

Sea & She

2026 JAN. 3-10
8 DAYS 7 NIGHTS

AdvenEd

Trip Overview

Sea & She is an ocean-based learning expedition created for women who crave time to reconnect - with themselves, with others, and with the natural world. Over several days, we paddle along stunning coastlines, camp under the stars, share stories, and lean into the rhythms of the sea.

Equal parts salty air, strong arms, and soul-deep conversation, this experience is about courage, joy, and community. Whether you come for adventure, reflection, or simply space to breathe, Sea & She offers a supportive environment to grow, laugh, and discover what the tide brings in.



Your Leaders

CARRIE NOLAN



From canoes to classrooms, Carrie Nolan has spent her career shaping learning that awakens curiosity, courage, and connection. With a PhD in education and decades of leadership in post-secondary and outdoor education, she blends laughter with insight and holds space that is both compassionate and honest.

KRISTI MINTZ



Kristi Mintz is a registered midwife and former wilderness guide who has led others through both Canada's backcountry and life's profound journeys. With a Master's in Youth and Family Studies and years of guiding, teaching, and parenting, she brings strength and joy to every encounter.

Your Guiding Company

Carrie first rented from BOA (now Indomito) in 2005 and has relied on their services ever since.

OUR HISTORY

Our story began in 1994, when two passionate adventurers founded Baja Outdoor Activities (BOA) with the goal of offering expeditions to remote locations in sea kayaks. Today, three decades later, now as INDÔMITO, we remain true to our adventurous spirit, evolving to take you to pristine and untamed destinations where every experience becomes an unforgettable adventure.

Our purpose is to transform people's environmental perspective through outdoor activities.

We specialize in building moments that bring people closer to nature, allowing them to connect with it and hoping to generate in each explorer a deeper desire to protect our natural environments.



Itinerary (1/3)

DAY 1

Arrival

(arriving in place and presence)

- Fly into Baja, shuttle to La Paz
- Hotel check-in
- Evening welcome dinner at a local restaurant
- Facilitated circle: grounding and intentions

DAY 2

Strength

(finding power in body and spirit)

- Morning: packing for the island
- Van transfer + boat shuttle (~1 hr) to the island
- Set up first camp
- Sea kayak orientation and safety practice, including wet exits
- Conversation partners introduced for daily check-ins

DAY 3

Flow

(moving with water, rhythm, and ease)

- Break camp and paddle to a new campsite
- Focus on finding rhythm together on the water
- Evening facilitated reflection on letting go vs. holding on



Itinerary (2/3)

DAY 4

Connection

(weaving relationships with self, others, and the sea)

- Paddle and move to another camp
- Conversation partners share stories while paddling
- Group activity: collaborative meal prep or storytelling circle

DAY 5

Wonder

(pausing for awe, noticing beauty and surprise)

- Base camp day: time to explore, snorkel, wander, or rest
- Facilitated mindfulness practice: noticing details in place
- Group conversation: awe and wonder in daily life



Itinerary (3/3)

DAY 6

Courage

(leaning into challenge and growth)

- Break camp and paddle onward
- Optional longer paddle or stretch activity
- Evening circle on courage: naming challenges, celebrating steps taken

DAY 7

Glow

(carrying forward light, gratitude, and renewal)

- Morning swim with sea lions
- Boat shuttle back to La Paz
- Hotel check-in
- Closing dinner and gratitude circle

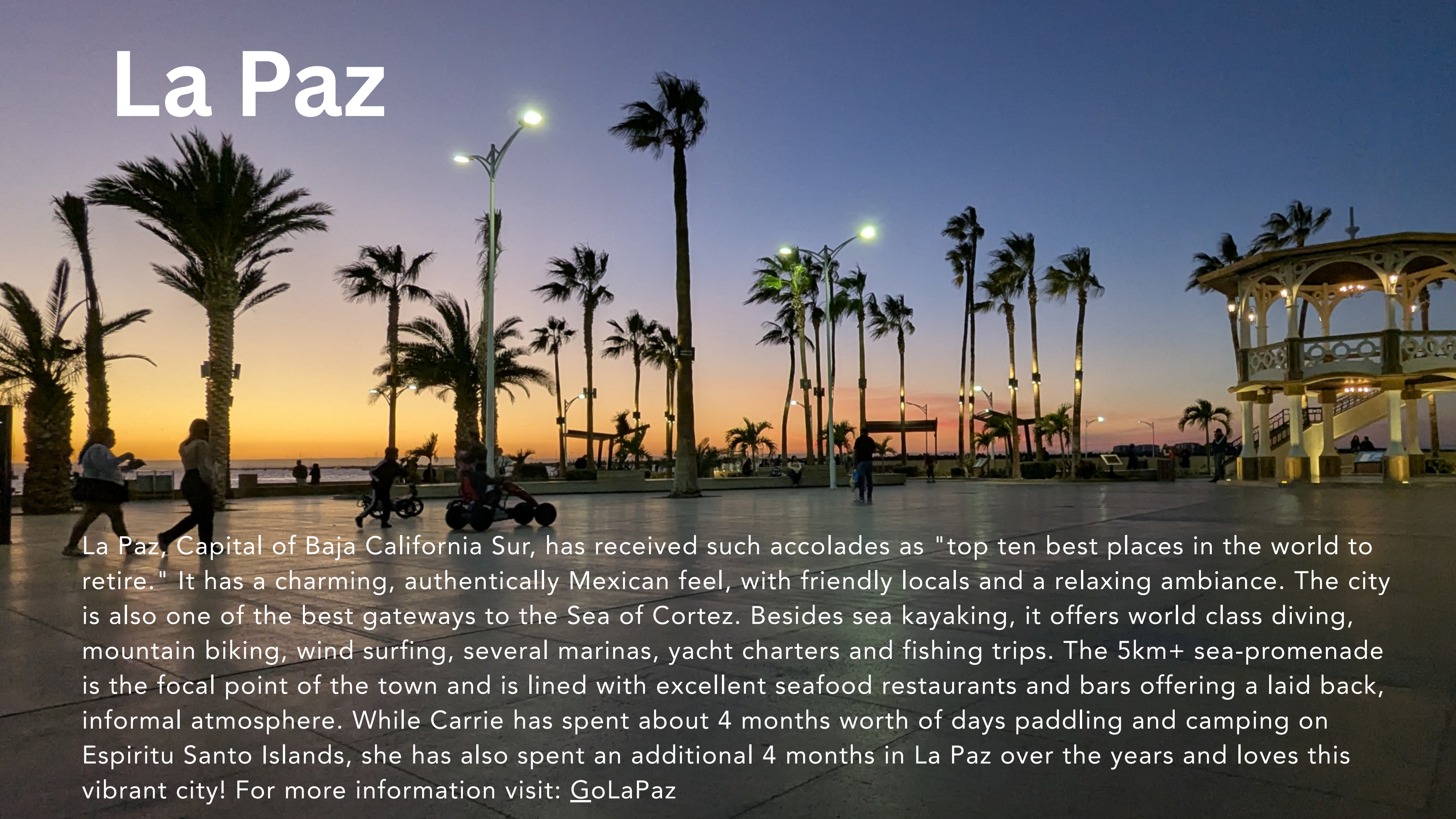
DAY 8

Return

(integrating the journey, carrying it home)

- Departure from La Paz
- Reflection practice: carrying lessons and glow into daily life

La Paz



La Paz, Capital of Baja California Sur, has received such accolades as "top ten best places in the world to retire." It has a charming, authentically Mexican feel, with friendly locals and a relaxing ambiance. The city is also one of the best gateways to the Sea of Cortez. Besides sea kayaking, it offers world class diving, mountain biking, wind surfing, several marinas, yacht charters and fishing trips. The 5km+ sea-promenade is the focal point of the town and is lined with excellent seafood restaurants and bars offering a laid back, informal atmosphere. While Carrie has spent about 4 months worth of days paddling and camping on Espiritu Santo Islands, she has also spent an additional 4 months in La Paz over the years and loves this vibrant city! For more information visit: [GoLaPaz](#)



Getting There

AIRPORTS

You can fly into La Paz, Baja (LAP) or San Jose del Cabo (SJD) (more flights that are cheaper)

SHUTTLES

- Landing in LAP means taking a taxi (about 12 min & app. \$15)
- Landing in SJD means taking a shuttle from the airport to the bus station in La Paz (about 3 hours & app. \$58).

<https://ecobajatours.com/booking.xhtml>

DATES

- Fly in: Jan. 3 (or earlier and enjoy La Paz for a day or two!). If flying to SJD, the last shuttle for the day is 5:30pm, so you'll want to land by 4pm to give yourself time to get through customs and collect baggage.
- Fly out: Jan. 10. Book later flights to give yourself time for shuttles.

Accommodation

2 NIGHTS IN A HOTEL

- Double Occupancy included
- Single Occupancy extra \$

5 NIGHTS IN A TENT

- Single or Double occupancy (single is extra \$)
- tent and sleeping pad provided
- sleeping bag should be brought or rented



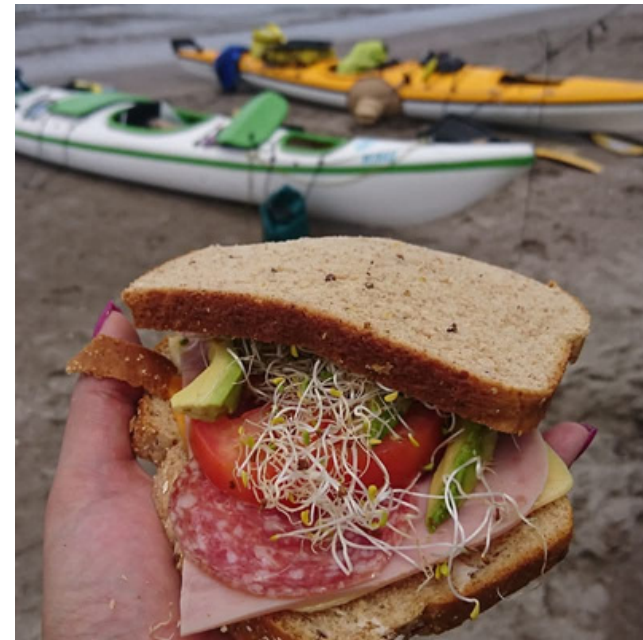
Food

Dietary restrictions can be accommodated including gluten-free and vegetarian/vegan

- Jan. 3 - supper at a restaurant together, your cost
- Jan. 4 - breakfast at hotel, lunch & supper on trip, prepared by guides
- Jan. 5-9 - all meals prepared by guides
- Jan. 9 - breakfast & lunch, on trip, supper at restaurant, provided
- Jan. 10 - breakfast at hotel



Breakfast includes fresh fruit, hot option & coffee or tea



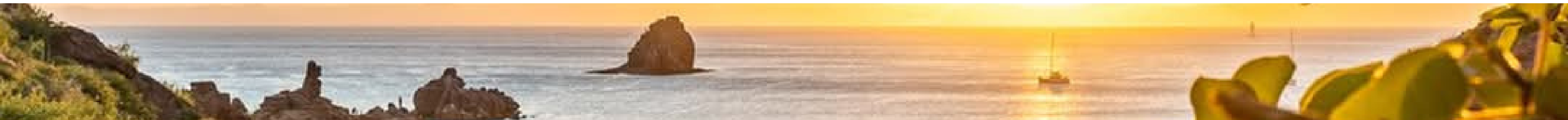
Lunch includes salads and tortillas, tamales, etc



Happy Hour every day - alcoholic and non-alcoholic options



Suppers are hot meals including tacos, fish and rice and pasta dishes.



Weather

FORECAST: SUNSHINE!

Baja in January sees average highs of **20-22C** and nighttime temps of **5-10C** (yes, that cold! It's the desert! You'll need to pack a toque and fleece!). It can also be windy, so bringing a windproof layer is a good idea! It rarely rains.





Kayaks & Kayaking Conditions

KAYAKS

Indomito takes a combination of singles and double kayaks on all trips. We try to rotate people around so that everyone has a chance to paddle the different kayaks.

KAYAKING CONDITIONS

Baja is well known for gorgeous aquamarine tranquil seas with stunning beaches for camping and world famous marine-life. However "northerlies" are particularly present between late November and early March and can sometimes blow for three days at a time. Espiritu Santo's deep fjord-like bays provide relatively safe protection from these prevailing winds but there may be day(s) when it is simply too windy for us to go kayaking.

On the rare occasions that the weather is definitely not going to allow us to provide the itinerary that you have signed up for, we will take alternative routes i.e. take you kayaking in the protection of the Pacific Lagoons on the west coast of Baja or if that is not possible due to inclement weather, we may offer an alternative outdoor adventure.

Port Closure: If the Port Authority of La Paz decides to close the port due to adverse weather conditions during your experience, we will adjust the itinerary to ensure your safety. INDÔMITO will cover an additional night of accommodation and the corresponding meals to ensure you are well taken care of. If it becomes necessary to extend the stay beyond one night due to the same cause, we unfortunately will not be able to cover these additional costs, but we will be happy to assist you with the logistics. INDÔMITO highly recommends purchasing travel insurance in case the trip needs to be canceled due to unforeseen circumstances.

Bathroom

Where do I go to the bathroom?

Pee in the sea. Poop in the toilet.

We provide marine portable toilets which are set up in secluded locations each time we change campsite.



Cost

Category	Cost
Trip (inclusive of guides, leaders, food, boat shuttles, 2 nights hotel, group gear including tents & kayaks)	\$3600 CDN
Flight (best prices are to SJD)	varies
Shuttles & Taxis	app. \$50 x 2
Gear rental (sleeping bag, solo tent, snorkeling gear, camp chair) & extras (single occupancy at hotel)	varies
Baggage Fee	varies
Gratuities	\$100-200
(Please allow your satisfaction with service to be the best judge of how much you would like to tip. Gratuities are shared evenly amongst the entire Indomito crew [guiding company, not AdvenEd]. We kindly request cash only.)	
Total Investment	\$3900+



Joining us this January 2026?

REGISTER HERE

Registration deadline is Nov. 21

Please do not book flights until greenlit to do so - we need a minimum of 6 people