



TRIP NOTES

SWIMMING VACATION - MEXICO

Loreto National Marine Park

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Basic information

Discover the magnificent **Loreto Bay National Marine Park** in southern **Baja California, Mexico** and swim with a wide range of wildlife. The **Sea of Cortez** is the home to some incredible marine life which makes this trip such a special journey. Jacques Cousteau named these waters "**The Aquarium of the World**" for a reason.

Located in the desert next to the Sierra de la Giganta mountains and the azure-blue sea, this area offers an all year round adventure destination. Loreto Bay is part of the **UNESCO** World Heritage site and it is a protected natural area in Mexico.

This tour is suitable for most levels of swimmer (see our details in FAQs for more details), with two or three separate escorts for the safety and enjoyment of all guests.

Non-swimmers and partners are welcome and can spend time on the boat or do kayaking or stand up paddle boarding while we swim.

Map



Summary

Country: Mexico
Duration: 7 Days (6 Nights)
Tour Type: Island Hopping and Coastal Swims
Accommodation: Hotel (4*) in Loreto
Average Daily Distance: 3 miles or 5 km
Level: Most level swimmers, (see FAQs)
Escort: Powerboats, kayakers, swimming guides
Water temperature: 75-82F or 24-28 (°C)
Air temperature: 82-90F or 28-32 (°C)

Trip highlights

- swimming and exploring in the warm waters of the Sea of Cortez,
- enjoying boat rides in Loreto Bay National Park,
- spotting & swimming with diverse marine life,
- tasting great Mexican cuisine,
- exploring the small town of Loreto & its history.

Included in the price

Fully guided tour with comprehensive safety escort (boats and kayaks, swimming guides, local boat pilots), open water swim stroke analysis, national park fees, 6 nights accommodation, all breakfasts, all lunches on the boat. Each guest receives a silicone swimming cap.

Should you require other swimming gear please bring it with you. Extra kayak is available for a non-swimming friend of partner.

Additional cost

Travel to and from the start of the tour, evening meals and gratuities. Optional hotel single room supplement of \$240 USD.

Itinerary

Day 1

Arrival day to Loreto town, Baja, Mexico. Meet at the hotel lobby for a group meeting and trip briefing. We get to know each other and your guides explain the plan for the week ahead.

Day 2

We start our first day by taking a 30 min boat drive to the north-western side of **Carmen island** where we do a short acclimatization swim and distribute our swimming caps. Everyone gets comfortable in the warm **Sea of Cortez**. For our first proper swim, we keep it coastal in the bay of Balandra for about 2 km. Lunch onshore in the bay.

Before our second swim your guides film your stroke in the clear water. Later on, we sit down and analyse your swimming stroke supported by some tips on how to improve your technique in open water. The second swim takes us from **Puerto Balandra** further south along Carmen island. Boat drive back to Loreto.

Day 3

Today we are heading north to visit **Coronado island**. There is no day here without sea lions, dolphins and several other marine species. We enjoy our morning swim in the eastern part of the island where we finish the swim next to the sea lion colony. Lunch break in the Candeleros bay (Ensenada Blanca). After lunch, we do a short walk up the hill to soak up the amazing view from this former volcanic island. There are usually hundreds of pelican birds around us which make our walk even more adventurous.

Second swim in the Los Metales bay on the eastern side of the island. The waters here are shallow and we enjoy looking at thousands of fish underneath. We also hope to see a bunch of dolphins or stingrays around us.

Day 4

Today we are heading south to the magical **Danzante island**. Renowned French explorer *Jacques Cousteau* calls the Danzante Bay and this area "The Aquarium of the World" because there are over 5,000 species of sea creatures. Our first swim is on the southern part of the island where we stop at the **La Ventana** window point. Our swim is anything but boring as we look up the high cliffs of Danzante island.

We finish our morning swim at the El Submarine little rock where we are picked up by our escort boats. Lunch at Honeymoon cove.

Before our second swim, we hike up to the plateau to get the best view of the Loreto National Park. Second swim from **Honeymoon bay** towards the northern part of the island. Here we usually spot thousands of sardines as they congregate around this bay.

Day 5

We are heading back to the southern part of Carmen island to explore further stunning spots. The first swim takes us from Punta Colorada to La Pared point. We swim alongside the shallow and rocky seabed in the warm turquoise water. We see rich marine life all around us including manta rays, stingrays, starfish, and hundreds of other fish species.

Lunch break at the Bahamitas Beach. After we eat lunch, we rest and then continue swimming to the furthest southern point of Carmen island (Punta Baja). The amazing turquoise water makes you not want to leave! Drive back to Loreto.

Day 6

Our final full day swimming out has arrived. Our boats take us across to the northern side of Carmen island where we swim in this unspoilt nature. We swim from Punta Tintorera to La Vaca bay where we stop for our lunch break. This is the time when you can ask our guides for any further swimming tips or drills and hopefully, by now you have learnt and experienced the best of open water swimming in this beautiful environment.

For the second swim, we travel to Punta Labos and swim outside on the eastern side of Carmen island. Afternoon drive back to Loreto harbour. Final group dinner out.

Day 7

Departure day. After such an amazing week you have met some great new friends, experienced amazing open water swimming and now it is time to say goodbye. Morning breakfast at the hotel.

Open Water swimming awareness

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary. Our team always includes local guides who know the safest and most picturesque places to swim, so rest assured you won't be missing out!

Swimming in the sea is a unique experience, but you may come across certain life such as fish, jellyfish, or sea lice. The water in the sea can be deep and the bottom cannot always be seen. If you suffer from Anaphylaxis or any other allergic reactions, it is important to inform us at the time of booking. Also, please bring with you any personal medical supply you may need while on the trip.

General Information

Start Point: Hotel Santa Fe, Loreto, Mexico

<https://hotelsantafeloreto.com/>

Address: Blvd. Salvatierra S/N, Centro, 23880 Loreto, Baja California Sur

Start Time: 6.30 pm on 1st day

Finish Time: 10.30 am on 7th day

[Google Map](#)

Passports and Visas

Please check in your home country if you need a Visa to enter Mexico.

Vaccinations

There are no specific vaccination requirements for this trip, but you should ensure that your tetanus and polio are up to date.

Extra Expenses

You should bring extra money with you to cover such items as dinners, entertainment, souvenirs, and gratuities. The local currency is the Mexican peso, but the US dollar is widely accepted and ATMs are widely available.

Group Size

Up to a maximum of 16 people (unless agreed differently), with 1 or 2 swimming guides, local guide and boat pilots. The number of escort staff (guides, kayaker, pilots) may change and it varies on the group size.

Currency

The local currency is Mexican pesos (Mxn). There are plenty of ATMs available and this is the best way to get some cash when you arrive. The hotel can also exchange money up to limited amount. Debit and credit cards are also widely accepted.

Accommodation

With its great location in Loreto town in the southern Baja Peninsula, Mexico, guests can enjoy Loreto's attractions, such as the Mission of Our Lady of Loreto and the Malecon, a promenade that hugs the picturesque Sea of Cortez. There is also a little shop and a restaurant attached to the hotel. Loreto airport is only 10 min drive away.

Additional Nights Bookings

You can book extra nights before or after our trip directly with the hotel via their website. You will see BOOK NOW button on top of the page.

<https://hotelsantafeloreto.com>

Swimming Information

Month	Water Temp. (°F/C)	Air Temp. (°F/C)
May	75/24	89/32
June	78/26	94/34
October	82/28	90/32
November	78/26	87/30

* Temperatures are indicative and can change

Swim	Distances (miles/km)
Carmen island: Balandra Bay	1.2 m / 2.0 km
Carmen: Puerto Balandra South	1.5 m / 2.5 km
Coronado island East	1.3 m / 2.1 km
Coronado: Los Metales bay	1.3 m / 2.1 km
Danzante island: La Ventana	1.5 m / 2.5 km
Danzante: Honeymoon cove	1.2 m / 2.0 km
Carmen island: Punta Colorada	1.8 m / 2.9 km
Carmen island: Punta Baja	1.2 m / 2.0 km
Carmen island: Punta Tintorera	1.9 m / 3.0 km
Carmen island: Punta Labos	1.5 m / 2.5 km

Total distance: 14.6 miles (23.5 km)

Keep in mind that you can skip any of the swims you want and relax on our escort boats.

Walking

In order to enjoy your walks on the islands, we advise you to bring comfortable light walking shoes for summer temperatures. Aqua shoes or sandals are recommended to have when we are stepping in and out of the boats on the beaches.

Walking distances

Short, up to half a mile. Mostly on the beaches.

Essential Equipment

In addition to normal items, we recommend bringing the following: 2 swimming costumes, 2 pairs of swimming goggles (one clear and one tinted for different light conditions), sweater/fleece, lightweight towel for boat practical use (changing outside), sun hat, small daypack, waterproof sun cream and jacket, light shoes or sandals and/or aqua shoes.

We provide **silicone swim caps** and **limited safety tow floats** for better visibility!

If your swimming depends on other items (wetsuit, rash vest, fins, specially designed swim cap), please bring them with you.

Please also bring **your own drinking water bottle (marked with your name)** for swims, walks, and time on the boat. It is very important to drink enough water and other fluids throughout the whole trip. Use bottled water in Mexico including at the hotel. There is a small shop right at the corner. Our boats have large flasks to refill your

Travel

Loreto Airport

The best is to fly into [Loreto airport \(LTO\)](#) which is only 10 min taxi drive away from Loreto town.

La Paz Airport

An alternative option is to fly into [La Paz airport \(LAP\)](#) and rent a car or [take a bus](#). Local buses are of good quality with air conditioning. The bus journey from La Paz to Loreto takes about 5 hrs.

Flights search engine:

www.skyscanner.net

<https://www.expedia.com>

Direct flights (from USA, CANADA) to Loreto

From Los Angeles, Dallas, Phoenix (USA)

From Calgary (Canada)

Direct flights (from Tijuana, Mexico) to Loreto

[VOLARIS](#)

By Land – Car

From La Paz (Baja, Mexico): 220 miles, cca 4 hrs

Rental cars are available at the airports.

By Land – Bus

From Tujiana, La Paz, Cabo San Lucas, San Jose del Cabo.

The bus company in Baja California:

[AGUILA BUSES](#).

You can pre-book the journey online in English or Spanish and select the seat.

If you are fly into La Paz airport, you then need to make your way to La Paz Malecon (main bus station). There are buses or taxis available at the airport.

By Land – Taxi from Loreto airport

There are always local taxis available at the airport or in Loreto town. The rates are affordable.

You can count on the rate from the airport to Loreto town one way: \$10-12 USD (200-250 Mxn) per car for up to 3-4 people.

See you in Loreto! Updated: April 2022

