



TRIP NOTES

MEXICAN CARRIBEAN - BACALAR YUCATAN PENINSULA

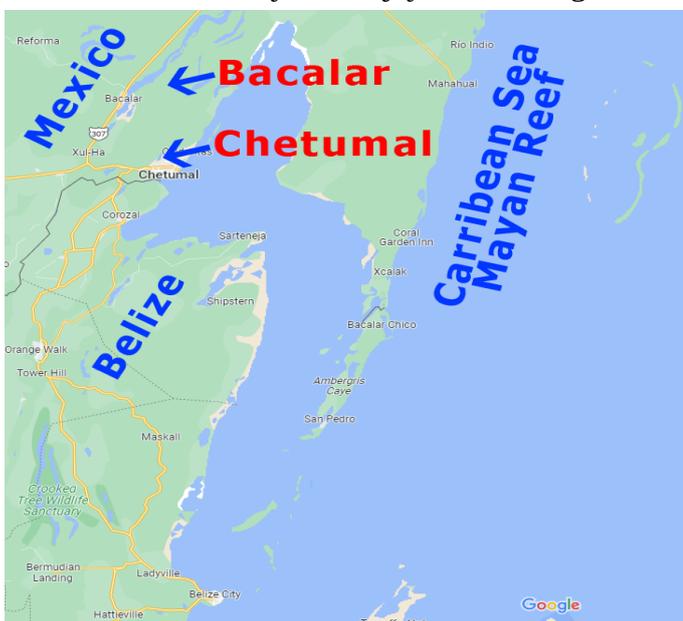
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Basic information

Swim away into some of the warmest and cleanest fresh waters in the **Caribbean. Bacalar Lagoon** and its cenotes on the **Yucatan Peninsula** are often described as **"The Maldives of Mexico"**. Located close to the **Caribbean Sea and Belize** in the state of Quintana Roo, this area offers a hidden escape into **The Lagoon of Seven Colors!** Being so close to the ocean also allows us to swim over the amazing **Great Mayan Reef** and follow the incredible marine life.

This unique Caribbean adventure takes us swimming along the forested flatlands of Bacalar, over the freshwater springs, in the blue cenotes and even over the **Mexican Caribbean reef in Mahahual!** As part of the local history, we also explore the large temple of **Mayan archaeological ruins** in Kohumlich.

This tour is suitable for all levels of open-water swimmers, with three separate boat and kayak escorts for the safety and enjoyment of all guests.



Summary

Country: Mexico
Duration: 7 Days (6 Nights)
Tour Type: Lagoon, Cenotes and Ocean Swims
Accommodation: Hotel in Bacalar
Average Daily Distance: 3 miles or 5 km
Level: Most level swimmers, (see FAQs)
Escort: Powerboats, kayakers, swimming guides
Water temperature: 78-80F or 26-27 (°C)
Air temperature: 80-85F or 28-30 (°C)

Trip highlights

- swimming in the warm freshwaters of the Bacalar Lagoon,
- swim-exploring the blue cenotes,
- spotting & swimming with diverse marine life,
- swimming over the Caribbean reef,
- tasting great local Mexican cuisine,
- exploring the ancient Mayan sites.

Included in the price

Fully guided tour with comprehensive safety escort (boats, kayaks, vans, swimming guides, local boat pilots), open water swim stroke analysis, Mayan archaeological site entry fee, 6 nights accommodation, all breakfasts. Each guest receives a silicone swimming cap.

Should you require other swimming gear please bring it with you.

Additional cost

Travel to and from the start of the tour, lunch (snack) breaks, evening meals and gratuities. Single room supplement of \$240 USD.

Itinerary

Day 1

We meet everyone for a trip briefing at 6.00 pm in the hotel lobby.

Day 2

After a hearty breakfast, we board our boat to take us to the first swim location in the Bacalar Lagoon. After a short acclimatisation swim, we begin our first 2.5 km swim from Punta Muniz to Canal de los Piratas. Lunch in a nearby local restaurant on the lakeshore.

Our afternoon 3.0 km swim takes us from the Bird Island to the Beach Club Blu area where we finish our first day. Transport back to the hotel.

Day 3

We take a short 15 min van ride to reach the source of the Bacalar Lagoon water system. The water quality of the entire Bacalar is the cleanest right here! Our local boat takes us from Xul-Ha to Balneario Lago Azul where we swim along the coast for about 2.3 km to the Club de Playa area. Lunch and break for about 2 hours.

We film your swimming stroke with our underwater video camera. Our afternoon second swim starts at Rancho Alegre and we swim coastal until we reach Playa Kin-Ha point. Drive back to the hotel followed by a video stroke analysis session before dinner.

Day 4

Today is the crossing day when we do a longer morning swim across the Bacalar lake width and back covering about 3.0 km.

After some break we take an hour van drive to visit the Kohunlich Mayan Ruins. This large ancient city is located in the middle of the jungle and offers a unique insight into the historical Mayan settlement dated back 200 BC. We spend there about



Day 5

Today is the day for 'The Rapids' and blue cenotes swimming. We take a short drive to Laguna Bonanza where we swim through the "Los Rápidos" narrow section all the way to Sac-Ha. Los Rápidos area offers current assistance and it makes our morning swim a bit faster. Lunch break at Sac-Ha beach.

We cannot leave Bacalar area without visiting the blue cenotes. We stop at Cenote Azul and swim two or three 360 loops around to make it up to 2.5 km. You experience a proper wild swimming adventure being surrounded by the Mexican jungle. Return to the hotel.

Day 6

We travel by van to the Caribbean Sea in Mahahual where we board a boat to take us to the reef area. We swim in the warm ocean water over the amazing reef while spotting incredible marine life this area has to offer. The Mahahual region is known as an incredible diving destination with stunning visibility. The Mahahual reef is part of the Mesoamerican Reef which extends over 1,000 km from the northwest of the Yucatan Peninsula (Mexico) and continues through Belize and Guatemala to the Bay Islands (Honduras).

Lunch break at Mahahual. This area offers great body massage services and you may want to take the chance while being there. In the afternoon we either do another coastal swim or return back to Bacalar depending on the sea condition on the day. Final group dinner!

Day 7

Morning coastal swim of 1.0-1.5 km in Bacalar lagoon before breakfast. We say goodbye to each other.

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 ocean 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.

Stromatolites

Bacalar and its ecosystem is one of the very few places in the world where we can still find stromatolites, which are the Earth's oldest fossils. They look like brown rocky formations on the surface with a tiny algae on it that creates photosynthesis and are vital to Bacalar ecosystem. Everyone is advised not to step on them.

General Information

Start Point: Hotel Aires, Bacalar, Mexico

www.airesbacalar.com

Address: Avenida 3 esquina calle 26 s/n

Colonia Mario Villanueva,
77930 Bacalar, Q.Roo, Mexico

Start Time: 6.30 pm on 1st day

Finish Time: 10.30 am on 7th day

+52 983 834 22 16, +52 983 112 46 56 (whatsapp)

[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 lunches, 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), plus swimming and kayaking 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 Bacalar town in the southern Yucatan Peninsula (Mexico), guests can enjoy Bacalar's local attractions, such as the Fort of San Felipe of Bacalar, main square and the Malecon.

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://www.airesbacalar.com>

Or email Hotel Aires: reservas@airesbacalar.com

Swimming Information

Month	Water Temp. (°F/C)	Air Temp. (°F/C)
Jan	77/25	78/26
Feb	78/26	82/28
Mar	78/26	85/30
Dec	79/26	80/27

* Temperatures are indicative and can change

Swim	Distances (miles/km)
Bacalar Lagoon: Muniz – C.Pirates	1.5 m / 2.5 km
Bird Island – Beach Club Blu	1.9 m / 3.0 km
Xul-Ha – Balneario Lago Azul	1.4 m / 2.3 km
Rancho Alegre – Club de Playa	1.4 m / 2.3 km
Bacalar: Two Way Crossing	1.9 m / 2.5 km
Bacalar: Los Rapidos: Sac Ha	1.5 m / 2.6 km
Cenote: Blue Cenote loop	1.2 m / 2.2 km
Caribbean sea: Mahahual reef	2.0 m / 3.2 km
Caribbean sea: Mahahual coastal	1.2 m / 2.0 km
Bacalar: Morning coastal swim	1.0 m / 1.6 km

Total swim distance: 15.3 miles (24.7 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 around the places we visit, 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. We visit the Mayan archaeological ruins in Kohumlich and there you walk a bit longer.

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 are small shops in Bacalar. Our boats have flasks to refill your drinking bottles while swimming.

Travel

Chetumal Airport (CTM)

You can fly into Chetumal airport (CTM) which is only 40 min drive away from Bacalar. You will need to connect via **Mexico City** to reach Chetumal. Many other international flights have direct connections to **Cancun, Tulum and Playa del Carmen**. From there, you can travel by ADO bus or private transfer.

Chetumal airport to Bacalar town transfer

It takes about 40 min and our hotel Aires can arrange a private pick-up when you arrive. We will send info for each trip in advance on how to book this service. It costs \$15-20 Usd per person.

Flights search engine:

www.skyscanner.net

<https://www.expedia.com>

By Land – Car

Rent a car and drive to Bacalar.

By Land – Bus

The largest bus company is **ADO** and it connects major towns like **Cancun, Tulum, Playa del Carmen**. Tickets are available online or on location. They run very often and buses are comfortable with Air Con, etc.

[ADO Buses](#)

[Book bus tickets online – Guatego](#)

Distances

Cancun to Bacalar: 345 km – 4:30 hrs

Playa del Carmen to Bacalar: 280 km – 3:30 hrs

Tulum to Bacalar: 215 km – 2:30 hrs

Chetumal to Bacalar: 39 km – 40 min

See you in Mexico! Updated: February 2023

