for crossing oceans with speed, seakindly motion, and good performance in both big winds and light airs.

- Fast and able bluewater cruiser
- Fully equipped for the offshore sailing



TRAVEL ARRANGEMENTS

You are responsible for booking your own airfare. Direct flights from SFO to La Paz, and Los Cabos to SFO are available but are limited. Flights with layovers in San Diego or Los Angeles will cost less than direct flights. If you would like to use a travel agent to book your flights, we suggest Bob Entwisle at E&E Travel at (415) 819-5665. Please arrive by the first day of the trip, November 24. The marina where the boat will be docked will be a short cab/uber ride from the airport or most hotels near the Marina De La Paz.

WHAT TO BRING

Luggage

Travel light. Your gear should fit in a medium duffel bag and small carry-on bag. Your carry-on should be less than 15 pounds. We recommend using a dry bag or backpack. Both bags should be collapsible for easy storage on the boat in small space. Do not bring bags with hard frames as they are difficult to stow.

Gear

We have found that people often only use about half of what they bring. A great way to bring only what you use is to lay all your items out and reduce it by 50%. Lay them out again and then reduce again.

Gear weight depends on weather conditions of course, but lightweight clothing that is layered and wicks well to dry fast is essential. Your total gear weight should be less than 55 pounds, including carry-on.

Sun conditions can be very different than in San Francisco bay. Consider lightweight clothing that covers exposed areas without adding bulk or weight. There are a variety of lightweight pants and shirts that provide UV protection. Sunscreen and hats are essential.

Suggested Packing List

<u>CLOTHING</u>	<u>NON-CLOTHING</u>
<ul style="list-style-type: none">● Quick-dry t-shirts, sun shirt● Shorts w/zipper pocket● Swimsuits● Sweater or fleece jacket● Foul weather gear● Deck shoes, water/reef shoes, or sandals (they will get wet)● Hiking shoes for exploring beyond the shore● Long-sleeved shirt for snorkeling● Lightweight rain jacket● Sailing gloves● Extra towel (microfiber quick-dry)● Long pants	<ul style="list-style-type: none">● Passport / travel documents● Cash● Sunscreen● Insect repellent● Polarized sunglasses (2 pairs)● Camera● Personal hygiene items● Medications / prescriptions● Special dietary items● Flashlight/batteries● Dry bag & backpack● ZipLock bags● Biodegradable soap/shampoo● Electronics with chargers● Sleeping bag and travel pillow

What NOT to Bring

Different states and countries have different travel rules, regulations and considerations. If you have specific questions about an item, ask us. Some general items you should **not** bring are

illegal drugs, weapons, hair dryers, expensive jewelry, pets, rigid suitcases, surf boards (it has happened), fireworks and dive tanks.

Considerations

There will be some snorkeling opportunities. These items can be purchased in Mexico, or you can bring them with you. Keep in mind that these items tend to be bulky and heavy. A reasonable compromise may be to bringing your own mask and snorkel and purchase fins in Mexico. Water shoes are a good idea.

PFDs (lifejackets) are on board the boat, however, you are welcome to bring your own.

Medications

Check with your family doctor about medication mixing if you require a seasick remedy. Let us know about any health issues or concerns.

WEATHER

The weather in the Gulf of California can be quite hot during the summer, but is mostly mild during the fall and winter. The average high for November and December is 79° and the average low is 59°. The chance of precipitation is around 5%, with about a 50% chance of cloud cover. Humidity is low and water temperature averages around 75°.

Wind Conditions

Wind speed averages around 8 knots and typically blows out of the north or northwest during this time of year.

Tides

Tides tend to be diurnal and have a range of approximately 3 to 4 feet.

GALLEY AND PROVISIONING

Provisioning will be discussed at the crew meeting and initial menus will be made for staples. The lion's share of provisioning for breakfast, lunch and snacks will be done in advance and are included in the cost of the trip. Final provisioning of fresh and specialty items will be completed once crew arrive in La Paz.

La Paz has large markets and small shops for provisioning needs. The captain will work with the crew to select items for individual tastes on board.



- 3-burner propane cooktop and oven
- Refrigerator with front access, 12v compressor
- Freezer with top access, 12v compressor
- Microwave
- Coffee maker
- Multiple storage cabinets

The crew will decide on how many meals will be eaten ashore and provision accordingly. Food and beverage costs vary based on individual crews' desires.

Modern Sailing Expeditions recognizes that people have different experiences and tastes in personal beverages (alcohol). Provisioning time will be provided for members to make their own purchases.

While galley duty is a shared responsibility, the individuals who are assigned to stow provisions can help others to find stored items.

Special Dietary Needs

The captain will consult with participants at the crew meeting regarding advanced provisioning. This is your opportunity to let your captain know if you have specific dietary needs or restrictions. We can plan ahead to accommodate you. If there are unique items you desire, you will have time to purchase them during the provisioning trip.

Breakfast

Breakfast will be around 7:00AM to 9:00AM each day with a certain amount of flexibility based on the itinerary and group or individual desires. We have had traditional hot breakfasts, complete with bacon, eggs, and more. We have also enjoyed lighter fare such as granola bars and fruit, depending on the crew.

The goal is to meet your needs so you can enjoy the rest of your day.

Lunches

Lunches are very casual with no set schedule and often consist of soup and sandwiches, veggie sticks, or local fare. Lunch is often served under way and conditions may dictate what we have on a particular day. If the crew is in agreement and a nice lunch spot is found, we can dinghy to a meal ashore at a local restaurant or picnic on the beach.

Snacks

Snacks are always a very personal choice and whatever crew desires. Sometimes snacks can be chips and salsa, or cheese and crackers. Fresh fruit and nuts are always good (and delicious) as they are easy snacks and help maintain energy.

Dinners

Dinners provide the most flexibility. We can choose to relax on board, cook and watch the sunset, or we can go ashore to sample the local culture and cuisine when that option is available. Itinerary includes multiple days with little or no shore facilities, so we will plan and provision for cooking and dining at secluded anchorages.

Dinner Ashore

If we choose to go ashore in the evening, meal costs will be the responsibility of each person. Often checks are split and sorted out on board, later. Be sure to carry some cash (Pesos) with you as small 'mom & pop' places are sometimes cash only.

Perishables

Over the years, we have discovered that some items seem to have a very short shelf life in the marine environment. We will stock the fewest possible perishables and restock en route. Often we come across fresh fish on the docks or at open markets. There is something special and nothing as delicious as fresh seafood caught that very day.

Modern Sailing School & Club
PROPOSED GULF OF CALIFORNIA ITINERARY*
November 24 to December 4, 2019



The itinerary is designed around typical weather conditions in the Gulf of California for November and December, but may be adjusted based on local conditions and weather patterns. The Trip Leader will make prudent decisions based on wind, weather and sea state to insure a safe and enjoyable trip.

We will be visiting Bahia de La Paz, the Islands to the North, and the coastal anchorages on the way South to Cabo San Lucas. This will give us a wide sampling of what this part of the Gulf of California and the Baja Peninsula has to offer in sea life, natural terrain, and cultural attractions.

DAY 1: Sunday, November 24 – Arrive at Marina (TBD), La Paz

Check in on the boat before noon and meet your other crew mates. Crew will split duties. Some will inventory and store the provisions while others visit the local market in town for fresh and perishable items. We will then spend the evening enjoying the town and preparing to set sail the next morning.



DAY 2: Monday November 25 – La Paz to Ensenada de la Raza, Isla Del Espiritu Santo. ~22 nm

After a nice leisurely morning enjoying breakfast, we will check to ensure we have everything we need for our journey. We'll then set sail from La Paz to Isla Del Espiritu Santo, which is the island directly North of La Paz.

Once there, we can swim and snorkel, or dingy ashore to hike on the island.

DAY 3: Tuesday, November 26 – La Raza to Ensenada Grande Cove, Isla La Partida. ~8 nm

Isla La Partida is only a few miles to the north, so while there won't be much sailing time, there will be plenty of time to explore. We can snorkel, swim, and explore interesting coves on the way north.



DAY 4: Wednesday, November 27 – Isla La Partida to “The Hook”, Isla San Francisco, via Los Islotes. ~21 nm

The Trip from Isla La Partida to Isla San Francisco will give us a chance to sail a bit longer, and see the beauty of the islands from a distance. We also have one of the most unique snorkeling opportunities along the way, at Los Islotes. Los Islotes is a sea lion colony just north of Isla La Partida, where the sea lions are accustomed to being around humans and will swim and play with you in the water. We cannot anchor here, but will drift and snorkel in teams, one team in the water, and one operating the boat.





DAY 5: Thursday, November 28 – Isla San Francisco to Amortajada Lagoon, Isla San Jose (and possibly San Evaristo on the mainland). ~6nm, 13nm if we go to San Evaristo

It is a short trip from Isla San Francisco to Isla San Jose, giving us plenty of time to explore both on the water and on land. We can also sail over to San Evaristo on the mainland for new grounds and a small town to explore.

DAY 6: Friday, November 29 – Isla San Jose to Bahía San Gabriel, Isla Espiritu Santo. ~37nm

We will get underway right after breakfast and sail south back down to Isla Espiritu Santo, where we stayed the first night out of La Paz.

This time we will anchor in Bahía San Gabriel, also known as “Gabby Bay,” which has a long white sand beach and a beautiful reef area to explore.



DAY 7: Saturday, November 30 – Isla Espiritu Santo to Punta Coyote. ~12nm

Here we leave the Bay of La Paz, through the San Lorenzo Channel, and into the more exposed area of the trip.

If the conditions are right, we will anchor off of Punta Coyote and be able to explore ashore and in the water. If not, we will push on to Bahía de Los Muertos and take an extra day there to explore.

DAY 8: Sunday, December 1 – Punta Coyote to Bahía de Los Muertos. ~ 39nm

We head down the Cerralvo Channel, between the mainland and Isla Cerralvo. We can explore this coast and stop anywhere that seems interesting. We will then anchor in the north end of Bahía de Los Muertos, which offers a secure anchorage in most weather conditions, and a cantina where we can have dinner ashore.



DAY 9: Monday, December 2 – Bahia de Los Muertos to Los Frailes. ~49nm

We continue South along the coast, and towards the end of the day, we will pass Cabo Pulmo Reef, the only living hard coral reef on the west side of North America.

We will then anchor for the night in Los Frailes, which has a small town with a few seasonal cantinas we can explore, along with a nice beach.

DAY 10: Tuesday, December 3 – Los Frailes to Cabo San Lucas. ~47nm

Our last day of sailing takes us south along the coast into Cabo San Lucas. Although we have many miles to cover, we can take our time and explore. We can enjoy a nice dinner in Cabo San Lucas. Depending on flight departure times, this leg can also end in Cabo de San Jose, and then sail down to Cabo San Lucas the morning of the 4th.



DAY 11: Wednesday, December 4 – Morning aboard in Cabo San Lucas and then disembark

We have the morning to explore ashore, then pack up and prepare to head for home. We reflect on our adventure in what Jacques Cousteau called “the world’s aquarium,” which is also one of the most unique sailing environments the west coast of North America has to offer. Having

created extraordinary memories of sailing adventures, sea and desert vistas, and new friends, we’ll say to ourselves *“Til next time.”*

**Itineraries are subject to change based on sea state, weather and anchorages and may be adjusted based upon Trip Leader’s judgment.*