



11 Days

# Mexico

## Biology in Baja

This state boasts some of Mexico's most spectacular mountains & beaches. With majestic, untouched scenery that unfolds along the world's second-longest peninsula, this is a visit to an area of outstanding natural beauty.

Working with the leading pioneer Sea Kayak Adventure company in Mexico, students will learn education skills and a deep appreciation for this delicate environment.

With a UNESCO visit and some of the most amazing fish to swim with, what's not to love!



# Recommended tour itinerary

Day  
1-2

## Arrive La Paz

After arrival to Mexico City and an internal flight to La Paz we transfer to our hotel for an acclimatisation day. After meeting our guides we start our city tour! We will visit the national history museum where we will learn about the pre-Hispanic inhabitants of Baja dating back to 10,000BC. Dinner is with the local guides in a traditional restaurant.

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Day  
3

## Espiritu Santo Island

Visiting this UNESCO treasure (Holy Spirit Island) we will learn about conservation & history of the island as well as the rules and regulations now protecting it. Here we can experience the amazing thrill of swimming with sea lion pups and snorkelling amongst thousands of tropical fish. Following our swim we head for a memorable overnight camp. This island has been described as one of the most stunning destinations on the continent, and "the world's aquarium" by the French explorer, Jacques Cousteau

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Day  
4

## Kayak orientation

Today we will head out on the kayak's! Firstly conducting initial training on how to paddle, turn and feel comfortable in the kayaks, then heading out to understand more about the area and get to know the immediate geography. We have a tour along the way ending up at our next camping spot on the beach. With a snorkel opportunity in the afternoon there should be some more beautiful species of fish for you to identify.

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Day  
5

## Turtle Conservation

This is our science day! With a focus on learning about the natural flora & fauna of this amazing island. We will have an afternoon guided hike to learn as much as possible. Our data collection provides statistics and further awareness of the population of turtles in the National Park of Isla Espiritu Santo. Likewise this work will have a positive impact on implementing conservation efforts to preserve our endangered population of sea turtles. We work closely & collaboratively providing information to an NGO for sea turtles.

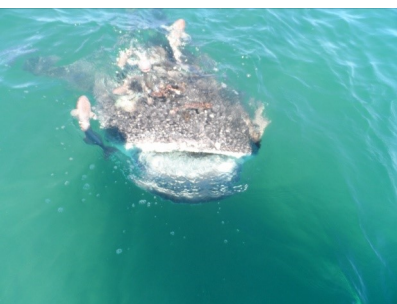
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Day  
6

## Mangrove forest

We now have the skills learnt on the previous days to have a unique kayaking experience in a mangrove forest, weaving our way around the coast learning about the importance of balance in nature.

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Day  
7

## Whale Shark Conservation

What an experience! Today we swim with whale-sharks and participate in a valuable science project collecting data that will be used in collaboration with a Whale Shark research project which influences government policy on protecting the largest fish on the planet! These whale sharks return every winter to the Bay of La Paz. Swimming with these gentle giants, often 10M long and up to 70 years old, is a truly memorable experience. We will provide information to a local NGO for whale-sharks. A day that provides actual useful evidence to help look after these wonderful animals.

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Day  
8

## Rural farming experience

We visit a local ranch to experience the real rural farming life in Baja and the intriguing Mexican ranch culture. Try the local famous tasty cheese (Queso) and head for a picturesque hike on a recently restored footpath that lends magnificent views of the Sea of Cortes—surely one of the most stunning sights to behold. Sleep at the ranch in safari tents.

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Day  
9

## El Triumfo mining village

Journey across to El Triumfo mining village in the middle of the Baja desert. Silver & gold were discovered here in 1862. In it's heyday the town was a cultural center, renowned for music, with a piano museum in evidence today. Visit the English' cemetery and learn about the history of the gold and silver mines. Lunch in local Pizzeria amongst the colonial buildings. Return to La Paz for dinner and hotel.

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Day  
10

## Stunning coastal hike in Balandra

Spectacular coastal hike in the protected reserve of Balandra – we will hike and learn about the pre-Hispanic history of this beautiful and unpopulated region of Baja. This coastal area boasts 8 beaches, an interior salt lagoon and a rock formation called "El Hongo" (the mushroom), which has become a famous symbol of La Paz. With a final long swim, tasty lunch we then head back to airport to catch an afternoon flight to Mexico City and on to UK. (Don't worry, showers will be available before departure).

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Day  
11

## Arrive in UK

We arrive back in the UK full of wonderful memories from this amazing trip to share with family and friends!

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# Further information

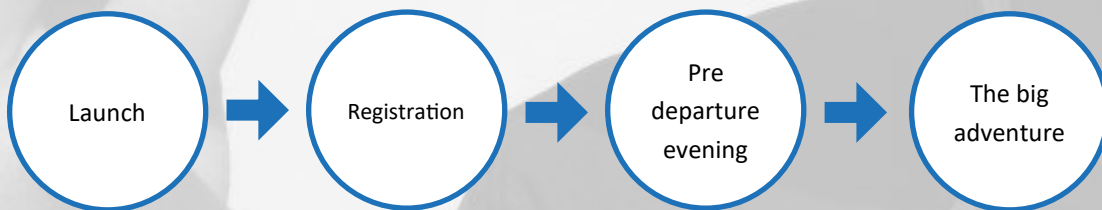
## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your educational journey timeline



## Physical journey rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



Expect to find local life broadly familiar to that in the UK, however aspects of the trip are likely to be in remoter areas where differences are more profound. Whilst English may not be the native language, you can expect it to be widely spoken. There may be some cultural differences and although western pallets should be well catered for there will be the opportunity to try new dishes.



# A journey of 1,000 miles...



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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