

journal

DEL PACIFICO

La Revista de Baja California Sur

spring / primavera 2025 #68

The **ULTIMATE GUIDE** to
Baja Sur Arts,
Culture & Adventure

Todos Santos 5k Run & Walk

Caracara

The Western Flyer

Fires

Incendios

Bird Portraits

Retratos de Aves

Anna's Hummingbird / Colibrí de Ana by / por Kaia Thomson

Todos Santos • La Paz • Pescadero • San José del Cabo • El Triunfo • Loreto



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2.77ha organic Featured in "Architectural Digest"



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La Cachora Beach House 4 Bdrm/4Bath
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Casa La Cachora 2 Bdrm/2.5Bath
1999 m2 Ocean & Punta Lobos views



Rancho Nuevo Ocean Front Lot
3000 m2 On a bluff, gated community



La Cachora Oasis 2 Bdrm/2Bath Pool
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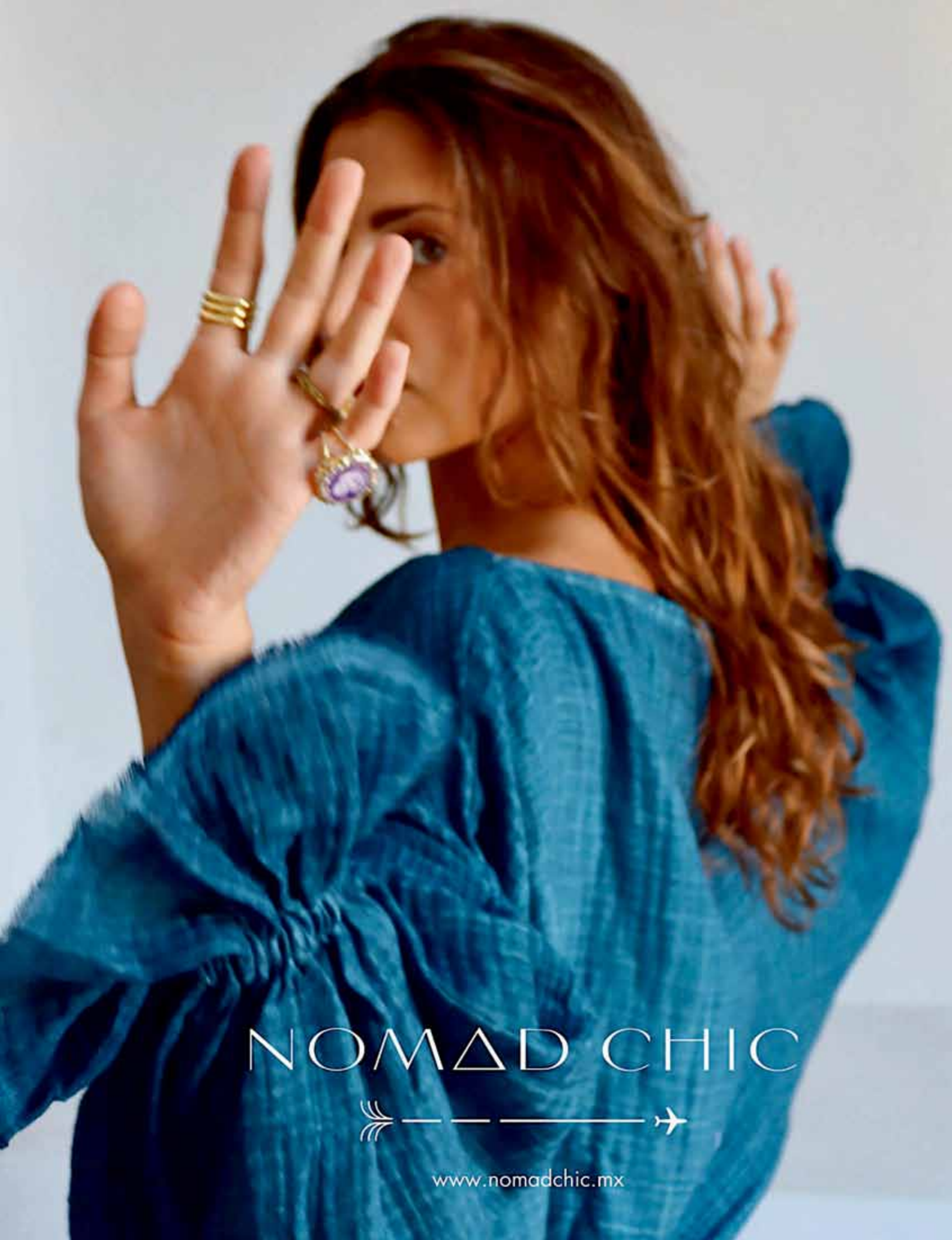
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english

Art Talk	12
Beaches / Playas	41
Bird Portraits	30
Caracara	14
<i>El Cielo: The Baja Sky</i>	35
Events	22
Groups	52
La Paz Beaches	46
Only You Can Prevent Landfill Fires	6
Sustainability of Body Movement	28
The Return of the Western Flyer to the Gulf of California	10
Todos Santos 5k Run & Walk.....	5

español

<i>El Regreso del Western Flyer al Golfo de California</i>	10
<i>Eventos</i>	44
<i>Grupos</i>	52
<i>La Sustentabilidad del Movimiento Corporal</i>	28
<i>Retratos de Aves</i>	32
<i>Solamente Tú Puedes Prevenir los Incendios en el Basurero</i>	6
Todos Santos 5k Run & Walk.....	5

maps / mapas

Todos Santos— <i>El Centro</i>	36 – 37
Todos Santos— <i>El Otro Lado</i>	38
Todos Santos— <i>Pescadero Corridor & Beaches / Playas</i>	40

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SUMMER / VERANO ISSUE

DEADLINE: MAY 10, 2025

FECHA LIMITE: 10 DE MAYO 2025

TODOS SANTOS 5K RUN & WALK 2025

by / por Emmanoel Rosas

RUNNING FOR HEALTH, RUNNING FOR A CAUSE

Last year, the Todos Santos 5K Run & Walk was born out of a simple idea: to create an event that would bring people together, promote an active lifestyle, and contribute to a meaningful cause. What started as a local initiative quickly grew into a community-wide success, attracting runners, walkers, and supporters of all ages from Todos Santos, Los Cabos, and La Paz.

Organized by Amy Rex Property Management and Torote Real Estate Marketing, the first edition of the race was held in 2024 as a way to introduce the newly renovated Casa Tere, a historic building in the heart of town. The property, originally owned by Amy Rex's mother, 5K continued on page 16



CORRIENDO POR SALUD, CORRIENDO POR UNA CAUSA

El año pasado nació la Todos Santos 5K Run & Walk, con la idea de reunir a la comunidad, fomentar un estilo de vida activo y apoyar una buena causa. Lo que empezó como un evento local creció rápidamente, atrayendo corredores, participantes, y amigos de Todos Santos, Los Cabos, y La Paz.

Organizada por Amy Rex Property Management y Torote Real Estate Marketing, la primera edición de la carrera se llevó a cabo en 2024 para presentar la renovada Plaza Casa Tere, un edificio histórico en el centro del pueblo. La propiedad, que perteneció a Teresa Narez, 5K cont. en página 16

CASA TERE PRESENTA

2.º EVENTO BENÉFICO ANUAL EN TODOS SANTOS

5K RUN & WALK

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ANUNCIO PATROCINADO POR:





ONLY YOU CAN PREVENT LANDFILL FIRES

Solamente TÚ Puedes Prevenir los Incendios en el Basurero

by / por Bryan Jáuregui, traducido por Francesca Magallon

Manuel Salvador Cadena Moyrón is the Delegational Commander of the Todos Santos fire department. When the community landfill burns it's the responsibility of the community firefighters, to battle the blaze. Preventing those fires in the first place is the responsibility of every member of the community. Comandante Cadena explains. "There are no people out there setting fire to the landfill" he says. "The problem is that there are embers at the base of all that waste that never go out. Gardeners and others bring big trucks of garden and kitchen waste to the landfill and spread it on top of layers of waste that have been compacted by machinery. The loose layer on top creates oxygen pockets that get ignited by the embers. In addition, the organic waste creates methane gas as it decomposes, and the embers also ignite these methane pockets. The machinery is then brought in again to compact the waste, and the cycle starts all over again." He has seen several fires start at the landfill as the machinery is moving the waste around. When asked about getting rid of the embers

FIRES continued on page 20

Cuando el basurero comunitario se incendia es la responsabilidad de los bomberos de la localidad apagar las llamas. Manuel Salvador Cadena Moyrón es el Comandante Delegacional del Cuerpo de Bomberos de Todos Santos. Prevenir que esos incendios ocurran en primer lugar, es la responsabilidad de cada miembro de la comunidad. El comandante Cadena explica, "No es que haya gente que anda prendiéndole fuego al basurero," dice. "El problema es que hay brasa en la base de todos esos desperdicios que nunca se apagan." Jardineros y otras personas traen grandes camiones con residuos de jardín y de cocina al basurero y lo esparcen sobre capas de desperdicio que ya se ha compactado con maquinaria. La capa suelta que queda encima crea bolsillos de oxígeno que se incendia debido a las brasas. Además, el desperdicio orgánico crea gas metano durante su descomposición y las brasas también hacen que estos bolsillos de metano se enciendan. Entonces se trae de nuevo la maquinaria para compactar los desechos y el ciclo vuelve a empezar otra vez."

INCENDIOS continúa en página 8



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Incendios

continuó de página 6

Le ha tocado estar presente varias veces cuando se producen incendios en el basurero mientras la maquinaria está moviendo el desperdicio. Cuando se le preguntó si sería posible deshacerse de esas brasas que se encuentran a la raíz del problema, el comandante suspira. "Esas brasas se localizan a entre 30 a 40 metros de profundidad nos dice. Para cualquier propósito práctico es imposible sacarlas ahora. La única solución para prevenir los incendios es que mantengamos el desperdicio orgánico de la comunidad fuera del basurero."

¿Pero cómo lograr eso? Después de todo, un enorme 60% del desperdicio total que se produce en Baja California Sur es deshecho orgánico, un hecho que refleja nuestras raíces agricultoras, nuestros vibrantes bosques de palmeras, nuestro amor por los jardines, y nuestra pasión por la buena comida. La Alianza Cero Basura, ACB, se creó con el propósito expreso de unir a la comunidad para producir menores desechos y a que el residuo que sí producimos sea desviado lejos del basurero y hacia usos productivos. En 2024 ACB desvió aproximadamente 100 toneladas de desperdicio de lo cual se estima que el 85% era orgánico, lejos del basurero y hacia usos productivos. Esto se logró a través de varios canales de la comunidad en donde

instituciones e individuos dieron un paso adelante hacia al reto del cambio.

- **ESCUELAS.** ACB creó programas de desviación del desperdicio orgánico con dos escuelas públicas en Todos Santos, las escuelas primarias Melitón Albañez y Miguel Hidalgo C. Estas escuelas están creando composta con su desperdicio alimenticio y a su vez están usándola para crear huertos escolares donde cultivan frutas y vegetales dentro de las instalaciones escolares. Este programa se expandirá a otras escuelas en la medida que los fondos lo vayan permitiendo y se creará una comunidad en la cual compostar sea la norma (ver artículo en Journal del Pacífico #66 Navidad 2024/2025).
- **NEGOCIOS.** ACB ha capacitado aproximadamente a 100 personas en negocios locales en cómo mejorar el manejo de sus desperdicios y los resultados son impresionantes. Dos notables ejemplos incluyen el restaurante Düm, que ahora desvía del vertedero el 78% de su desperdicio hacia usos productivos, y el Hotel San Cristóbal que desvía el 56%. El fundador de Düm, Chef Aurélien Legeay comenta, "miren nuestros resultados y sólo piensen lo que podríamos lograr para el medio ambiente en nuestra localidad si cada restaurante en Todos Santos y Baja California Sur hiciera lo mismo." ACB está trabajando con SETUES, la Secretaría de Turismo y Economía, en Baja California Sur para crear un programa de certificación que expandirá de gran manera la capacitación en el manejo de los residuos para los negocios locales.

INCENDIOS continúa en página 26



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The Return of the Western Flyer to the Gulf of California

by / por Aracely Rojas

El Regreso del Western Flyer al Golfo de California

traducido por Ivonne Benítez



photo by / foto por Kristen Burroughs

A HISTORIC EXPEDITION RECONNECTS THE PAST WITH THE FUTURE

In 1940, a humble fishing vessel named the *Western Flyer* set sail from Monterey, California, embarking on a journey that would become one of the most iconic expeditions in marine science. Nobel Prize winning author John Steinbeck and marine biologist Ed Ricketts set out on an extraordinary six-week expedition through the Gulf of California. Their exploration gave birth to *The Log from the Sea of Cortez*, a book that introduced the Gulf's stunning biodiversity to the world and chronicled the region's rich marine life and the communities that depended on it.

Now, 85 years later, the *Western Flyer* is returning to the Gulf of California. With its full restoration completed after decades of neglect, the vessel will set sail once more, this time on a journey that connects the past with the future, marking a historic reunion with the waters that helped shape Steinbeck's and Ricketts's legacy.

The *Western Flyer* began its journey from Monterey, California on March 16, 2025.

A MISSION FOR DISCOVERY

The *Western Flyer's* return is a testament to the ongoing importance of the Gulf of California and its marine ecosystems. The *Western Flyer Foundation* is partnering with Mexican scientists, educators, and conservationists to embark on a voyage that blends research, education, and community outreach throughout the expedition. WESTERN FLYER continued on page 19

UNA EXPEDICIÓN HISTÓRICA RECONECTA EL PASADO CON EL FUTURO

En 1940, un humilde barco pesquero llamado *Western Flyer* zarpó de Monterey, California, en un viaje que se convertiría en una de las expediciones más emblemáticas de las ciencias marinas. El autor ganador del Premio Nobel, John Steinbeck, y el biólogo marino Ed Ricketts emprendieron una extraordinaria expedición de seis semanas por el Golfo de California. Su exploración dio origen a "The Log from the Sea of Cortez / La Bitácora del Mar de Cortés," un libro que presentó al mundo la impresionante biodiversidad del Golfo y retrató la rica vida marina de la región y las comunidades que dependían de ella.

Ahora, 85 años después, el *Western Flyer* regresa al Golfo de California. Tras décadas de abandono, tras su completa restauración, el barco zarpará de nuevo, esta vez en un viaje que conecta el pasado con el futuro, marcando un reencuentro histórico con las aguas que contribuyeron a forjar el legado de Steinbeck y Ricketts.

El *Western Flyer* partió de Monterey, California, el 16 de marzo de 2025.

UNA MISIÓN DE DESCUBRIMIENTO

El regreso del *Western Flyer* es un testimonio de la importancia continua del Golfo de California y sus ecosistemas marinos. La Fundación *Western Flyer* se ha asociado con científicos, educadores, y conservacionistas mexicanos para embarcarse en un viaje que combina investigación, educación, y participación comunitaria a lo largo de la expedición. El legendario barco servirá como aula flotante y plataforma de investigación, inspirando la curiosidad de la próxima generación para explorar, comprender, y proteger el medio ambiente marino.

WESTERN FLYER continúa en página 18

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Las Tunas | Todos Santos



CASA

NACUII

5 6 Pool



Las Tunas | Todos Santos

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CASA
GATTO

3 3 Pool



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Art Talk

by Jill Mollenhauer

THAT SOMETHING

What drives people to create? Whether it be a painting, a recipe, or a mathematical equation, what is that *thing* that pulls us toward finding an expression for our vision?

Something has forever called people to create art. (Just look at the amazing murals of Baja California alone, not to mention those on practically every continent on Earth.)

The question is *why*?

I believe we are wired to do so. Our very human connection to the Divine begs us to continue to grow and expand, and thus, to express ourselves.

The inventor, the sculptor, the actor all play in this arena. Using their innate tools—mind, body, heart, and emotion—they bridge the space between the as-yet-unseen to the here-and-now so that it can be experienced and felt. What an amazing gift!

Einstein put it this way, *“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.”*

You might call it the inner flame, God, or universal energy, just to name a few. Regardless of what it’s called, it is that *something* that fuels our passion. It nudges us until we allow it a voice.

To me it is my soul or intuition, and it is the inspiration for my art.

Connecting to my soul allows me to receive insight and guidance. It demands that I put aside my ego and allow that Inner Spark to lead me to places I might never access otherwise.

Like a dance it weaves me in and out. Leading and following. One step forward, two steps back, turn to the side. This movement creates a pattern, flow, and unity.

Sometimes I am taken to spaces that baffle me. *You want me to do what?!* But over the years a bond of trust has been established. I may not understand it in the moment, but I know I will grow as an artist and a person, so I follow my intuition.

It feels like a cellular connection, a deep calling from within that begs to be expressed visually. The challenge, for me, is to translate its language into something that can be seen and felt by others.

When that space of true connection is reached, the outcome is pure pleasure. It becomes passionate play, a riot of color, texture, heart and soul. My being is freed and it out pictures as joy and love.

That space of freedom is undeniable. I am left satisfied and breathless. Each stroke is an intended gift of love to

the Divine within us all.

Would I paint even if no one ever saw my work? Yes, for it is my prayer. Painting is one way my soul expresses love. And I will not hide from love.

How do you sing your song? With voice, paint, numbers, physical movement, gardening? There are infinite possibilities.

The question now becomes not why do you express, but rather *how do you express*? What fills you with the most delicious joy? How can you do it more, or better? Can you allow your soul to sing its song more clearly and authentically?

Yes, it can be terrifying to stand up and be seen. But sharing joy is contagious in the most delightful way. It makes the



"The Flow" by Jill Mollenhauer 24"x48", acrylic on canvas

world a better place.

All creating is our soul's desire to express in some form or another, to be seen, heard, and shared. It is your heart's song; allowing it a voice is freedom.

The author Kurt Vonnegut summed it up beautifully, "*To practice art, no matter how well or how badly, is a way to make your soul grow, for heavens sake. So do it.*"

GALERÍA LOGAN



"Desert Colors" 24"x60" oil/canvas

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Caracara

DINING IN NATURE'S EMBRACE

Caracara is an enchanting new restaurant at Hotel Villa Santa Cruz that weaves nature directly into its design and menu. It promises more than just a farm to table meal—it offers an experience.

Enter through old world style doors that frame a fountain, stroll past working horse stables and a lake, through fields of agave that end at a bountiful farm—brimming with flowers, vegetables and herbs, anchored by a towering bougainvillea arbor. As you approach the restaurant, you are drawn in by its organic structure, an inverted bird's nest made of *palo de arco* twigs nestled above. The dining room is magical, designed to mimic the gentle curve of a bird's nest, while the chandeliers offer a touch of elegance. The soft glow of candles and clink of glasses create an inviting backdrop for guests to feel as though they are cradled by nature itself. Complementing the dining room is the long and curving Farm Bar and fireplace, where cocktails are expertly crafted and garnished with hand-picked herbs and edible flowers. Every Friday evening, Caracara hosts "Fridays at the Farm" where the bar comes alive with the sound of local talent.

Caracara is the latest offering at Villa Santa Cruz, a hotel that has seen remarkable growth over the past five years through the efforts of owners Guillermo Marrero and Joyce Maggiore, and Matt and Jessica Canepa. Just before the pandemic, the hotel was a bed & breakfast style guest house with only eight rooms. After completing recent

renovations, it now encompasses 23 ocean-view guest rooms, two swimming pools, 1.5 acre farm, lake, grand entrance, riding stables with equestrian center, and now, two restaurants—Caracara and The Green Room—both jointly owned with The Green Room's founder, Tomás Godoy Garcia.

The Green Room is the property's beachfront "toes in the sand" restaurant, inviting guests to dine front row to the sunset, with the best view of the Pacific. Originally opened in November 2018 with just five tables, the Green Room has expanded over the past six years—it now hosts more than 100 diners each night, has recently installed beautiful green glass fire tables, and is about to unveil a new private-label artisanal mezcal. Its menu elevates classic Baja fare—fresh fish tacos, ceviche, and tostadas—by combining Mexican and Asian flavors with creative salsas and sauces, flavored aioli, and farm-fresh ingredients. The cocktails are hand-crafted and artfully presented by head bartender, Diego Montaña. Decorated with basil leaves, flower petals, seeds, and citrus twists, each signature drink tastes as good as it looks and deserves a quick photo before the first sip.

With the growth of Villa Santa Cruz and The Green Room, the owners were eager to create a new dining outlet to highlight the beautiful farm setting within the wild landscape of Baja. With that concept, Caracara took shape. "The idea was to create a space that feels like home, but in the heart of the wilderness," says Joyce and Guillermo. "We want

CARACARA continued on page 25



Villa Santa Cruz & The Green Room

present

caracara

Wood-Fired Oven, Grill & Farm Bar



Wednesday to Monday 5 - 10pm | +52 612 155 6941 | villasantacruzbaia.com



5k

continued from page 5

Teresa Narez, was transformed into a vibrant space housing local businesses and soon, vacation rentals. While the event initially aimed to activate the area, it soon became clear that it could have an even greater impact by supporting a charitable cause.

A RUN WITH PURPOSE

The inaugural race successfully raised funds for the Elodia Agramont kindergarten, helping to build a kitchen so children in need received hot meals. The response from the community was overwhelming, and the event resonated with running and wellness enthusiasts throughout the state.

This year, the Todos Santos 5K Run & Walk returns on Sunday, May 4, 2025, with an even greater mission: to support the Padrino Children's Foundation. This vital organization provides medical, rehabilitation, and psychological care for children and adolescents in need. Proceeds from this year's race will help fund their new clinic, ensuring that more local children receive the support they deserve.

A RACE FOR EVERYONE

One of the most beautiful aspects of the Todos Santos 5K Run & Walk is its inclusivity. Whether you're an experienced runner or just looking for a fun way to stay active, this event welcomes participants of all ages. Families, friends, and even pets are encouraged to join in, making it a truly special day for the community.

The cost is \$450 pesos and includes a race shirt and other fun items. You can register online:

5K continued on page 24

5k

continuó de página 5

mamá de Amy Rex, se convirtió en un espacio lleno de vida con negocios locales y próximamente rentas vacacionales. Aunque el evento se organizó para darle vida a la plaza, pronto se vio que también podía ayudar a una causa más grande.

UNA CARRERA CON SENTIDO

La primera edición de la carrera logró reunir fondos para el Jardín de Niños Elodia Agramont, apoyando la construcción de una cocina para que los niños recibieran comida caliente. La comunidad respondió con muchísimo entusiasmo, y el evento se convirtió en algo muy especial para los amantes del running y la vida saludable en todo el estado.

Este año, la Carrera y Caminata 5K de Todos Santos regresa el domingo 4 de mayo de 2025, con una nueva misión: apoyar a la Fundación Padrino. Esta asociación brinda atención médica, rehabilitación y apoyo psicológico a niños y jóvenes que lo necesitan. Lo recaudado en la carrera ayudará a construir su nueva clínica, asegurando que más niños de la zona reciban la atención que merecen.

UN EVENTO PARA TODOS

Lo mejor de la Carrera y Caminata 5K de Todos Santos es que todos pueden participar. No importa si eres corredor, caminante o solo quieres pasar un buen rato, esta carrera es para ti. Familias, amigos y hasta mascotas son bienvenidos, convirtiéndola en una verdadera fiesta para la comunidad.

El costo de inscripción es de \$450 pesos e incluye una playera

5K continúa en página 24



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Todos Santos

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18 PARADISE PLACE & GARDENS

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CASA BRISA MARINA

Todos Santos

4 Bedrooms | 4.5 Baths | Lot: 1,719.51 Sq Mt | MLS#24-5656
\$ 895,000 USD



CASA DE SUERTE

Todos Santos

3 Bedrooms | 3.5 Baths | Lot: 4,523.96 Sq Mt | MLS#23-3377
\$ 895,000 USD



CASA CLASSICA

Todos Santos

2 Bedrooms | 2 Baths | Lot: 3,707.64 Sq Mt | MLS#24-5585
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photo by / foto por Pat Webster

“Esta es una oportunidad para conectar el pasado con el presente,” afirma Sherry Flumerfelt, directora ejecutiva de la Fundación *Western Flyer*. “Honramos el legado de Steinbeck y Ricketts a la vez que apoyamos la increíble labor que realizan los científicos y conservacionistas mexicanos para proteger y comprender el Golfo de California. Nos entusiasma colaborar con las comunidades locales, estudiantes, e investigadores para celebrar la biodiversidad del Golfo y su importancia para la gente de Baja California y más allá.”

UN BARCO RESTAURADO A SU GLORIA

El *Western Flyer* se construyó en 1937 como un barco sardinero. Con el paso de los años, el *Western Flyer* continuó funcionando como barco pesquero y finalmente se deterioró debido al paso del tiempo, el abandono y la exposición al medio ambiente. Para 2010, el barco ya no estaba en condiciones de navegar y su futuro parecía incierto.

En 2015, John Gregg, geólogo marino y ferviente defensor, adquirió el *Western Flyer*, fundó la Fundación *Western Flyer*, una organización sin fines de lucro, y donó el barco a la organización. Posteriormente, emprendió una ambiciosa labor de restauración para devolverle su antiguo esplendor. Debido a la importancia histórica del barco, la fundación se propuso restaurarlo de la forma más auténtica posible, equipándolo con un motor híbrido diésel-eléctrico y modernas capacidades de investigación. Se contrataron expertos en construcción naval, ciencias marinas, y restauración histórica para preservar cuidadosamente los materiales y características originales del barco, a la vez que lo modernizaban para cumplir con los estándares modernos de seguridad y rendimiento.

La restauración duró más de una década, con miles de horas dedicadas a reemplazar el casco de madera del buque, reforzar su estructura, e instalar el nuevo motor. El proyecto fue una labor de amor y atrajo la atención de entusiastas marinos, historiadores, y defensores del medio ambiente. En 2023, el *Western Flyer* fue declarado nuevamente apto para navegar, y en 2024, comenzó oficialmente su nueva etapa como plataforma para la ciencia y la educación marinas, atendiendo a casi 1000 estudiantes en California durante su primer año. El buque restaurado se ha convertido en un testimonio viviente del legado de Steinbeck y Ricketts, así como en un símbolo de esperanza para la conservación y la educación marinas, listo para comenzar un nuevo capítulo en su rica historia. Ahora, en 2025, el buque está listo para embarcarse en su viaje más ambicioso hasta la fecha: regresar al Golfo de California, donde hizo historia por primera vez hace 85 años.

El *Western Flyer* regresa a las mismas aguas que exploraron Steinbeck y Ricketts, pero esta vez, su misión trasciende lo literario. El objetivo de la fundación es utilizar el barco como aula flotante y plataforma de investigación, un espacio donde las ciencias marinas, la educación, y la conservación puedan converger.

LA EXPEDICIÓN 2025: CIENCIA, EDUCACIÓN, Y CONSERVACIÓN

La expedición *Western Flyer* 2025 es mucho más que una conmemoración del pasado. Este viaje histórico representa el objetivo más amplio de la fundación de promover la investigación marina, la educación, y la participación comunitaria en el Mar de Cortés. A medida que el barco navega por la región, servirá como centro para científicos marinos, educadores, estudiantes, y defensores del medio ambiente. El enfoque se centrará en la recopilación de datos oceanográficos, la investigación sobre la biodiversidad del Golfo y la participación de estudiantes y comunidades locales con experiencias educativas prácticas.

El regreso del *Western Flyer* al Mar de Cortés representa un punto de inflexión. La expedición original, dirigida por Steinbeck y Ricketts, fue una exploración no solo del océano, sino también de la relación entre los seres humanos y el medio ambiente. Los escritos que surgieron de ese viaje capturaron la profunda sensación de asombro que sintieron Steinbeck y Ricketts al descubrir la increíble diversidad de vida en el Golfo. El regreso del *Western Flyer* también es una oportunidad para involucrar a una nueva generación de defensores del océano. Durante la expedición, estudiantes y educadores tendrán la oportunidad de abordar el barco y participar en experiencias prácticas de aprendizaje. Desde la observación de la vida marina en su hábitat natural hasta la realización de investigaciones científicas, estos estudiantes recibirán las herramientas necesarias para convertirse en la próxima generación de defensores del medio ambiente. De esta manera, el *Western Flyer* no solo honrará a Steinbeck y Ricketts, sino que también inspirará a los líderes ambientales del futuro.

EVENTOS PÚBLICOS: INVOLUCRANDO A LA COMUNIDAD

A lo largo de la expedición, la Fundación *Western Flyer*, en colaboración con ONG locales, organizará una serie de eventos públicos durante la travesía del barco por Baja California y Baja California Sur. Estos eventos incluirán recorridos en barco, presentaciones, y reuniones comunitarias donde los visitantes podrán explorar el *Western Flyer*, aprender sobre su importancia histórica y descubrir la importancia de las ciencias marinas y los esfuerzos de conservación en la región. Los eventos incluirán:

La Paz: 13 de abril (en colaboración con ONG locales, organizaciones científicas y centros de investigación).

Santa Rosalía: 22 de abril (en colaboración con el ITESME y Hagamos Más).

Agua Verde: 28 de abril (en colaboración con Niparajá).

Loreto: 10 de mayo (en colaboración con Eco-Alianza).

Cabo Pulmo: 24 de mayo (en colaboración con el Instituto Costero de Baja California, BCI).

Para más información sobre cómo apoyar, participar en los eventos públicos de la comunidad o seguir la trayectoria de *Western Flyer*, visita www.westernflyer.org.

Western Flyer

continued from page 10



historic crew photo

The legendary vessel will serve as a floating classroom and research platform, inspiring curiosity in the next generation to explore, understand, and protect the marine environment.

"This is an opportunity to connect past and present," says Sherry Flumerfelt, Executive Director of the *Western Flyer Foundation*. "We're honoring the legacy of Steinbeck and Ricketts while supporting the incredible work being done by Mexican scientists and conservationists to protect and understand the Gulf of California. We're excited to collaborate with local communities, students, and researchers to celebrate the Gulf's biodiversity and its importance to the people of Baja California and beyond."

A VESSEL RESTORED TO GLORY

The *Western Flyer* was built in 1937 as a sardine fishing boat. Over the years, the *Western Flyer* continued life as a fishing boat and eventually deteriorated due to age,

neglect, and environmental exposure. By 2010, the boat was no longer seaworthy, and its future seemed uncertain.

In 2015, John Gregg, a marine geologist and passionate supporter, purchased the *Western Flyer*, founded the nonprofit Western Flyer Foundation, and donated the vessel to the organization. He then launched an ambitious restoration effort to restore the vessel to its former glory. Due to the boat's historical significance, the foundation was determined to restore it as authentically as possible while equipping the vessel with a hybrid-diesel electric engine and modern research capabilities. Experts in shipbuilding, marine science, and historical restoration were brought in to carefully preserve the ship's original materials and features while updating it to meet modern standards of safety and performance.

The restoration took over a decade, with thousands of hours dedicated to replacing the vessel's wooden hull, reinforcing its structure, and installing the new engine. The project was a labor of love, and it garnered attention from marine enthusiasts, historians, and environmental advocates alike. By 2023, the *Western Flyer* was declared seaworthy once more, and in 2024, it officially began its new chapter as a platform for marine science and education, serving nearly 1000 students in California in its first year. The restored vessel has become a living testament to the legacy of Steinbeck and Ricketts, as well as a symbol of hope for marine conservation and education, poised to begin a new chapter in its storied history.

Now, in 2025, the vessel is poised to embark on its most
WESTERN FLYER continued on page 24

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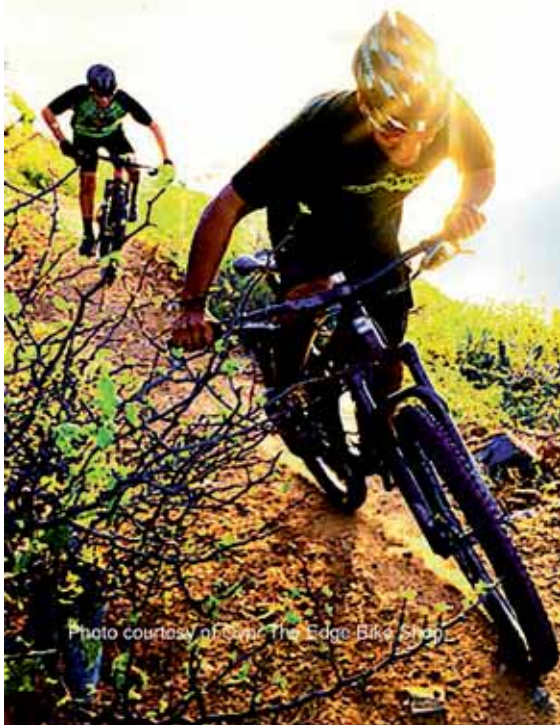


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Fires

continued from page 6

at the root of the problem the Comandante sighs. “Those embers are 30 to 40 meters deep” he says. “For all practical purposes it is now impossible to dig them out. The only solution to preventing fires at the landfill is to keep our community’s organic waste out of it.”

But how to do that? After all, a whopping 60% of the waste we produce in Baja California Sur is organic waste, a fact that reflects our agricultural roots, our vibrant palm forests, our love of gardens and our passion for great food. Alianza Cero Basura (ACB) was created with the express purpose of uniting the community to produce less waste and to divert the waste we do produce away from the landfill and into productive uses. In 2024 ACB diverted roughly 100 tons of waste away from the landfill—approximately 85% of which was organic—into productive uses. This was achieved through several community channels in which institutions and individuals stepped up to the challenge of change:

- **SCHOOLS.** ACB created organic waste diversion programs with two public schools in Todos Santos, Meliton Albañez Elementary School and Miguel Hidalgo C. Elementary School. These schools are creating compost with their food waste which they are then using to create “scholar gardens” that grow fruits and vegetables on school premises. This program will be expanded to other schools as funding allows and will create a community in which composting is the norm (see article in Journal del Pacifico #66 Holiday 2024/25).
- **BUSINESSES.** ACB has trained roughly 100 people at local businesses on improving their waste management and the results are impressive. Two notable examples include the restaurant Düm which now diverts 78% of its waste from the landfill into productive uses and Hotel San Cristobal which diverts 56%. Notes Düm founder and chef Aurélien Legeay, “Look at our results and just think what we could be achieving for our local environment if every restaurant in Todos Santos and BCS was doing this.” ACB is working with SETUES, the Secretary of Tourism and Economy in Baja California Sur, to create a certificate program that will greatly expand waste management training to local businesses.
- **COMMUNITY ORGANIC WASTE FARM.** ACB has created an organic waste farm in partnership with INIFAP, the National Institute of Forestry, Agriculture, and Livestock Research. The farm is expanding capacity, with the goal of absorbing at least 30% of the community’s organic waste and turning it into soil and soil products. Located on the INIFAP land between Todos Santos and El Pescadero, the farm currently accepts kitchen waste from households and businesses through its Kitchen Waste Collective program, and garden waste from dedicated local businesses. The farm will soon be able to accept kitchen and garden waste from the broader

FIRES continued on page 27



- **PHYSICAL THERAPY, MASSAGE & DRY NEEDLING BY PHYSIOTHERAPIST.**
- **POSTSURGICAL FIBROSIS AND SCAR TISSUE EFFECTIVE TREATMENTS.**

- **SKIN TIGHTENING & SKIN REGENERATION WITH MORPHEUS 8 AND FRACTIONAL MICRONEEDLING FOR FACE & BODY, HAIR LOSS, STRETCH MARKS, WRINKLES, FAT LOSS, ETC.**



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- **SKIN CANCER DETECTION WITH FOTOFINDER ATB BY DERMATOLOGIST ONCOLOGIST GROUP ONCOSKIN - TELEMEDICINE IN MEXICO CITY.**

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- **PRECANCER, MOLES, WARTS ELIMINATION WITH CO2 LASER.**
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april

ABC ART BAJA 2025 in Todos Santos through May 31.

ART SHOW at Caféliz in Todos Santos through May 5. 25% of sales benefits Padrino Children's Foundation. info@padrinocf.org, padrinocf.org.

April 4 | ART OPEN featuring new works by Kate Turning at Galería de Todos Santos in Todos Santos.

April 5 - May 31 | GROUP EXHIBIT "Sticks + Stones | Palos + Piedras," showcasing local artists' work that is inspired by living in the desert at **Earth Art Studio** in Las Playitas, Todos Santos. For more information: <https://www.jennward.com/sticks-stones-exhibit/>

April 10 | 5 - 10 pm, MERCADO NOCTURNO at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

April 12 | 4 pm, OPENING RECEPTION for "Sticks + Stones | Palos + Piedras," showcasing local artists' work that is inspired by living in the desert at **Earth Art Studio** in Las Playitas, Todos Santos. For more information: <https://www.jennward.com/sticks-stones-exhibit/>

April 12 | 7 - 9 pm, TATTOO YOU at Doce Cuarenta restaurant in Todos Santos. A bare all tattoo night of poetry, storytelling, photography, tattoo artistry, music & dance. 100 pesos per person, benefits Equus Sur, Equine Rescue & Education. Reserve via WhatsApp: 612 199 3962.

April 13 - 20 | LA SEMANA SANTA.

April 19 | 7 - 10 pm, LIVE MUSIC at **Shaka's** in Cerritos. Featuring "Rock or Bust" the premier AC/DC experience.

April 20 | EASTER SUNDAY.

April 20 | 7 - 10 pm, SHAKA'S 7TH YEAR ANNIVERSARY PARTY at **Shaka's** in Cerritos. Live music featuring "The Mike Grabow Band."

April 25 - 27 | FESTIVAL DEL CHILE, LA FRESA Y SUS HIERBAS AROMÁTICAS in Pescadero.

April 30 | DÍA DEL NIÑO.

may

May 1 | WORKER'S DAY / DÍA DEL TRABAJO.

May 3 | DÍA DE LA CRUZ / DÍA DEL ALBAÑIL. / MASON'S DAY.

May 3 - 5 | LA PAZ FIESTAS DE FUNDACIÓN.

May 4 | 6 am, TODOS SANTOS 5K RUN & WALK by **Amy Rex Property Management** & Torote Real Estate Marketing in Todos Santos. A benefit for Padrino Children's Foundation. Start/Finish at Casa Tere on Calle Miguel Hidalgo esq. Cuauhtémoc, in Todos Santos. Race starts at 7 am. For more information see our article and ad this issue or email: amy@amyrextodosantos.com

May 5 | CINCO DE MAYO / BATALLA DE PUEBLA.

May 8 | 5 - 10 pm, MERCADO NOCTURNO at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

May 10 | MOTHER'S DAY / DÍA DE LAS MADRES.

May 10 | JOURNAL DEL PACIFICO SUMMER 2025 DEADLINE.

May 10 - 12 | DOS MARES 500 OFF ROAD RACE. La Paz to Constitución to La Paz.

May 31 | CHEERS TO 8 YEARS! TODOS SANTOS BREWING 8TH ANNIVERSARY BEER & FOOD PAIRING DEGUSTATION at Todos Santos Brewing. Six

specialty culinary courses paired with TSB beers.

May 31 | 4 pm, CLOSING RECEPTION for "Sticks + Stones | Palos + Piedras," showcasing local artists' work that is inspired by living in the desert at **Earth Art Studio** in Las Playitas, Todos Santos. For more information: <https://www.jennward.com/sticks-stones-exhibit/>

june

June 6 - 8 | 8TH ANNIVERSARY FIESTA at Jazamango in Todos Santos. Events with live music and guest chefs.

June 12 | 5 - 10 pm, MERCADO NOCTURNO at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

June 15 | CHEERS TO 8 YEARS! TODOS SANTOS BREWING 8TH ANNIVERSARY SUPER SUNDAY SESSIONS at Todos Santos Brewing.

June 15 | FATHER'S DAY / DÍA DE LOS PADRES.

June 20 | SUMMER SOLSTICE.

july

July 20 - 28 | FESTIVAL DEL MANGO & FIESTA PATRONALES DE BARRIO SAN IGNACIO. With events in the public plaza and barrio San Ignacio on the *otro lado* of Todos Santos.

october

October 10 - 13 | DÍAS DE LOS FESTIVALES DE TODOS SANTOS usually take place this week in the Todos Santos plaza.

november

November 1 - 2 | DÍA DE MUERTOS TODOS SANTOS. For more information see their Facebook page: <https://www.facebook.com/FiestaDiaDeMuertos>



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sunday

8 am – 2 pm, **LOCALS MARKET** at **La Esquina Café** on the otro lado.

1 – 4 pm, **UNPLUGGED IN THE YARD** at Allende Books in La Paz. Acoustic open mic. Everyone welcome. Through the end of April.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

6 pm, **SUNDAY SESSIONS** at Todos Santos Brewing.

monday

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

SPECIAL 1/4 LB HAMBURGER WITH FRIES & BEER OR SODA at Shut Up Frank's in Todos Santos.

12 pm, **SPANISH CONVERSATION CLUB** at **Hablando Mexicano**, in Todos Santos.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

4 – 6 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

4 – 6 pm, **CHILDREN'S WORKSHOPS** with Anapaula at **Shakti Bowl** in Todos Santos.

5 pm, **ABRE TU BOCA MEN'S WRITING CIRCLE**. Takes place the 2nd & 4th Monday, at Teatro Pescadero in Pescadero. \$200-500 MXN. Start with a 10-minute writing prompt, then share for feedback. All genres and writing styles welcome. No previous writing experience needed. www.abretuboca.org

tuesday

8:30 am – 2 pm, **LA PAZ FARMER'S MARKET** on calle Rosales between Obregón & Madero, La Paz.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

4 pm, **TACO TUESDAY** at Chill n Grill in Todos Santos.

4 – 7 pm, **PALAPA ADULT & CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

5 – 9 pm, **TACO TUESDAY** at **La Esquina Café** on the *otro lado*. Choose from meat or vegetarian chorizo tacos with live music 6 – 9 pm.

MEXICAN FIESTA NIGHT at Shut Up Frank's in Todos Santos.

6 pm, **ABRE TU BOCA CÍRCULO MIXTO ESPAÑOL** at the Centro Cultural Profe. Néstor Agundez in Todos Santos. \$50 MXN. Start with a 10-minute writing prompt, then share for feedback. All genres and writing styles welcome.

WEEKLY EVENTS continued on page 50

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5k

continued from page 16

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HOW TO GET INVOLVED

Thank you to our Gold race sponsors: El Arco Todos Santos, Lifestyle Energy, Romex, and Journal del Pacifico.

We invite individuals and businesses to be part of this movement! Sponsorship opportunities are still available, offering visibility in event promotions, race kits, and more. Current sponsors will be featured in flyers, race gear (shirts, bags, banners), and social media promotions, with Gold sponsors receiving additional placement on the official race materials, including posters.

Whether you choose to walk, run, or sponsor, your participation makes a difference. Let’s come together once again to celebrate health, community, and giving back. Join us on May 4, 2025, and be part of something meaningful!

For more information on registration or sponsorship, contact Emmanoel Rosas at Torote Real Estate Marketing or Amy Rex at Amy Rex Property Management.

5k

continuó de página 16

del evento y otros artículos sorpresa. Puedes registrarte en línea aquí: <https://forms.gle/7p1mqXXkvw1sTh1x9> o escaneando el código QR del anuncio.

CÓMO SER PARTE DEL EVENTO

Queremos agradecer a nuestros patrocinadores Gold: El Arco Todos Santos, Lifestyle Energy, Romex, y Journal del Pacifico.

Si tienes un negocio o marca, todavía puedes ser patrocinador y aparecer en la promoción del evento, kits de carrera, y redes sociales. Los patrocinadores estarán en volantes, camisetas, bolsas y banners, mientras que los patrocinadores Gold tendrán más presencia en los materiales oficiales, incluyendo pósters y publicidad en medios locales.

Ya sea que camines, corras o patrocines, tu apoyo hace la diferencia. ¡Vamos a celebrar juntos la salud, la comunidad y el ayudar a los demás! Acompáñanos el 4 de mayo de 2025 y forma parte de algo especial.

Para más información sobre inscripciones o patrocinio, contacta a Emmanoel Rosas en Torote Real Estate Marketing o a Amy Rex en Amy Rex Property Management.

Western Flyer

continued from page 19

ambitious journey yet—returning to the Gulf of California, where it first made history 85 years ago. The *Western Flyer* returns to the very waters that Steinbeck and Ricketts explored, but this time, it will carry with it a mission far beyond the literary. The foundation’s goal is to use the vessel as a floating classroom and research platform, a space where marine science, education, and conservation work can intersect.

THE 2025 EXPEDITION: SCIENCE, EDUCATION, AND CONSERVATION

The 2025 *Western Flyer* expedition is far more than a commemoration of the past. This historic journey represents the foundation’s broader goal of advancing marine research, education, and community outreach in the Sea of Cortez. As the ship sails through the region, it will serve as a hub for marine scientists, educators, students, and environmental advocates. The focus will be on collecting oceanographic data, conducting research on the biodiversity of the Gulf, and engaging students and local communities with hands-on educational experiences.

The *Western Flyer’s* return to the Sea of Cortez represents a full-circle moment. The original expedition, led by Steinbeck and Ricketts, was an exploration not just of the

ocean, but of the relationship between humans and the environment. The writings that emerged from that journey captured the deep sense of wonder that Steinbeck and Ricketts felt as they discovered the incredible diversity of life in the Gulf.

The *Western Flyer’s* return is also an opportunity to engage a new generation of ocean advocates. During the expedition, students and educators will have the chance to board the vessel and participate in hands-on learning experiences. From observing marine life in its natural habitat to conducting scientific research, these students will be given the tools they need to become the next generation of environmental stewards. In this way, the *Western Flyer* will not only honor Steinbeck and Ricketts but will also inspire the environmental leaders of tomorrow.

PUBLIC EVENTS: ENGAGING THE COMMUNITY

Throughout the expedition, the *Western Flyer Foundation*, in collaboration with local NGOs, will host a series of public events as the vessel travels through Baja California and Baja California Sur. These events will feature boat tours, presentations, and community gatherings where visitors can explore the *Western Flyer*, learn about its historical significance, and discover the importance of marine science and conservation efforts in the region. Events will include:

La Paz: April 13 (in collaboration with local NGOs, scientific organizations, and research centers).

Santa Rosalía: April 22 (in collaboration with ITESME and Hagamos Más).

WESTERN FLYER continued on page 47



Caracara

continued from page 14

guests to feel that sense of peace you get when you're surrounded by nature, tasting the freshest ingredients, directly from the farm."

The design of the restaurant is not just visually stunning, it is also sustainable as it was built on the belief that food should be as close to its source as possible. By using locally sourced materials for the structure and operating with a focus on sustainability, Caracara protects the very land that it sits upon. "Long before it was a hotel, the property of Villa Santa Cruz was a working farm since the 1950s—growing sweet potatoes, papaya, poblano chiles, and more. Today's farm not only continues that long farming tradition but also reduces our environmental footprint," says Matt, who bought the original tract of land

in 2001. Jessica and Joyce have been leaders of the hotel's sustainability efforts. Jessica notes, "By growing our produce on site, we reduce the number of delivery trucks driving out our road, we reduce food waste by harvesting only the vegetables needed for that day's production, and we direct plant waste into our compost program where it is cycled into nutrient rich soil to fertilize the next planting. We have an obligation to preserve the beauty of Todos Santos, a town that has given us so much."

The Farm to Grill concept at Caracara is not just a trend—it's a way of life. The food is thoughtfully and creatively prepared in an open kitchen by Chef Alfredo Ramírez. Originally from Puebla, Chef Alfredo has worked throughout Mexico,

CARACARA continued on page 29

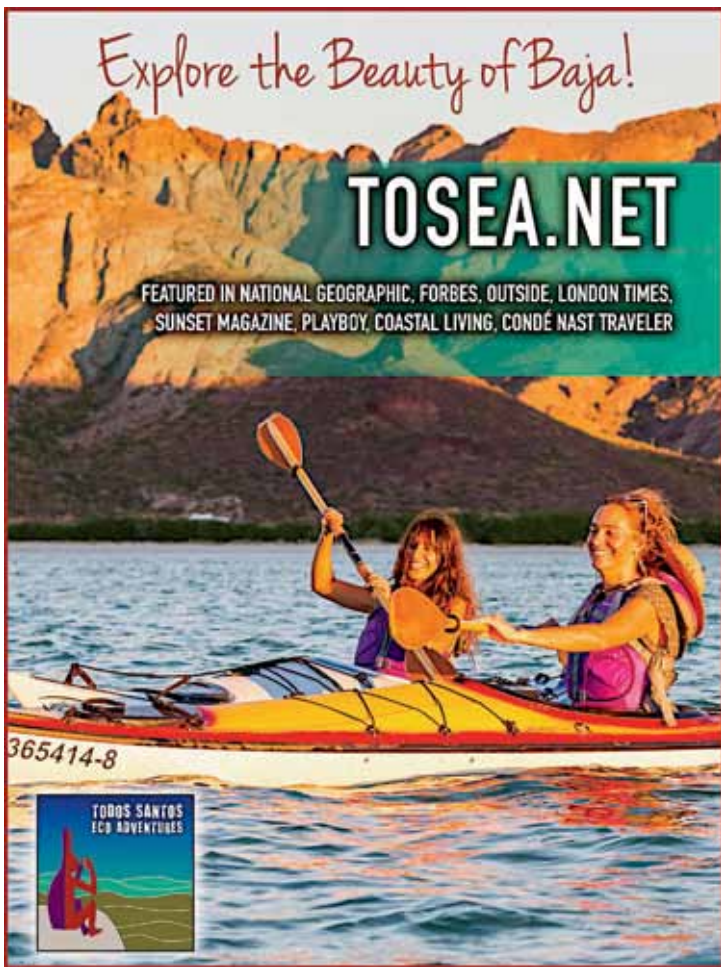
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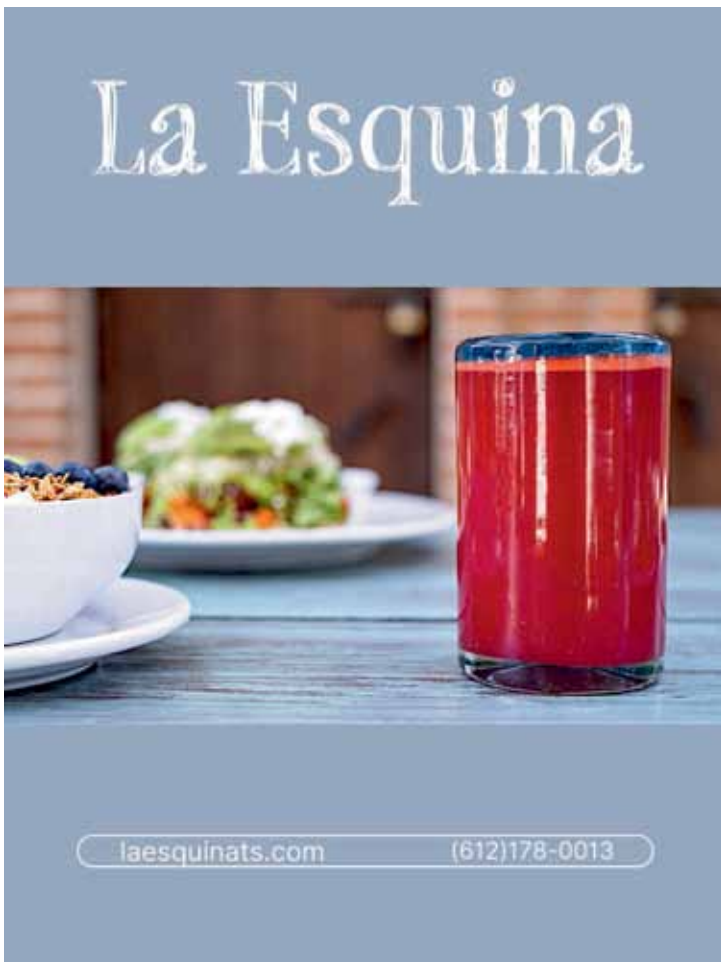
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- GRANJA COMUNITARIA DE RESIDUOS ORGÁNICOS.** ACB ha creado una granja de residuos orgánicos en asociación con INIFAP, el Instituto Nacional de Investigaciones Forestales Agrícolas y Pecuarias. La granja está expandiendo su capacidad con la meta de absorber por lo menos un 30% del desperdicio orgánico de la comunidad y convertirlo en tierra y productos para trabajar la tierra. Localizada en el terreno del INIFAP entre Todos Santos y El Pescadero, en la actualidad, la granja acepta desperdicios de cocina de casas y negocios dentro de su Programa Colectivo para los Residuos de Cocina, también aceptan desperdicios de jardinería de negocios locales dedicados. Próximamente la granja podrá aceptar desperdicios de cocina y jardinería de la mayor parte de la comunidad mediante la expansión de la recolección de negocios y el establecimiento de un horario público para que la gente realice sus entregas.

Muchas personas que crecieron fuera de México están acostumbradas a un sistema en el que el gobierno asume la mayor parte de la responsabilidad de sus desperdicios, recolectándolos, y “desapareciéndolos.” En Baja California Sur se requiere mucho mayor involucramiento personal para asegurarse de que “desaparecerlos” no signifique llevarlos a un vertedero ilegal a la orilla de la carretera o a nuestro basurero que se encuentra sobrecargado y se incendia con frecuencia liberando así toxinas peligrosas a nuestro aire. Contaminando el agua subterránea y nuestro océano. Toxinas que directamente envenenan la comida, la vida marina y a los miembros de nuestra comunidad.

ACB ha creado un Centro de Recursos Comunitarios (<https://cerobasurabcs.org/the-community-resource-hub/>) una red de recursos que provee opciones para todos los miembros de la comunidad por desviar sus desechos orgánicos del basurero. Incluyendo lugares alternativos donde tú o tu jardinero pueden dejar desperdicios orgánicos, entre ellos están: Caballo Loco, Baja Sage Farm, Tree Huggers, Composta Chingrown, y la Granja Comunitaria de Residuos Orgánicos de ACB. También incluye entidades comerciales como Composta Chingrown, Rafael Witron, y el Sistema de recolección de residuos de cocina de ACB que recogerán tus residuos orgánicos y se asegurarán de que sean reutilizados en tierra o productos para el suelo. El Centro de Recursos Comunitarios también cuenta con información detallada acerca del procedimiento para hacer tu propio programa de composta en tu hogar o negocio además de prestadores de servicios locales que pueden asistirte.

Varios miembros de la comunidad han creado sus propias soluciones para los residuos orgánicos. Kaia Thomson de Todos Caballos lleva a cabo la operación de su negocio, (una pensión para caballos y clases para aprender a INCENDIOS continúa en página 47



Fires

continued from page 20

community through the expansion of its collection business and the establishment of public drop-off hours.

Many people who grew up outside of Mexico are accustomed to a system in which the government assumes the bulk of the responsibility for their waste, picking it up for them and taking it “away.” In Baja California Sur much more personal involvement is required to make sure that “away” is not an illegal dumpsite on the side of the road or our overstressed landfill which often catches on fire, sending dangerous toxins into our air, our groundwater and ocean, toxins that directly poison our community members, our food and our marine life.

ACB has created a Community Resource Hub (<https://cerobasurabcs.org/the-community-resource-hub/>), a network of resources that provides options to all community members for diverting their organic waste from the landfill. These include alternate places where you and/or your gardener can drop off organic waste such as Caballo Loco, Baja Sage Farm, Tree Huggers, Composta Chingrown, and the ACB Community Organic Waste Farm. It includes entities that will pick up your organic waste



photo by / foto por Kaia Thomson

and ensure that it is repurposed into soil/soil products including Composta Chingrown, Rafael Witron and the ACB Kitchen Waste Collective. The Community Resource Hub also has detailed information on how to create your own compost program at your home or business and local service providers that can assist you.

Several community members have created their own organic waste solutions. Kaia Thomson of Todos Caballos runs her horse boarding and riding operation on 9 acres of land in the Todos Santos palm oasis. Palm leaves are a highly desirable building material in Baja because they are so durable, and local *palmeros* work extremely hard for little pay to harvest them. The harvesting process leaves

FIRES continued on page 43

An advertisement for Lifestyle Energy Solar & Storage. The background is a high-angle photograph of a residential building with a large array of solar panels installed on the roof. The text is overlaid on the image in a clean, modern font.

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Sustainability of Body Movement

La Sustentabilidad del Movimiento Corporal

by / por M. Sc. Clara N. Delgado Oceja / translated by Francesca Magallon

Physical movement is an inherent need for humans who have evolved through activities such as walking, running, hunting, sowing, swimming, dancing, throwing, and catching. Due to this, as soon as the body stops moving it sickens, atrophies, depresses and withers. Exercising should be a daily habit just like sleeping, eating, or brushing our teeth, but its repercussion is also transcendental, in every sphere of existence and for a lifetime.

BENEFITS OF MOVEMENT

I can assure you that no one ever regrets waking up and exercising but they will regret having overslept. The simple act of moving the body, whether it is dancing or playing, triggers an immediate response in our brain that produces endorphins, dopamine, and serotonin—these are the substances of happiness, that put us in a better mood—positive, joyous, and full of energy. During physical exercise the body gets oxygenated, neuronal interactions are produced, and the respiratory, circulatory, muscular and skeletal systems are activated. Also balance, strength, coordination, endurance, potency, mobility, flexibility, speed, and agility are developed. Movement is an action with an integral impact in the body.

Though many of us have heard of, or experienced, the above mentioned physical, psychological, emotional, and sociological benefits, the global societal trend gravitates towards immobility, sedentarism, comfort, and addictions. If awareness of the advantages that exercise gives us versus living a sedentary life is not the issue, the question becomes, what is influencing young people, adults, and the elderly in such an effective way to become deteriorated by the “immobility” disease? Why are health systems not helping solve this problem?

MOVEMENT continued on page 39

El movimiento físico es una necesidad inherente de los seres humanos que evolucionado a través de actividades como caminar, correr, aventar, lanzar, cazar, bailar, cultivar la tierra, y nadar. Debido a esto, en cuanto el cuerpo se deja de mover, se enferma, atrofia, deprime, y marchita. Ejercitarnos debe ser un hábito diario cotidiano como dormir, comer o lavarse los dientes, pero a la vez trascendental en su repercusión en todas las esferas de la existencia y para toda la vida.

BENEFICIOS DEL MOVIMIENTO

Puedo asegurar que jamás nadie se arrepiente de levantarse y ejercitarse, pero sí de haberse quedado dormido. El simple hecho de mover el cuerpo ya sea bailando o jugando produce una respuesta inmediata a nivel cerebral que produce endorfinas, dopamina, y serotonina, las sustancias de la felicidad, que siempre nos ponen de mejor humor, positivos, alegres, y llenos de energía. Durante el ejercicio físico también se oxigena el cuerpo, se producen interacciones neuronales, y se activan los sistemas: respiratorio, circulatorio, muscular, y óseo. También se desarrolla la fuerza, el balance, la coordinación, resistencia, potencia, movilidad, flexibilidad, velocidad, y agilidad. El movimiento es una acción que tiene un impacto integral en el cuerpo.

Si bien muchos de nosotros conocemos o hemos experimentado los ya mencionados beneficios físicos, psicológicos, sociológicos, y anímicos del ejercicio, la tendencia global de nuestra sociedad gravita hacia la inmovilidad, al sedentarismo, al confort, y a las adicciones. Si el problema no es la falta de conocimiento sobre las ventajas que aporta el hacer ejercicio vs. el sedentarismo, la pregunta es entonces ¿Qué es lo que está influenciando de manera tan efectiva a las poblaciones de jóvenes, adultos, y adultos mayores a deteriorarse con la enfermedad de la inmovilidad? ¿Por qué los sistemas de salud no ayudan a resolver este problema?

Los médicos y psicólogos deberían fungir como los principales promotores y defensores del ejercicio físico y tratarlo como una medicina natural, beneficiosa, sustentable, y duradera. Es decir, usar

MOVIMIENTO continued on page 49

Caracara

continued from page 25



including Mérida, Oaxaca, and here in Baja California Sur at both Jazamango and as a sous chef at Acre in San José del Cabo. He is passionate about his work, operates at the highest professional level, and demands excellence from his team, while working tirelessly, always with a big smile—his heart shines through each dish he sends into the dining room.

Chef Alfredo's menu lovingly incorporates freshly harvested vegetables, handpicked from the farm, adding vibrant colors and rich flavors to every dish. Diners begin the evening with a chef-selected *amuse-bouche* that changes daily, depending on the farm's offerings of the day; favorites include grilled cherry tomato on house made flat bread with a drizzle of basil pesto or mole with a roasted eggplant pureé. Grilled meats and pizzas are the stars of the menu, cooked to perfection over an open

flame. Tender cuts of locally raised meats, from succulent steaks to juicy gourmet rib eye burgers, are marinated with homegrown herbs, imparting a taste of the earth itself in every bite. The wood-fired pizzas are carefully crafted with locally sourced mozzarella, vine-ripened tomatoes, and seasonal produce—all resting on a crispy charred crust that imparts a smoky depth, enhancing the natural flavors. Paired with fresh sides, such as roasted vegetables, farm grown greens or even a Smoky Caesar salad (one the restaurant's most popular items), each dish is a tribute to the farm to table philosophy.

As the sun sets, the organic dome of the dining room takes on a magical glow, casting soft shadows across the space and enhancing the intimate, peaceful atmosphere. Caracara is the perfect backdrop for a relaxing evening

CARACARA continued on page 42

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Bird Portraits

story & photos by Kaia Thomson



Bird portraits are more than just a photo of a bird, they tell a story about the animal, way beyond the feathers. It is so interesting to study the photo and think about the bird. What is its character, surroundings, expression, coloration, and movement, or position. Are they flying, perching, running, or hiding? If they are stationary, is that part of their normal behavior, and why? Are they sunning, hunting, or grooming? Maybe they are hiding, or protecting a nest, themselves, feeding, or looking for mates.

Cooper's Hawk
Astur cooperii
Gavilán de Cooper

Portraits of birds are a wonderful way to study their personalities and learn about the different species expressions, adaptations, anatomical structure and so much of the character of the bird. A definitive photograph of a bird or groups of birds is a fantastic way to capture them as representatives of a species, or as an individual in their natural settings. If a bird is the main subject of a portrait, then it will offer more of the story of the bird, than a standard photograph does. Sometimes this simple perception will encourage the viewer to look deeper in to the image and think, "What does this image say to the viewer about the bird?"

For example, the least tern sitting in the pocket in the sand, is it a juvenile or an adult? What is it doing there, warming, hiding, waiting, resting? The Anna's hummingbird, on the front cover, why is it watching while feeding? Are they a common species in BCS? The silky-flycatcher, male or female? Why do they have red eyes, a crest, and whisker-like feathers around their beaks? The brightly contrasted colors of the common yellowthroat, do they say male or female? Do other birds see the markings as vibrant, or do they turn into camouflage? The house wren sure can open its beak wide to make some noise, is that a characteristic of the species? The Cooper's hawk sitting in the morning sun, high on his lookout perch, what is he looking at? Breakfast, competition, or just warming up from the night? Do birds of

BIRDS continued on page 33

Silky Flycatcher
Phainopepla nitens
Capullinero negro



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Retratos de Aves

historia y fotos por Kaia Thomson
traducido por Francesca Magallon



White-winged Dove

Zenaida asiatica

Paloma alas blancas/Paloma de alas blancas

Los retratos de aves son más que solo una foto de un pájaro, te cuentan una historia sobre ese animal, mucho más allá de sus plumas. Es tan interesante estudiar la foto y pensar en el ave. ¿Cuál es su carácter, qué es lo que lo rodea, su expresión, su coloración, y su movimiento, o posición? ¿Están en vuelo, posados, corriendo, o se están escondiendo? Si están quietos, ¿es eso parte de su conducta normal y por qué? ¿Están tomando el sol, comiendo, cazando, o acicalándose? ¿Tal vez se están escondiendo o protegiendo un nido, o a sí mismos? ¿O tal vez están buscando pareja?

Los retratos de aves son una maravillosa manera de estudiar sus personalidades y aprender mucho sobre el carácter del ave y de las diferentes expresiones, adaptaciones, y estructuras anatómicas de las especies. Una fotografía definitiva de un ave o de un grupo de aves es una manera fantástica de capturar la imagen de un representante de una especie, o de un individuo en su ambiente natural. Si el ave es el sujeto principal de un retrato, entonces obtendremos más información sobre la historia del ave que de una foto estándar. Muchas veces esta simple percepción alentará al observador a mirar más profundamente dentro de la imagen y pensar, ¿qué le dice esta foto al observador sobre el ave?

Por ejemplo, el Charrán mínimo posado en un hueco en la arena, ¿es un ave juvenil o un adulto? ¿Que está haciendo ahí? ¿Entrando en calor, escondiéndose, esperando, descansando? El colibrí de Ana en la portada, ¿por qué está observando mientras come? ¿Son una especie común

en BCS? El Capulinero negro, ¿es macho o hembra? ¿Por qué tiene los ojos rojos, una cresta, y plumas que asemejan bigotes alrededor de su pico? ¿En contraste, los brillantes colores del Mascarita común, nos dicen que es macho o hembra? ¿Otras aves pueden ver las marcaciones igual de brillantes o se camuflan? El Chivirín saltapared claramente puede abrir mucho su pico para hacer ruido, ¿es esa una característica de la especie? El Gavilán de Cooper sentado en el sol de la mañana, a lo alto en su percha de observación, ¿qué es lo que está viendo? ¿Su desayuno? ¿Competencia? ¿O solo está entrando en calor para la noche? ¿Acaso las aves de caza con sus intensos ojos, en realidad tienen una visión superior a otras especies? ¿Por qué está la paloma de alas blancas mirando hacia atrás toda esponjada con sus plumas alborotadas?

Aquí hay algunas respuestas divertidas a las reflexiones mencionadas anteriormente:

El Charrán mínimo es un ave juvenil, generalmente pasan los veranos en la península de Baja California, les gusta descansar en la arena caliente, ya que sus maniobras para cazar pescado son bastante vigorosas.

Los colibríes de Ana son raros de avistar en BCS. Esta hembra en especial está disfrutando comer de la sábila, que le va a la perfección a su largo pico pues le facilita poder beber del néctar.

El Capulinero negro o papamoscas sedoso, se dedica solo a eso justamente, a atrapar insectos en el ala, las plumas

AVES continúa en página 34

Birds

continued from page 31



House Wren
Troglodytes aedon
Chivirín saltapared

prey, with their intense eyes, really have superior vision over other species? Why is the white-winged dove looking behind and all puffed up with feathers in a fluff?

Here are a few fun answers to the above thoughts:

Least tern, juvenile, generally summers on the Baja peninsula; they like to rest in the warm sand, as their fish hunting maneuvers are quite vigorous.

Anna's hummingbirds are a rare sighting in BCS. This female is especially enjoying feeding from the aloe plant, perfectly suited for her long beak to sip on the nectar.

The silky-flycatcher looks like a Northern cardinal, but their feeding habits are completely opposite. Flycatchers do just that, catch insects on the wing, the "hairs" around the beak

are called avian rictal bristles, that act like whiskers that help the bird detect location of the prey.

Common yellowthroat males are the ones with the "bandit mask" and bright colors, this helps the females recognize them over other species of warblers.

The house wren's call is proportionately 10 times louder than a full-grown rooster! This little four inch long, bird has one of the largest ranges, traveling from Canada to the tip of South America.

The red eyes shining on the Cooper's hawk indicate that the bird is a mature adult, that helps other members of the species judge the suitability of potential mates.

The white-winged dove is enjoying a full plumage spa session, preening his feathers in the morning sun.

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Common Yellowthroat
Geothlypis trichas typhicola
Mascarita común

tipo pelo fino alrededor del pico se llaman cerdas de rictal y actúan como bigotes para ayudar al ave a detectar la ubicación de la presa.

Los Mascarita común machos son los que tienen la máscara como de bandido y colores brillantes, esto permite que las hembras los distingan de entre otras especies de currucas del Nuevo Mundo. ¡La llamada del Chirivín saltapared es 10 veces más fuerte que la de un gallo adulto! Esta pequeña ave de aproximadamente diez centímetros de largo tiene uno de los rangos más amplios ya que puede viajar desde Canadá hasta la punta de Sudamérica.

Los ojos rojos que brillan en el Gavilán de Cooper indican que esta ave es un adulto maduro, esto ayuda a otros miembros de la especie a valorar que tan adecuados serían potencialmente como pareja.

La paloma de alas blancas está disfrutando de una sesión completa de SPA para su plumaje, acicalando sus plumas en el sol de la mañana.



Least Tern
Sternula antillarum
Charrán mínimo

El Cielo: The Baja Sky

by Roc Fleishman
photo by Janice Kinne

Welcome to the April/May edition of *El Cielo* for 2025 highlighting the most interesting astronomical happenings above the cape region of BCS, Mexico. Keep this list close at hand for reference and enjoy the sky.

Remember, April is still a good month to see the constellation Crux better known as the "Southern Cross." The lovely globular cluster, Omega Centauri, will also be visible just under 15 degrees above and to the left of Crux. Crux will be straight up just after 12 midnight on April 1st and at around 10:15 pm (remember there is no time change in Mexico anymore) on May 1. You will need a clear night and a location with a clear, low southern horizon. The best locations would be a beach with a clear southern horizon or the top of a hill. Binoculars or a telescope bring Omega Centauri to life.

APRIL

- 2 New moon with Jupiter in the sunset.
- 5 Quarter moon is next to Mars for the evening.
- 13 Full moon next to Spica.
- 22 Early morning peak for the Lyrid meteor shower. Crescent moon rises before dawn, but it won't be much of a problem. The typical Lyrid fireball meteors should be visible the last few hours before sunrise.

MAY

- 3 Waxing crescent moon will be close to Mars again tonight.
- 3/4 The Eta Aquariids meteor shower should peak in the early morning hours of the 4th. The crescent moon will set around 1 am, so it should be good to watch for the speedy streaks of these Haley's comet leftovers any time after that.
- 14 Waning gibbous (just past full) moon and Antares, the red eye of the Scorpius constellation, together.
- 23 Waning crescent moon rises with Saturn above and Venus below.
- 28 Clear skies at sunset would show the new moon with Jupiter below.
- 31 Waxing crescent moon near reddish Mars.

For more information on any of the above subjects, check out the web links below. If you want to talk, call me on my cell phone 612 348 5468 or text on WhatsApp. (Not in the office much these days).

LINKS OF INTEREST

- COMETS: <http://www.aerith.net/index.html>
- METEOR SHOWERS: <http://www.imo.net/resources/calendar>
- EL CIELO continued on page 42



Panoramic view lots



Ocean-front homes



Ocean-view homes

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acomodations

Casa Las Flores.....170
 El Litro Trailer Park.....167
 Guaycura Boutique Hotel.....18
 Hacienda Todos los Santos.....129
 Hotel California.....61
 Hotel Casa Tota.....17
Hotel Gallo Azul & Lofts 122
 Hotel Miramar.....165
 Hotel Quinta Santa Rosa164
 La Bohemia Hotel Pequeño.....97
 La Poza Boutique Hotel171
 La Vibra Urban Condos75
Los Colibris Casitas169
 Motel Guluarte.....66
Posada del Molino 161
 Todos Santos Boutique Hotel1
 Todos Santos Youth Hostel.....168

galleries

Benito Ortega, Sculptor8
 Galería de Todos Santos28
 Galería Ezra Katz.....35
 Galería Gabo.....62
Galería Logan..... 67
 Galería Marquez Fine Art & Print Shop....104
Galería Militar..... 91
 Kenny Viese Gallery90
 La Sonrisa de la Muerte100
 N.E. Hayles, artist166
 Oliver Martinez Galería.....172
 Turningpix.....152

restaurants / bars

Agricole..... 110
 Bahía Restaurant Bar101
 Burguer Shack.....156
 Café La Perla112
 Cafélix 53
 Caffé Todos Santos 2
 Calypso Thai Food.....142
 Chicken Shock.....133
 Chill N Grill.....162
 Dirty Rose Bar.....139
 Doce Cuarenta.....70
 DÜM / Rancho Corazón.....71
 El Pastorcito Tacos.....78
 El Jardín Restaurant / Sky Lounge.....18
 El Refugio.....90
Gallo Azul pizza, bar, art..... 122
 Il Giardino160
 Jardín Alquimia17
 Kata35, 148
 La Catrina Cantina.....131
 La Confianza Wine Bar22
 La Generala.....141
 La Morena.....105
 Las Tinajas Winery68
 Los Adobes de Todos Santos41
 Mariscos El Sinaloense72
 Mejibo113
 Miguel's Restaurant.....138
 Na Há Restaurante Bar171
 Nevería Rocco / Ice Cream.....33
 Oyster/Vino Park126
 Paletería "La Paloma"93
 Pizzeria RomAntica.....121
Pura Vida Health Food & Deli..... 154
 Restaurant "Mi Costa"77
 Rumi Garden.....145
 Santo Chilote.....128
 Santo Pecados114
Shakti Bowl, Szechuan Garden..... 112
 Shut Up Frank's155
 Super Pollo151
 Taller 17.....26
 Tierra Santa118
 Teatro 686
 Tequila Sunrise64
 Tiki Santos73
 Todos Santos Brewing96
 Tomy Bakery143
 Tre Galline.....106
 Violeta Wine Bar45



TODOS SANTOS
 PUEBLOS MÁGICOS

el centro detail locations 1 - 67

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grocery / liquor stores

Bodega Lizarraga.....43
 Madre Santa Panadería118
 Mercado Guluarte.....102
 Panadería "Todos Santos".....81
 Productos de Bahía Pescadería101
Pura Vida Health Food & Deli..... 154
 ¡Que Rico!.....88
 SuperMercado El Sol145
 The Refill Shop124

real estate

AmeriMex10
Amy Rex Property Management 98
 Baja Smart Real Estate29
 Century 2150
Coldwell Banker..... 13
 Engel & Völkers Snell Real Estate13
Ricardo Amigo Real Estate 5, 112
 Ronival Real Estate12
The Agency..... 61
The Wallendorf Collection (upstairs) 13

services

Adhi Guevara Closing Agency Fidei.....52
 Aguila Bus Terminal/Baja Pack.....117
 Autopartes De La Rosa115
 Baja Rock Pirates Back Country Adv152
 Banco BBVA Bancomer / ATM108
 Banco Banorte / ATM57
 Barro Sur Studio.....152
 Centro Veterinario Ani-Malitos.....98
 Comex.....93
 Clinica Veterinaria Martvet.....159
 Cross2box.....152
 Doal Pinturas133
 Dr. Angel Baeza dentista13
 Dra. Oliva157
Dr. Carlos Navas Young 140
 El Almendro Centro de Salud /La Botica.144
 El Arco Eléctrica y Plomería.....82
 "El Abuelo" Shoe / Leather Repair.....153
Farmacia San Benito 119
 Felipe Rodriguez Lara, Notary #8.....3
 Ferretería Jimenez134
 Ferretería Romex.....150
 Ferre Todos Santos135
 Forrajes San Diego103
Hablando Mexicano 132
 La Perla Mosaic/Casa Rosso80
 La Primavera25
 Laboratorio Todos Santos.....156
 Legal & Tax, Attorneys / Account.....50
Lifestyle Energy Solar & Storage ... 146
 MerciTudo curtains, fabrics.....136
 Monica Avila Notary & Legal.....147
 Neptune Lavandería / Laundry.....120
 Optik.....157
 Optica Valdez79
Over The Edge Baja Bike Shop..... 9
 Pacifico Storage.....69
 Panteón 1974
 Papelería Omega89
 Physical Therapy- Boris Alveraz140
 Sadat Laboratorio116
 Salon Mireya.....16
Smile Up Dentista 15
 St. Jude's Pharmacy.....59, 157
 TelCel.....101
 The CO-OP Baja.....132
Todos Santos Eco Adventures 169



Todos Santos Mail & Ship83
 Veterania "El Ladrador".....99
 yza Farmacia94

shops

Agua y Sol Bazaar46
 Ballyhoo Fishing Shop76
Bésame Mucho Bazaar 19
 Boutique Sta. Maria.....12, 55
 Coppel.....58
 Corazón Nativo Apothecary & Goods49
 Desert Fox Baja.....34
Ella Bella Boutique..... 60, 154
 El Tecolote Bookstore.....90
 Étnica3
 Étnica DOS.....21
 Hilo Rojo23
 Joyería Brillanti.....7, 24
 La Todosanteña29
 Los Faroles Plaza55
 L'Atelier de Chava.....99
 Mandrágora Clothing & Jewelry118
 Mangos35
 More4Less Todos Santos.....95
 Nacuii Organic Cosmetics.....60
Nomad Chic / The Loft 32
 Pintu Sayer125
 Plaza Emina.....110
 Saguario.....27, 36
 Santa Terra / La Barca.....126
 Todos Santos Surf Shop87
 ULULA.....49
 Zócalo13

other

Bienestar20
 Centro de Salud / Hospital127
 CFE / Electric Commission.....51
 Escuela Pacífica163
 Finanzas / State Finance Office11
 Judicial/Ministero Público/State Police ...107
 Municipal Offices / Policía84
 Padrino Children's Foundation.....158
 Palapa Learning Center/Biblioteca149
 SAPA / Agua Potable / Water Company85
 St. Jude's Medical Center59



Locations 68 - 172

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accomodations

CalyCanto Casitas.....	18
Casa Las Tunas	29
Casa Rancho	1
Desierto Azul	19
Flora del Mar.....	38
Los Torotes	25
Perro Surfero	7
Serendipity	21
Sole Caliente.....	39
Tribu Todos Santos.....	16
Villa Santa Cruz	15
Villa Bugambilias	43

restaurants / food

5 Tacos & Beer	26
Baja Market.....	47
Bajaveria	26
Caracara Restaurant	15
Derek Restaurant.....	26
El Manguito.....	46
El Mercado Ranchero.....	45
Frutería San Ignacio	42
Gentiles Café.....	26
Hijos del Maiz Nixtamal.....	37
La Esquina Café	12
Landi's Restaurant.....	26
Los Pinos Market.....	5
Oveja Negra Comida Argentina.....	28
Pacifica Fish Market.....	5
Paletería La Playita.....	43
Palmas del Pacifico.....	2
PanVero Whole Bakery & Elixir.....	19
Pizza Santa Fe Jr.	37
Poke Loko.....	26
SuperMercado "El Sol" II.....	31
The Green Room	15
Valle Hnos. Market.....	28

galleries / shops

Adornos	22
Artesana Showroom	26
Casa de Todos.....	30
Earth Art Studio	14
Earth Star	11
Galería Enrique Guerrero	5
Kalma Flowers	28
La Katrina Surf + Supply	36
Pronto Muy Pronto/ Casa Dracula	9
other	
AF Design & Construction	33
Aldo's Gym	4
Bomberos	8
Coronado & Fernandez.....	33
Cuatro Vientos.....	11
Dra. Rosy Posada.....	44
Eco Const. Equip. y Servicios.....	37
El Templo de La Diosa.....	40

Estudio 52	28
Fidelis Laboratorios	44
Jester Sportsfishing	13
Jovialt Anti-aging	4
Las Estrellas Prop. Mgmt.	5
Mercantil	43
Miguel Hidalgo School.....	6
Multiservicios Las Brisas.....	32
Nextwave Baja	27
Papelería La Palma.....	43
Pinturas Osel	10
Romex.....	20
Teatro Luna Azul	23
TelCel.....	44
The Sierra School of Todos Santos.....	17
Todos Caballos Equest. Ctr.....	41
Toyota Santos.....	13
Vivero y Rusticos del Pacifico.....	34
Yelo	3

Movement

continued from page 28

Doctors and psychologists should work as the main promoters and defenders of physical exercise, and treat it like a natural medicine, one that is beneficial, sustainable, and long lasting. This means using exercise as medicine. Physical trainers, nutritionists, social workers, teachers, and doctors, all working together to encourage their patients, students, and athletes to work out daily, and instil in all levels, ages and classes, the habit of physical movement. Whether you are 5 or 80 years old, it is never too late to start having a healthier relationship with the body.

PUBLIC AREAS FOR RECREATION AND EXERCISE

Public recreational spaces such as parks, streets, boardwalks, squares, and cultural centers have been slowly abandoned by the population (children, young people, and the elderly) and also by the government's public policies. If the general population does not consider exercise as a priority, they're not demanding of their governments to offer, organize, build, and promote places and activities to work out. Gyms, running paths, cycling tracks, parks, cultural centers, auditoriums, sport courts, and multidiscipline halls are, without a doubt, seed beds for people who will potentially take part in the positive transformation of the social tapestry. Thus, it is a responsibility between the population who is aware of a need and the government who is not addressing it.

In countries like Brazil, there are success stories in small communities where local governments built pedestrian crossings to help with road traffic and promoted the use of bicycles and rollerblades as means of transportation. There was a significant rise in the overall wellbeing of the population and a positive impact on public health, and ecology. Green spaces also help instil respect for nature, serve as community meeting places, encourage social cohesion, and decrease pollution and crime.

SOCIAL REPERCUSSION OF PHYSICAL EXERCISE

When an individual assumes responsibility for exercising, and their physical and mental health, it positively affects the collective. First with their families, then with their neighbours, and finally the community. People find deep fulfilment through body movement and creative expression; it gives them a feeling of joy, harmony, and wellbeing that they share with their social circles. Physical activity also reduces metabolic diseases such as diabetes II, hypertension, and obesity, as well as chronic pain, and prevents accidents with the elderly (falls).

IMPORTANCE OF EXERCISE IN MODERN TIMES

If it is understood that exercise is a priority, any opportunity to work out should be celebrated. From a gathering with friends, to a dance class, a walk in the mountain, riding a bicycle, going for a swim, learning to surf, or joining a football or basketball team. If we want our children to be healthy, let's set an example. Let us embrace exercise as a healthy and creative expression for our souls not, for example, as a nightmare and a punishment for overeating. There are numerous cases of men and women over 80 years old who enjoy a healthy and full life. Growing old is not a synonym for decrepit, stiffness, muscular atrophy, Alzheimer, dementia, osteoporosis, or clumsiness. Daily exercising 30 minutes to one hour is the strongest, and cheapest medicine to keep the body in optimal conditions throughout our lifetime. Prioritize the sacred and intimate space that is our body.

DIVERSITY OF MOVEMENT

Baja California Sur has a great variety of options for moving. Each offers distinct benefits to all ages, genders, abilities, tastes, and capabilities. Outdoor options include running, walking, biking, tennis, pickleball, soccer, basketball, swimming, surfing, diving, kayaking, paddleboard, tai-chi, beach volleyball, or bootcamps. Other options include: HIIT, yoga, dance classes, Pilates, weightlifting, CrossFit, aerial dance, jujitsu, and climbing.

EXERCISE COUNTERCULTURE

The seated culture has caused health issues such as: **MOVEMENT** continued on page 51

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todos santos—el pescadero corridor



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Bars / Restaurants

Agricole.....	4
Art & Beer.....	65
Barracuda Cantina.....	60
Burguer Shack.....	10
Casa Maya / Barefoot Cantina.....	48
“El Faro” Restaurant & Beach Club.....	2
“El Mirador” Ocean View Rest.....	1
Freesouls Restaurant.....	47
Gregoria’s Pizza.....	57
Hierbabuena Restaurant.....	20
La Tuna Cerritos.....	59
Lucky 23.....	10
Mai Plaza.....	27
MiniSuper Munchies.....	15
Palmar.....	18
Pizza Napoli.....	52
Rip Tide Bar.....	46
Señor Beans Café.....	38
Señor Hoagies.....	59
Shaka’s Cantina.....	51
Siempre Viva Restaurant.....	34
Surf Side Bar & Grill.....	45
Taste of Asia.....	57
Terramar Cantina.....	36

Accommodations

Barefoot Luxury Properties.....	48
Casa Azul.....	13
Casa Bougainvilleas.....	35
Cerritos Beach Inn / Sunset Restaurant...	63
Cerritos Surf Residences.....	44
Cerritos Surf Town / Sunset Bar.....	61
Desert Moon Cerritos Beach Hotel.....	46
El Perdido Hotel / El Coyote Rest.....	33
Kimpton Mas Olas Resort and Spa.....	19
La Alianza.....	31
Las Palmas Hotel & Bar / Rest.....	62
Las Palmas Tropicales Casitas.....	6
Palmar.....	18
Pescadero Palace.....	7
Pescadero Surf Camp.....	40
Pure Baja Suites & Retreats.....	41
RV Park “Baja Serena”.....	25
Surf Casitas.....	5
The Residences at Freesouls.....	47
Villas de Cerritos Beach.....	52
Villa Rocas.....	42

Other

AF Construction.....	21
Autobus Aguila Bus Station.....	12
Baja Bliss Wellness Spa/ Gypsea’s Lifestyle Boutique & Cafe.....	22
Baja Serena Yoga.....	25
Car Wash Pescadero.....	37
Coldwell Banker Real Estate.....	50
Como El Sol.....	26
Contigo Cerritos Real Estate.....	52
Dos Marias Day Spa.....	14

El Sol Supermercado.....	56
Farmacia San Benito.....	29
Ferretería Romex.....	28
Ferretería Romex Cerritos.....	55
KM 65 Boutique.....	51
Materiales Los Navas.....	8
Los Cerritos Mail & Ship.....	64
Los Cerritos Properties.....	40
Mar Vida Properties.....	22
Pescadero Surf Shop.....	37
Pintu Sayer.....	39
Relleno Sanitario/Trash Dump.....	3
Safe Storage Baja Sur.....	64
St. Jude’s Pharmacy.....	11
Todos Santos Private Transportation.....	37
Tu Casa Property Mgmt.....	54
Tuna Pescadero.....	9
Westside Surf School.....	53
Zócalo.....	38

Grocery

Agricole / Nacuii.....	4
Gardenias Mini Super / Rest.....	66
Kimberly’s Café and Supermarket	51
Mini Super Brody.....	57

To Elías Calles, Migriño
↓
Cabo San Lucas

Beaches / Playas

by Janice Kinne

Todos Santos lies inland along the rugged Pacific coast. There are miles of beautiful white sand beaches accessible down unmarked dirt roads.

This stretch of the Pacific Ocean is a very dangerous place to swim at any time of the year. Strong rip currents and backwash are common. People have drowned in waters near Todos Santos simply because they were too close to the ocean while on beaches with steep drop-offs. There are no lifeguards on duty at any area beaches.

You can access the **LA POZA** and **LA CACHORA** beaches via the La Cachora road. Both are suitable for walking, fishing, whale watching, relaxing, or sunbathing. They are not swimming beaches.

Because of the big waves breaking on the shore, La Cachora beach has become popular with skim boarders.

La Poza has a large freshwater lagoon that is great for bird watching. If you are going to swim in the lagoon be very careful. The lagoon may appear to be shallow, but has many sudden drop-offs and is actually very deep.

PUNTA LOBOS, named for a sea lion colony, is also known as the fishermen's beach. Simply follow calle Francisco Bojorquez Vidal (formerly calle Punta Lobos) south out of town, or turn off at km 54 from Highway 19. You will pass an old cannery from the days when fishermen could harvest sea turtles legally. There is a small freshwater lagoon at Punta Lobos with a shrine to the Virgin.

The fishermen ride their *panga* boats on the waves onto the beach between 1 and 3 pm. Their return is exciting to watch and you can usually buy fresh fish from the cooperatives.

The two fishing cooperatives have exclusive rights to the "launch zone" at Playa Punta Lobos. For reasons of safety and due to past problems, boat launching at Punta Lobos is not permitted without their express permission.

The only recommended swimming beaches are outside of Pescadero. **SAN PEDRO**, also known as **PALM BEACH** (*Playa Las Palmas*), is near km 57. Its entrance is across Highway 19 from the Campo Experimental—stay to the left as you pass the abandoned hacienda. Las Palmas is a beautiful, secluded beach surrounded by a palm grove with a freshwater lagoon that is home to a variety of plants, birds, and wildlife.

Due to strong currents (especially near the rocky point), swimming is safer 50 meters from the rocks. Swim with caution and always have a land reference. The property surrounding Palm Beach is privately owned. The gates are open from 6 am to 9 pm daily. Car break-ins have been reported at Palm Beach. Leave your valuables at home!

PLAYA SAN PEDRITO is a rocky surfing beach around km 60, about 4.6 miles (7.4 km) from Todos Santos.

PLAYA LOS CERRITOS is located at km 64 about
BEACHES continued on page 42



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Beaches

continued from page 41

eight miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming, and fishing. Swim with caution due to strong riptides near the rocks. It is recommended to stay at least 50 meters from the rocks. The most secure swimming area is in front of the restaurant/bar. Swim with caution and always have a land reference. There is a long stretch of beach to the south that is perfect for walking or running. Surfboard rentals and other services are available.

LA KATRINA SURF + SUPPLY, #36 on the *Otro Lado* map is a core shop on the way to the beach. New and used boards, fins, trunks, ding repair, wax, skates, hardware, they've got it.

MARIO'S SURF SCHOOL provides surfing lessons, board rentals, repairs, and accessories. Call for information.

PESCADERO SURF SHOP, #37 on the Pescadero map. The surf shop stocks everything you need for surfing: surfboard rentals, used and new surfboards for sale, wax, ding repair, accessories, surf reports and information. You can also arrange surf lessons, surf and SUP tours, and activities at the store with Mario Surf School.

TODOS SANTOS ECO ADVENTURES, #169 on the Todos Santos map. Since 2002 Todos Santos Eco Adventures (TOSEA) has been providing visitors with opportunities to explore, celebrate, and help conserve the magnificently diverse ecosystems of Baja. TOSEA offers whale and bird-watching trips in the Pacific lagoons; treks and *ranchero* culture programs in the Sierra la Laguna mountains; Sea Turtle Camp and surfing surfaris on the Pacific coast, and kayaking, "glamping," whale shark, and sea lion adventures in the Sea of Cortez.

TODOS SANTOS SURF SHOP, #87 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry international brands and many locally handmade wares, clothes, bikinis, accessories, natural sunscreen, and "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espiritu Santo Island, and whale watching in Magdalena Bay.

WEST SIDE SURF SCHOOL AND SURF SHOP, #53 on the Pescadero map. Provides surf lessons (includes use of the board for the day, umbrellas, and chairs); board rentals (car straps provided if necessary); boogie boards; and surfboard repairs. Buy / sell / trade used boards. They carry West Side T-shirts, hats, rash guards, surf wax, surf leashes, and board fins.

Caracara

continued from page 29



with friends or a romantic dinner under the stars. It isn't just a restaurant, it's a celebration of nature, community, and the pure joy of fresh delicious food. It's a space where the lines between the farm and the table blur, and where the beauty of the surrounding agaves and farm become part of every bite. Whether you're craving a wood-fired pizza or savoring the smoky richness of a grilled steak, Caracara offers an unforgettable dining experience that connects you to earthly flavors and the peace that only nature can provide. So, the next time you're in search of an evening that is both grounding and exhilarating, head to Caracara where good food, good company and the beauty of the land are always on the menu.

Caracara is located at Hotel Villa Santa Cruz in Todos Santos and is open from Wednesday to Monday, from 5 to 10 pm. Reservations are strongly recommended either via Open Table or WhatsApp +52 612 155 6941. Parking is on Camino a las Playitas, just past the Green Room entrance. For details and menus, visit villasantacruz baja.com/caracara.

El Cielo

continued from page 35

TROPIC OF CANCER: https://en.wikipedia.org/wiki/Axial_tilt#values or https://en.wikipedia.org/wiki/Circle_of_latitude

ZODIACAL LIGHT: https://en.wikipedia.org/wiki/Zodiacal_light

TIME: <http://www.worldtimeserver.com/>

SATELLITES: <http://www.heavens-above.com/>
USER: "elcielots" PASSWORD: "journal"

WEEKLY SKY REPORT: <https://griffithobservatory.org/explore/observing-the-sky/sky-report/>

SATURN: <http://saturn.jpl.nasa.gov/home/index.cfm>

ROSETTA: <http://sci.esa.int/rosetta/>

DAWN: <http://dawn.jpl.nasa.gov/>

Fires

continued from page 27



photo by / foto por Pablo Carballo Castillo

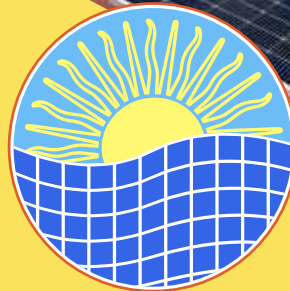
behind a substantial amount of palm debris that can take decades to decompose, creating a major fire hazard for the oasis. Kaia decided to take action—in her usual ecological and environmental way. Rather than hiring a dump truck to take dozens of truck loads of palm waste to the landfill, Kaia hired a backhoe operator to dig trenches to bury the palm waste, essentially giving Mother Nature an assist in turning the palm waste back into soil. The whole operation was a fraction of the cost and impact of hauling organic debris to the landfill.

Jessica and Matt Canepa, and Joyce Maggiore and Guillermo Marrero, are the owners of rapidly expanding local luxury hotel Villa Santa Cruz, which now includes a hotel, two restaurants, a farm and horse stables. With the assistance of Alianza Cero Basura they have set up a composting operation on their property to turn their kitchen waste, garden waste, and manure back into nutrient-rich soil. "It is important for individuals and businesses setting up operations in Todos Santos and Pescadero to understand that they must take personal responsibility for their waste" says Jessica. "They must understand the realities of living here. The government does not provide all the solutions." Guillermo adds to that thought. "There are definitely costs associated with creating our own composting program, including hiring someone to be our Agent Zero, or manager of the process, and training the staff." He continues, "But our goal is to be an example for the community, demonstrating how a local business can keep organic waste out of the landfill and use it to create fertile soil right here for our own farm." Joyce adds, "One of the reasons guests choose to stay with us at Villa Santa Cruz is our commitment to zero waste principles, and seeing our sustainability methods in action is a welcome and unique experience for our guests." In other words, Villa Santa Cruz is the real deal, no greenwashing.

Griselda Lorena Sotelo Amaya is the General Commander of the Pescadero fire department and she is angry. "We respond to fires at the landfill at least three times per month, sometimes three times per week. Fighting these fires consumes a huge number of resources including thousands of gallons of water, hundreds of liters of gas, and firefighting units being called in that then can't be deployed

FIRES continued on page 51

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abril

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4 de abril | RECEPCIÓN INAUGURAL con nuevas obras de Kate Turning en la Galería de Todos Santos.

5 de abril a 31 de mayo | EXPOSICIÓN COLECTIVA "STICKS + STONES | PALOS + PIEDRAS," que presenta obras de artistas locales inspiradas en la vida del desierto en **Earth Art Studio** en Las Playitas, Todos Santos. Para más información: <https://www.jenniward.com/sticks-stones-exhibit/>

10 de abril | de 5 a 10 pm, **MERCADO NOCTURNO** en Baljalla en Pescadero. Disfrute de música en vivo, vendedores, arte, presentaciones especiales, comida, bebida y comunidad.

12 de abril | 4 pm, **RECEPCIÓN INAUGURAL DE "STICKS + STONES | PALOS + PIEDRAS,"** que presenta obras de artistas locales inspiradas en la vida del desierto en **Earth Art Studio** en Las Playitas, Todos Santos. Para más información: <https://www.jenniward.com/sticks-stones-exhibit/>

12 de abril | 7 a 9 pm, **TATTOO YOU** en el restaurante Doce Cuarenta en Todos Santos. Una noche de TATUAJES al aire libre con poesía, narración, fotografía, arte del tatuaje, música y baile. 100 pesos por persona, a beneficio de Equus Sur, Equine Rescue & Education. Reserve por WhatsApp: 612 199 3962.

13 a 20 de abril | SEMANA SANTA.

19 de abril | 7 a 10 pm, **MÚSICA EN VIVO** en **Shaka's**, en Cerritos. Presentando a "Rock or Bust," la experiencia AC/DC de primer nivel.

20 de abril | DOMINGO DE PASCUA.

20 de abril | 7 a 10 pm, **FIESTA DEL SÉPTIMO ANIVERSARIO** de **Shaka's**, en Cerritos. Música en vivo presentando a "The Mike Grabow Band."

25 al 27 de abril | FESTIVAL DEL CHILE, LA FRESA Y SUS HIERBAS AROMÁTICAS en Pescadero.

30 de abril | DÍA DEL NIÑO.

mayo

1 de mayo | DÍA DEL TRABAJO.

3 de mayo | DÍA DE LA SANTA CRUZ / DÍA DEL ALBAÑIL.

3 a 5 de mayo | FIESTAS DE FUNDACIÓN LA PAZ.

4 de mayo | 6 am, **TODOS SANTOS 5K CORRE Y CAMINA** por Amy Rex & Torote Administración de Propiedades y Comercialización Inmobiliaria en Todos Santos. A beneficio para la Fundación Padrino. Salida/Meta en Casa Tere en Calle Miguel Hidalgo esq. Cuauhtémoc, en Todos Santos. La carrera comienza a las 7 am. Para obtener más información, consulte nuestro artículo y anuncie este número o envíe un correo electrónico: amy@amyrextodossantos.com

5 de mayo | CINCO DE MAYO / BATALLA DE PUEBLA.

8 de mayo | de 5 a 10 pm, **MERCADO NOCTURNO** en Baljalla en Pescadero. Disfrute de música en vivo, vendedores, arte, presentaciones especiales, comida, bebida y comunidad.

10 de mayo | DÍA DE LAS MADRES.

10 de mayo | JOURNAL DEL PACÍFICO FECHA LIMITE PARA LA EDICIÓN VERANO 2025.

10 al 12 de mayo | CARRERA TODOTERRENO DOS MARES 500. De La Paz a Constitución y de regreso a La Paz.

31 de mayo | ¡CELEBRAMOS 8 AÑOS! DEGUSTACIÓN DE MARIDAJE DE CERVEZA Y COMIDA POR EL 8º ANIVERSARIO DE TODOS SANTOS BREWING en Todos Santos Brewing. Seis platos culinarios especiales maridados con cervezas TSB.



31 de mayo | 4 pm, **RECEPCIÓN DE CLAUSURA DE "STICKS + STONES | PALOS + PIEDRAS,"** donde se presentarán obras de artistas locales inspiradas en la vida en el desierto en **Earth Art Studio** en Las Playitas, Todos Santos. Para más información: <https://www.jenniward.com/sticks-stones-exhibit/>

junio

6 al 8 de junio | 8AVA. FIESTA DE ANIVERSARIO en Jazamango en Todos Santos. Eventos con música en vivo y chefs invitados.

12 de junio | de 5 a 10 pm, **MERCADO NOCTURNO** en Baljalla en Pescadero. Disfrute de música en vivo, vendedores, arte, presentaciones especiales, comida, bebida y comunidad.

15 de junio | ¡CELEBRAMOS 8 AÑOS! SUPER SESIONES DOMINICALES POR EL 8º ANIVERSARIO DE TODOS SANTOS BREWING en Todos Santos Brewing.

15 de junio | DÍA DEL PADRE.

20 de junio | SOLSTICIO DE VERANO.



Cada Semana

domingo

8 am a 2 pm, **MERCADO LOCAL** en **La Esquina Café** en el otro lado.

1 a 4 pm, **UNPLUGGED EN EL PATIO** de Allende Books en La Paz. Micrófono acústico abierto. Todos son bienvenidos. Hasta el fin de abril.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

6 pm, **SESIÓN DE DOMINGOS** en Todos Santos Brewing.

lunes

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

12 pm, **CLUB DE CONVERSACIÓN ESPAÑOL** en **Hablando Mexicano** en Todos Santos.

HAMBURGUESA ESPECIAL de 1/4 lb con papas fritas y cerveza o refresco en Shut Up Frank's en Todos Santos.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

4 a 6 pm, **TALLERES INFANTILES** con Anapaula en **Shakti Bowl** en Todos Santos.

4 a 6 pm, **BIBLIOTECA INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

5 pm, **CÍRCULO DE ESCRITURA PARA HOMBRES ABRE TU BOCA**: se lleva a cabo el segundo y cuarto lunes en el Teatro Pescadero en Pescadero. \$200-500 MN. Comience con una propuesta de escritura de 10 minutos y luego compártala para recibir comentarios. Todos los géneros y estilos de escritura son bienvenidos. No se necesita experiencia previa en escritura. www.openpipeline.org

martes

8:30 am a 2 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Rosales entre Obregón y Madero, La Paz.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

NOCHE DE FIESTA MEXICANA en Shut Up Frank's en Todos Santos.

4 a 7 pm, **BIBLIOTECA ALDULTO Y INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

4 pm, **MARTES DE TACOS** en Chill n Grill, Todos Santos.

5 a 9 pm, **MARTES DE TACOS** en **La Esquina Café**. Elige entre tacos de carne, chorizo o vegetariano con música en vivo 6 a 9 pm.

6 pm, **ABRE TU BOCA CÍRCULO MIXTO** en el Centro Cultural de Todos los Santos. \$50 MN. Comience con una propuesta de escritura de 10 minutos y luego compártala para recibir comentarios. Todos los géneros y estilos de CADA SEMANA continúa en página 48

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La Paz Beaches

by Janice Kinne



photo by Kaia Thomson

The *malecón* along the bay of La Paz is the perfect place to walk, run, people watch, or enjoy gazing across the water. Crews clean the beaches and walkways daily, fresh sand has been imported and there are *palapas* to offer shade. Locals and tourists visit the beaches north of downtown to swim, snorkel, or kayak. There are several adventure companies along the *malecón* and at the marinas offering *panga* rides, bay and island cruises, snorkeling, scuba diving, fishing, sailing, and kayak rentals.

EL MOGOTÉ is the spit of land that separates the harbor of La Paz from the *Bahía de La Paz*. This natural treasure used to be, for the most part, accessible only with 4WD. Now driving onto the peninsula is restricted due to the construction of golf courses, homes, and hotels.

PLAYA EL COROMUEL 4.5 km from downtown La Paz, is the first beach north of town and an easy walk from downtown. It is within the harbor boundaries, has shaded *palapas*, and food / beverage services. The water here gets much better flow with the tide change and is suitable for swimming. The bottom is clean sand and rock. Snorkeling is good further out.

PLAYA EL TESORO 13 km from downtown La Paz, is a great little beach for children. The shallow, clear waters allow you to walk out for close to 100 meters. Tesoro has about 25 shaded *palapas*, two small restaurants, and kayak rentals.

PICHILINGUE 19 km from downtown La Paz. Pichilingue is home to the La Paz ferry terminus and a large commercial harbor. There are pleasant, small beaches just north of the deep water port, on the *Vieja Bahía de Pichilingue*. Beachfront food, beverage service, and kayak rentals are available and there is a restaurant with an upstairs view. The *palapa* bar is popular in the hot summer afternoons.

PLAYA BALANDRA 23 km from downtown La Paz, is known for its famous balancing rock formation landmark that resembles a prehistoric mushroom. You can view the rock formation and *playa El Hongo* by walking in the water around the cliff to your right. The large beach and surrounding area are beautiful. The waters surrounding Balandra are shallow and safe for children. Sheltered from wave action from nearly every direction, the water warms early and is very safe for swimmers and kayaking. There are also several little beaches (coves) and mangroves to explore. The beach has no services, so pack your own lunches and drinks for the day. There are vendors renting chairs, selling fruit and drinks, beach *palapas* for shade, and BBQ pits to the south.

PLAYA EL TECOLOTE 26 km from downtown La Paz, is by far the largest and most visited beach in La Paz. Two restaurant/bars offer shade *palapas* and a large number of beach vendors offer refreshments. RV camping is available, along with a wide variety of water sports rentals. Usually there are no lifeguards on duty, but they may be present during *la semana santa* and in the summer. The beach has a beautiful view of Isla Espíritu Santo and *panga* rides to the island are available—a 6.5 km crossing through the San Lorenzo channel. Bus service from the station on the *malecón* to *playa El Tecolote* is available for a nominal charge.

Sting rays are the biggest hazard at the playas and tend to be present on the bottom in shallow waters during the summer. When walking in the water, shuffle your feet on the bottom to avoid stepping directly on a resting ray.

There are no restrictions for beach fishing at any beaches. Please respect our beaches and help protect the sea turtles; don't leave trash or drive on the dunes or beaches.

Incendios

continuó de página 26

montar) dentro de 3.53 hectáreas de tierra dentro del oasis de palmeras de Todos Santos. Las hojas de palmeras son un codiciado material de construcción en Baja California Sur debido a su durabilidad, y los palmeros locales trabajan extremadamente duro para cultivarlas, a pesar de que reciben una paga muy baja. El proceso de cultivo deja a su paso una cantidad sustancial de residuos de palmeras que puede tardar décadas para descomponerse, y esto representa un gran riesgo de incendio para el oasis. Kaia decidió ponerse en acción, en su habitual manera, siendo ecológica y ambientalista. En vez de contratar un camión de volteo para llevar docenas de cargas de residuos de palma al basurero, Kaia contrató un operador de retroexcavadora para abrir zanjas y poder enterrar los residuos de palma, esencialmente dándole a la Madre Naturaleza una ayuda para convertir los residuos en tierra nuevamente. Toda la operación resultó en una fracción del costo e impacto para acarrear el desperdicio orgánico al basurero.

Jessica y Matt Canepa junto con Joyce Maggiore y Guillermo Marrero son los dueños del hotel de lujo en rápida expansión Hotel Villa Santa Cruz, que hasta ahora incluye un hotel, dos restaurantes, una granja y establos para caballos. Con la asistencia de Alianza Cero Basura han instalado una operación de compostamiento en su propiedad para transformar sus residuos de cocina, jardinería, y estiércol en tierra rica en nutrientes. Es importante para los individuos y negocios que se preparan para iniciar operaciones en Todos Santos y Pescadero entender que deben tomar responsabilidad personalmente de sus residuos, comenta Jessica. "Ellos deben comprender la realidad de vivir aquí. El gobierno no nos da todas las soluciones." Guillermo añade a esta idea. "El crear nuestro propio programa de compostamiento va definitivamente asociado con gastos, incluyendo el contratar a alguien para que sea nuestro Agente Cero, o el supervisor del proceso para capacitar al equipo." Continúa, "pero nuestra meta es el ser un ejemplo para la comunidad, demostrando como un negocio local puede mantener sus residuos orgánicos lejos del basurero y usarlos para crear tierra fértil, aquí mismo dentro de nuestra granja." Joyce añade "Una de las razones por las cuales nuestros huéspedes eligen hospedarse con nosotros en Villa Santa Cruz es nuestro compromiso con los principios cero basura, y el ver nuestros métodos sustentables en acción es una experiencia muy especial, que es bienvenida por nuestros huéspedes. En otras palabras, Villa Santa Cruz, es un lugar auténtico, sin ecoblanqueo.

Griselda Lorena Sotelo Amaya es la Comandante General del Heroico Cuerpo de Bomberos de Pescadero y está enojada. "Nosotros respondemos a los incendios en el basurero por lo menos tres veces al mes, algunas veces hasta tres veces por semana. Apagar estos incendios consume una gran cantidad de recursos, incluyendo miles

de galones de agua, cientos de litros de gas, y unidades de bomberos que al estar ahí no pueden ir a atender a ningún otro lado." Pero ella ve que el costo social es aún más alto. "No son únicamente mis bomberos los que sufren las consecuencias de estos incendios, toda la comunidad sufre al inhalar el humo toxico. Estos incendios en el vertedero han creado un enorme problema social en nuestra comunidad."

Y nosotros tenemos la solución. Para mayor información acerca de cómo puedes ayudar a prevenir los incendios en el vertedero al desviar tus residuos por favor ponte en contacto con Alianza Cero Basura en comunidad@cerobasurabcs.org.

Western Flyer

continued from page 24

Agua Verde: April 28 (in collaboration with Niparajá).

Loreto: May 10 (in collaboration with Eco-Alianza).

Cabo Pulmo: May 24 (in collaboration with the Baja Coastal Institute, BCI).

For more information on how to support, join the public community events, or follow the *Western Flyer's* journey, visit www.westernflyer.org.



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Cada Semana

continuó de página 45

escritura son bienvenidos. No se necesita experiencia previa en escritura. www.openpipeline.org

MARTES DE TACOS en 5 Tacos & Beer en el otro lado. Música en vivo y 100 pesos margaritas.

miércoles

8 am a 2 pm, **MERCADO LOCAL** en **La Esquina Café** en el otro lado.

8 am a 1 pm, **COMPOSTA "CHINGROWN"** en frente de **La Esquina Café**. \$120 pesos por cubeta de composta y se aceptan donaciones de desperdicios de cocina.

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

12 a 2 pm, **GRUPO DE ESCRITURA EN INGLÉS** en Allende Books, La Paz. Evento gratuito.

2 pm, **CLUB DE CONVERSACIÓN ESPAÑOL** en **Hablando Mexicano** en Todos Santos.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

4 a 6 pm, **BIBLIOTECA INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

5 pm, **CÍRCULO DE ESCRITURA DE MUJERES ABRE TU BOCA**. Comience con una propuesta de escritura de 10 minutos y luego compártala para recibir comentarios. Todos los géneros y estilos de escritura son bienvenidos. No se necesita experiencia previa en escritura. www.openpipeline.org

5 a 7 pm, **RUNAS NORDICAS**, por Rodrigo Ojeda Hinds en Allende Books en La Paz. Comienza en mayo.

jueves

9 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, atrás de Super Pollo entrando por Calle del Huerto, extremo sur de Todos Santos. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, unicel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrrevolucionmx@gmail.com, (612) 139-4789.

11 am a 3 pm, **CASA GIRASOL CENTRO SOCIAL PARA ADULTOS** abierta Centro Cultural Prof. Néstor Agúndez

en Todos Santos. Ofrecemos talleres informativos y una amplia gama de servicios para adultos, personas mayores y cuidadores. Donaciones. Casagirasoltd@gmail.com, WhatsApp: 612-127-2410, www.comfortcare.mx

TACOS DE PECHUGA DE POLLO AL HORNO con romero cubiertos con ensalada de frijoles negros y mango en Shut Up Frank's en Todos Santos.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

4 a 6 pm, **TALLERES INFANTILES** con Anapaula en **Shakti Bowl** en Todos Santos.

4 a 7 pm, **BIBLIOTECA ALDULTO Y INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

4 pm, **NOCHE DE PIZZA** en Chill n Grill, Todos Santos.

5 pm, **CLASE DE COCINA** en **Hablando Mexicano** in Todos Santos. Se necesita RSVP. Ver <https://www.hablandomexicano.com/> para el menú y precios.

5 a 9 pm, **CAMINATA DEL ARTE** en San José del Cabo, en el distrito de las galerías. Todas las galerías que participan estarán abiertas hasta las 9 pm y muchas tienen recepciones y eventos especiales. Noviembre hasta Julio.

viernes

9 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, atrás de Super Pollo entrando por Calle del Huerto, extremo sur de Todos Santos. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, unicel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrrevolucionmx@gmail.com, (612) 139-4789.

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

10 am a 12 pm, **TALLERES DE CROCHET** con Anapaula en **Shakti Bowl** en Todos Santos.

10 am a 3 pm, **MERCADO ORGÁNICO DE TODOS SANTOS** en Palma Serena en el callejón de Topete.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

VIERNES EN EL HUERTO en el restaurante **Caracara, Villa Santa Cruz**, al otro lado de Todos Santos. Música en vivo de 6:30 a 8:30 pm en el Farm Bar. Abierto al público.

NOCHE DE POLLO FRITO en Shut Up Frank's en Todos



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6 pm, **NOCHE DE TRIVIA** en el Todos Santos Brewing.

sábado

7 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, enfrente 5 Tacos y Beer en Las Tunas. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, unicel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrrevolucionmx@gmail.com, (612) 139-4789.

8:30 am a 2 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Rosales entre Obregón y Madero, La Paz.

9 am a 3 pm, **EL MERCADO ORGÁNICO** en San José del Cabo está ligeramente afuera del distrito de arte histórico en la Huerta María en el Camino a las Ánimas. Noviembre hasta el fin de Junio.

9 am a 1 pm, **TIANGUIS NATURAL MALECÓN** (Mercado) en el Callejon Cabezud es en La Paz—el área entre calle Esquerro y el Malecón ubicado en el mural Wyland y la escultura del músico tocando el caracol.

10 am a 2 pm, **MERCADO PESCADERO** en Gypsea's en El Pescadero. Alimentos, productos artesanales, frutas y verduras, ropa, joyería, y arte hecho a mano.

10 am a 1 pm, **BIBLIOTECA INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

10:30 am a 2 pm, **MERCADO RANCHERO** en Todos Santos, con arte, muebles y productos frescos de los ranchos de la zona, que incluyen queso, pollo y carne.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

6 pm, **SÁBADO DE CANTAUTORES** en el Todos Santos Brewing.

MÚSICA EN VIVO en **Shaka's** en Cerritos.

Movimiento

continuó de página 28

el ejercicio en lugar de medicina. Entrenadores físicos, nutriólogos, trabajadores sociales, maestros, y médicos trabajando en conjunto para alentar a todos sus pacientes, estudiantes, y atletas a ejercitarse todos los días, e inculcar en todos los niveles, edades, y clases el hábito del ejercicio físico. Sin importar la edad, tengas 5 u 80 años, nunca es tarde para empezar a tener una relación más sana con el cuerpo.

ESPACIOS PÚBLICOS PARA RECREACIÓN Y EJERCICIO

Los espacios públicos destinados a la recreación como parques, calles, malecones, plazas, y casas de la cultura han sido paulatinamente abandonados tanto por la población (niños, jóvenes, adultos mayores) como por los gobiernos y sus políticas públicas. Si la población en general no considera el ejercicio como una prioridad tampoco exigirá a sus gobernantes la tarea de ofrecer, organizar, construir, y promover

MOVIMIENTO continued on page 54



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Weekly Events

continued from page 23

No previous writing experience needed. www.abretuboca.org

TACO TUESDAY at 5 Tacos & Beer on the *otro lado*. Live music and 100 pesos margaritas.

wednesday

8 am – 2 pm, **LOCALS MARKET** at **La Esquina Café** on the *otro lado*. Takes place through August.

8 am – 1 pm, **COMPOSTA CHINGROWN** in front of **La Esquina Café**. 120 pesos bucket of compost and kitchen waste drop by donation.

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

12 – 2 pm, **WRITING GROUP** at Allende Books in La Paz. Free, everyone welcome.

2 pm, **SPANISH CONVERSATION CLUB** at **Hablando Mexicano**, in Todos Santos.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

4 – 6 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

5 pm, **ABRE TU BOCA WOMEN'S WRITING CIRCLE**. Check www.abretuboca.org for location, \$200-500 MXN. Start with a 10-minute writing prompt, then share for feedback. All genres and writing styles welcome. No previous writing experience needed. www.abretuboca.org

5 – 7 pm, **NORDIC RUNES** by Rodrigo Ojeda Hinds at Allende Books in La Paz. Starts in May.

thursday

9 am – 2 pm, **PUNTO VERDE RECYCLING** behind Super Pollo, off calle Del Huerto at the southern entrance of Todos Santos. Bring your paper, #1 & #2 plastics, batteries, cardboard, cans, metal, Styrofoam, and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorrrevolucionmx@gmail.com, (612) 139-4789

11 am – 3 pm, **CASA GIRASOL ADULT SOCIAL CENTER** open at the Centro Cultural Profe. Néstor Agundez in Todos Santos. Offering informative workshops and a wide range of services to adults, seniors and caregivers. Donation. casagirasoldt@gmail.com, WhatsApp: 612-127-2410, www.comfortcare.mx

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

5 pm, **COOKING CLASS** at **Hablando Mexicano** in Todos Santos. RSVP required. Visit <https://www.hablandomexicano.com/> for menu and prices.

4 – 6 pm, **CHILDREN'S WORKSHOPS** with Anapaula at **Shakti Bowl** in Todos Santos.

4 – 7 pm, **PALAPA ADULT & CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

4 pm, **PIZZA NIGHT** at Chill n Grill in Todos Santos.

5 – 9 pm, **ARTWALK** in the San José del Cabo Gallery District. Takes place November through June.

friday

9 am – 2 pm, **PUNTO VERDE RECYCLING** behind Super Pollo, off calle Del Huerto at the southern entrance of Todos Santos. Bring your paper, #1 & #2 plastics, batteries, cardboard, cans, metal, Styrofoam, and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorrrevolucionmx@gmail.com, (612) 139-4789

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

10 am – 3 pm, **TODOS SANTOS ORGANIC MARKET** at Palma Serena in the Topete callejón.

10 am – 12 pm, **CROCHET WORKSHOPS** with Anapaula at **Shakti Bowl** in Todos Santos.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

'**FRIDAYS AT THE FARM**' at restaurant **Caracara** at **Villa Santa Cruz** on the *otro lado*. Live music from 6:30 to 8:30 pm at the Farm Bar. Open to the public.

FRIED CHICKEN NIGHT at Shut Up Frank's in Todos Santos.

6 pm, **TRIVIA NIGHT** at Todos Santos Brewing.

saturday

7 am – 2 pm, **PUNTO VERDE RECYCLING** across from 5 Tacos & Beer in Las Tunas. Bring your paper, #1 & #2 plastics, batteries, cardboard, cans, metal, Styrofoam, and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorrrevolucionmx@gmail.com, (612) 139-4789

8:30 am – 2 pm, **LA PAZ FARMER'S MARKET** on calle Rosales between Obregón & Madero, La Paz.

9 am – 1 pm, **MALECÓN TIANGUIS NATURAL (MARKET)** at the Callejón Cabezud in La Paz—the area between Esquerro street and the *malecón* at the location of the Wyland mural and the seashell musician statue.

9 am – 3 pm, **SAN JOSÉ DEL CABO ORGANIC MARKET** (Mercado Orgánico) just outside the San José historic district in Huerta María on the Camino a Las Animas. Look for the signs at the big arroyo off Avenida Centenario. Takes place November through the end of June.

10 am – 1 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

10 am – 2 pm, **MERCADO PESCADERO** at Gypsea's in El Pescadero. Artisanal food, products, produce, clothing, handcrafted jewelry & art.

10:30 am – 2 pm, **EL MERCADO RANCHERO MARKET** with art, furniture, and fresh products from area ranches, including cheese, chicken, and meat, on the *otro lado*.

10 am – 1 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

6 pm, **SONGWRITER SATURDAYS** at Todos Santos Brewing.

LIVE MUSIC at **Shaka's** at Cerritos.



chronic back pain, muscular atrophy in the hips, back, ankles and feet, as well as deformations that lead us to an early old age—getting people hooked on painkillers which keep them sedated. Sitting for everything—transportation, work, and amusement—watching TV, movies, or concerts. What happens? Our body becomes clumsy and rigid, we lose balance and coordination, our glutes and our legs, instead of being our most powerful muscles, disappear. Our biped anatomy is designed to walk, run, and move. This undoubtedly is the most toxic element within our community.

Our local area offers a wide variety of options to exercise, but there is still a long way to go when it comes to infrastructure. There are few public spaces to walk, and our sidewalks are in poor conditions. We need to keep our desert trails clean, free of trash and debris. Let us work together as a community to advocate and prioritize the collective need for public exercise, at no cost.

elsewhere.” But she sees the social costs as being even higher. “It’s not just my *bomberos* who suffer the effects of these fires, the whole community suffers when we inhale the toxic smoke. These landfill fires have created a huge social problem in our community.”

And we have the solution. For more information on how you can help prevent landfill fires by diverting your waste please contact Alianza Cero Basura at comunidad@cerobasurabcs.org.

Bryan Jáuregui is Chairman of the Board of Alianza Cero Basura, a registered Mexican nonprofit organization that is working to transform Todos Santos and Pescadero into the first zero waste tourism destination in Mexico. If you would like to learn more about Alianza Cero Basura and/or support the scholar garden program, please visit Alianza Cero Basura’s website at <https://cerobasurabcs.org>.

Todos Santos Eco Adventures (TOSEA) is the leading eco adventure company in Baja California Sur. TOSEA invites you to join them in the following initiatives to help preserve the glorious beauty of Baja:

Alianza Cero Basura (ACB). TOSEA is a proud supporter of ACB, a Mexican nonprofit that is working to transform our community into the first zero waste tourism destination in Mexico. To find out how you can actively participate in this effort please visit the ACB website at <https://cerobasurabcs.org>

Carbon Capture with Tomorrow’s Air. TOSEA is a carbon capture education partner with Tomorrow’s Air, and to date has supported the removal of 3 tons of carbon dioxide from the air. To learn more about this incredible project visit <https://www.tomorrowsair.com>



sunday / domingo

9 am, **HATHA YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

11 am, **ECSTATIC DANCE TEMPLE @ Cuatro Vientos**, Todos Santos.

2 pm, **KUNDALINI YOGA W/C JAPA @ Cuatro Vientos**, Todos Santos.

4 pm, **YIN YOGA W/C TASHA @ Cuatro Vientos**, Todos Santos.

6 pm, **MEDITATION CIRCLE W/C JACINTA @ Cuatro Vientos**, Todos Santos.

7:15 pm, **DEEP HATHA YOGA W/C NICA @ Cuatro Vientos**, Todos Santos.

monday / lunes

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7 am, **TS OPEN WATERS SWIMMING @ Punta Lobos**, Todos Santos. Facebook/Instagram: @Todos Santos Waters

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:15 & 9:15 am, **FUSION FITNESS W/ JULIE @ Cross2Box**, Todos Santos. Bring mat and water.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

9:30 am, **PILATES W/C JOSH @ Aureo Wellness**, Pescadero.

10:30 am, **YOGA FOR HEALTHY AGING W/C LISA @ Cuatro Vientos**, Todos Santos.

3:30 pm, **KIDS AERIAL DANCE / DANZA AÉREA PARA NIÑOS W/C PAULA @ Cuatro Vientos**, Todos Santos.

4:45 pm, **ADULTOS AERIAL DANCE / DANZA AÉREA PARA ADULTOS W/C PAULA @ Cuatro Vientos**, Todos Santos.

6:30 pm, **CHAKRA MEDITATION W/C MARIE @ Cuatro Vientos**, Todos Santos.

tuesday / martes

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7:30 am, **HIIT WORKOUT W/C CLARA @ Cuatro Vientos**, Todos Santos.

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:30 am, **TRX Y MÁS W/C GRACE @ Villas El Gavilán, Cerritos**. For info: Zu (612) 157-1936.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **ZUMBA W/C JAN @ Cuatro Vientos**, Todos Santos.

10:30 am, **VINYASA YOGA W/C GABRIELLE @ Cuatro Vientos**, Todos Santos.

4 pm, **POWER VINYASA YOGA W/C ALEX @ Cuatro Vientos**, Todos Santos.

6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos**, en Español Todos Santos.

6 pm, **AERIAL YIN YOGA W/C PAOLA @ Aureo Wellness**, Pescadero.

7:15 pm, **SOUND HEALING W/C ANA LU @ Cuatro Vientos**, Todos Santos.

wednesday / miércoles

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7 am, **TS OPEN WATERS SWIMMING @ Punta Lobos**, Todos Santos. Facebook/Instagram: @Todos Santos Waters

7 am, **VINYASA YOGA W/C TY @ Cuatro Vientos**, Todos Santos.

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:15 & 9:15 am, **FUSION FITNESS W/ JULIE @ Cross2Box**, Todos Santos. Bring mat and water.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

10:30 am, **YOGA FOR HEALTHY AGING W/C LISA @ Cuatro Vientos**, Todos Santos.

2:30 pm, **POWER VINYASA YOGA W/C DOMINIQUE @ Cuatro Vientos**, Todos Santos.

3:30 – 4:30 pm, **KID'S GYMNASTICS / GIMNASIA INFANTIL, 6 – 11 years @ Cross2Box**.

4 pm, **YIN & RESTORATIVE YOGA W/C SAM @ Cuatro Vientos**, Todos Santos.

6 pm, **TANGO BASICS W/C PAULA @ Cuatro Vientos**, Todos Santos.

7:30 pm, **REFLECTIVE CIRCLE W/C DAVID @ Cuatro Vientos**, Todos Santos.

thursday / jueves

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7:30 am, **HIIT WORKOUT W/C CLARA @ Cuatro Vientos**, Todos Santos.

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:30 am, **TRX Y MÁS W/C GRACE @ Villas El Gavilán, Cerritos**. For info: Zu (612) 157-1936.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **ZUMBA W/C JAN @ Cuatro Vientos**, Todos Santos.

10:30 am, **VINYASA YOGA W/C GABRIELLE @ Cuatro Vientos**, Todos Santos.

4 pm, **POWER VINYASA YOGA W/C ALEX @ Cuatro Vientos**, Todos Santos.

6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos**, en Español, Todos Santos.

6 pm, **AERIAL YIN YOGA W/C PAOLA** @ Aureo Wellness, Pescadero.

7:30 pm, **ECSTATIC DANCE MINDFUL MELTDOWN** @ Cuatro Vientos, en Español, Todos Santos.

friday / viernes

6, 7, 8 & 9 am, & 5 pm, **CROSSFIT** @ Cross2Box, Todos Santos.

7 am, **TS OPEN WATERS SWIMMING** @Punta Lobos, Todos Santos. Facebook/Instagram: @Todos Santos Waters

7 am, **YOGA & SOUND W/C KARI** @ Cuatro Vientos, Todos Santos.

7:30 am, **YOGA W/C MAYRA** @ Baja Serena, Pescadero.

8:15 & 9:15 am, **FUSION FITNESS W/ JULIE** @ Cross2Box, Todos Santos. Bring mat and water.

8:45 am, **YOGA FOR SENIORS W/C MAYRA** @ Baja Serena, Pescadero.

9 am, **YOGA W/C MARIMAR** @ Cuatro Vientos, Todos Santos.

11 am, **QI GONG W/C TOVA** @ Cuatro Vientos, Todos Santos.

12:30 pm, **VAJRA DANCE** @ Cuatro Vientos, Todos Santos.

4:30 pm, **DANCE LAB W/C ZOË** @ Cuatro Vientos, Todos Santos.

6 pm, **SALSA BASICS W/C CARLO** @ Cuatro Vientos, Todos Santos.

saturday / sábado

7:30 am, **HIIT WORKOUT W/C CLARA** @ Cuatro Vientos, Todos Santos.

9 am, **HATHA YOGA W/C LIZ** @ Cuatro Vientos, Todos Santos.

11 am, **INNERDANCE W/C ANDREA** @ Cuatro Vientos, Todos Santos.

3 pm, **CHESS CLUB** @ Uvas y Hojas, Pescadero.



TAI CHI & QI GONG W/C RHODA Todos Santos. Private instruction available. Contact Rhoda for schedule and class location, barakabaja@gmail.com, +52 612 157-6088

Thursday 12 pm, @ Centro Cultural, Todos Santos.

AA MEETINGS

CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Monday – Friday, 4:30 & 6 pm. For information: Tom (624) 122-2720.

PESCADERO HIGHTIDE—Wednesday 9 am @ Señor Beans, Pescadero. For information: Don (612) 157-1256.

PESCADERO NA—No Todos Somos Santos de Narcóticos Anónimos meets Monday – Friday, 7 – 8:30 pm. For more information: WhatsApp 6241092213

SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly.

TODOS SANTOS—Monday, Wednesday & Saturday 11 am, Tuesday 4:30 pm, & Friday 5 pm. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Eric (612)156-9980.

TODOS SANTOS—WOMEN'S AA Thursday 9 am at Casa Janna, & Friday 9 am via Zoom. Call Janna for information: (612) 127-0215.

LA PAZ—For information call: Rick M. (612)131-7459.

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Movimiento

continuó de página 49

tanto actividades como espacios para ejercitarse. Gimnasios, corredores, ciclovías, parques, centros culturales, auditorios, canchas deportivas, y salones multidisciplinarios son sin duda semilleros de seres que potencialmente incidirán en la transformación positiva del tejido social. Así pues, hay una responsabilidad entre la población que es consciente de una necesidad y un gobierno que no se hace cargo de ella.

En países como Brasil, existen historias de éxito en pequeñas comunidades donde los gobiernos locales construyeron corredores peatonales para la comunicación vial y promovieron el uso de bicicleta y patines como medios de transporte. Se observó un aumento significativo en el bienestar general de la población y hubo un impacto positivo en la salud pública y la ecología. Los espacios con vegetación ayudan a inculcar el respeto a la naturaleza, también sirven como lugares de reunión para la comunidad, fomentan la cohesión social, y disminuyen la contaminación, y el crimen.

LA REPERCUSIÓN SOCIAL DEL EJERCICIO FÍSICO

Cada vez que un individuo se hace responsable de su salud física y mental, esto afecta positivamente al colectivo. Primero con su familia, luego con sus vecinos, y finalmente con su comunidad. La gente encuentra una realización profunda a través del movimiento corporal y la expresión creativa; les produce una sensación de plenitud, armonía, y bienestar que compartirán con todos sus círculos sociales.

La actividad física también reduce enfermedades metabólicas, como la diabetes II, hipertensión, y obesidad, de igual manera reduce los dolores crónicos, y previene los accidentes en adultos mayores por caídas.

RELEVANCIA DEL EJERCICIO FÍSICO EN LA MODERNIDAD

Si entendemos pues, que el ejercicio es una prioridad, cualquier opción y oportunidad de ejercitarnos debe ser celebrada. Desde una reunión con amigos, una clase de baile, una caminata en la montaña, salir a andar en bicicleta, ir a nadar, aprender a surfear, o inscribirse

a un equipo de fútbol o basquetbol. Si queremos que nuestros hijos estén sanos, pongamos el ejemplo. Aceptemos al ejercicio como una expresión saludable y creativa para nuestras almas en vez de verlo, por ejemplo, como una pesadilla y un castigo por comer en exceso.

En la actualidad, sabemos sobre los innumerables casos de hombres y mujeres de más de 80 años que gozan de una vida plena y saludable. Envejecer no es sinónimo de decrepitud, rigidez, atrofia muscular, Alzheimer, demencia, osteoporosis, y torpeza. Realizar cada día de 30 minutos a una hora de ejercicio es la opción más fuerte y la medicina más barata para mantener el cuerpo en condiciones óptimas a lo largo de nuestra vida. Priorizando el espacio íntimo y sagrado que es nuestro cuerpo.

DIVERSIDAD DE MOVIMIENTO

Baja California Sur cuenta con una gran variedad de opciones para moverse. Ninguna es mejor que la otra, cada una ofrece distintos beneficios para todas las edades, géneros, habilidades, gustos, y capacidades. Las opciones al aire libre incluyen correr, caminar, andar en bici, jugar tenis, pickleball, fútbol, basquetbol, nadar, surfear, bucear, kayakear, paddleboard, tai-chi, volibol en la playa, o programas de entrenamiento intensivos. Otras opciones incluyen HIIT, yoga, baile, Pilates, levantamiento de pesas, CrossFit, danza aérea, jujitsu, o escalar.

LA CONTRACULTURA DEL EJERCICIO FÍSICO

La cultura de sentarse ha causado problemas de salud pública: dolores crónicos de espalda, atrofia muscular en la cadera, espalda, tobillos, y pies, así como deformaciones que nos llevan a una vejez temprana, volviendo a las personas dependientes de pastillas para el dolor que a su vez los mantienen sedados. Sentarse para todo, para transportarnos, trabajar, o entretenernos—para ver la TV, películas, o conciertos. ¿Qué sucede? Nuestro cuerpo se vuelve torpe, rígido, perdemos balance, coordinación, y nuestras piernas y glúteos, en vez de ser nuestros músculos más poderosos, desaparecen. Nuestra anatomía de bipedestación está diseñada para caminar, correr, y movernos. No cabe duda que estos son los elementos más tóxicos dentro de nuestra comunidad.

Nuestra localidad ofrece una gran variedad de opciones para ejercitarse, aunque todavía queda mucho por hacer en cuanto a infraestructura se refiere. Hay pocos espacios para caminar, y nuestras banquetas están en mal estado. Debemos mantener nuestras veredas desérticas limpias de basura y escombros. Trabajemos juntos como comunidad para defender y priorizar la necesidad colectiva para el ejercicio público y gratuito.



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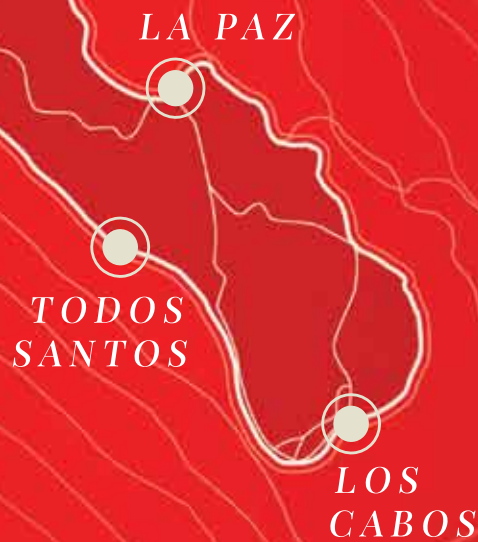
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