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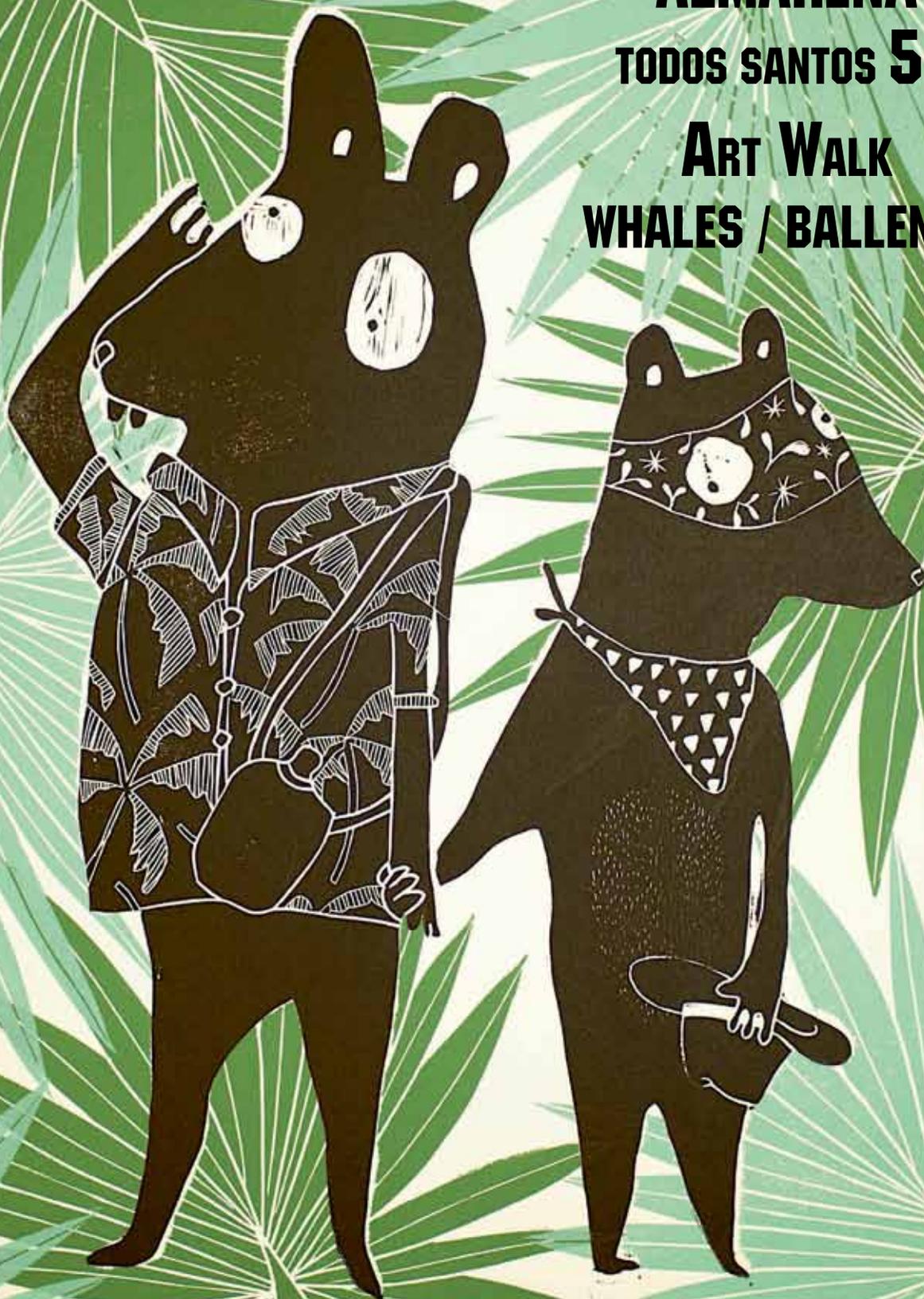
The **ULTIMATE GUIDE** to
Baja Sur Arts,
Culture & Adventure

ALMARENA

TODOS SANTOS 5K

ART WALK

WHALES / BALLENAS



by / por Saskia Onvlee
Todos Santos • La Paz • Pescadero • San José del Cabo • El Triunfo • Loreto



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The Future of Children’s Healthcare Has Broken Ground in Todos Santos.

Padrino

On January 31, neighbors, families, health professionals, and local leaders gathered for a moment that will shape the future of our town.

Fundación Padrino officially broke ground on a new pediatric clinic, a purpose-built space designed to serve the children and families of Todos Santos and surrounding communities with comprehensive, integrated care. What began in 2016 as an effort to close healthcare gaps quickly revealed a deeper reality. Children were living with chronic illnesses without ever seeing a pediatrician. Developmental delays went undiagnosed for years. Families willing to do everything for their children were stopped by a simple barrier: distance.

“When you cannot afford to miss work or pay for transportation, an hour to La Paz or Los Cabos might as well be a world away,” shared Board Chair Jim Cardillo as he addressed the crowd. “We realized we had to build a comprehensive ecosystem of care closer to where families live.”

Today, Padrino provides coordinated pediatric medicine, psychology and psychiatry, speech and physical therapy, genetic diagnostics, social work support, and newborn screening. Nearly 2,000 children have been served since its founding, and 135–150 children now receive care each month. More than 85% of every peso raised goes directly to programs and services.

The small rented clinic that made this possible has been outgrown.

“This new clinic is a response to the families who have been waiting,” said Executive and Medical Director Dra. Mitzy

Cervantes. “It represents dignity, care, and hope. This space will be where medicine and compassion come together.” Representing the Governor of Baja California Sur, Dra. Ana Luisa Guluarte Castro spoke, emphasizing that this project goes beyond infrastructure by stating:

“When a community unites, health ceases to be a privilege and becomes a tangible right.”

—Dra. Ana Luisa Guluarte Castro

The new clinic will expand access to early detection, coordinated treatment, specialist consultations, telemedicine, and family support services, ensuring that children in Todos Santos can receive continuous, integrated care close to home.

“This is not just a building,” Cardillo reminded the crowd. “It is about the future of the children and families who will receive care here for decades.”

Construction is underway, supported by more than \$1.2 million USD raised to date.

As shovels entered the ground, one message was clear:

**Healthy children build strong families.
Strong families build resilient communities.
And this community is building that future together.**

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by Saskia Onvlee

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Almarena	14
Art Talk	10
Art Walk.....	24
Beaches / Playas	39
<i>El Cielo: The Baja Sky</i>	33
Events	18
Groups	46
La Paz Beaches	44
Pollen, Plants, and Pollinators.....	28
The Secret Languages of the Sea of Cortez.....	6
Todos Santos 5k Run & Walk.....	16

español

<i>Almarena</i>	14
<i>Eventos</i>	42
<i>Grupos</i>	46
<i>Los Lenguajes Secretos del Mar de Cortés</i>	6
<i>Polen, Plantas, y Polinizadores</i>	29
Todos Santos 5k Run & Walk.....	16

maps / mapas

Todos Santos— <i>El Centro</i>	34 – 35
Todos Santos— <i>El Otro Lado</i>	36
Todos Santos—Pescadero Corridor & Beaches / Playas	38

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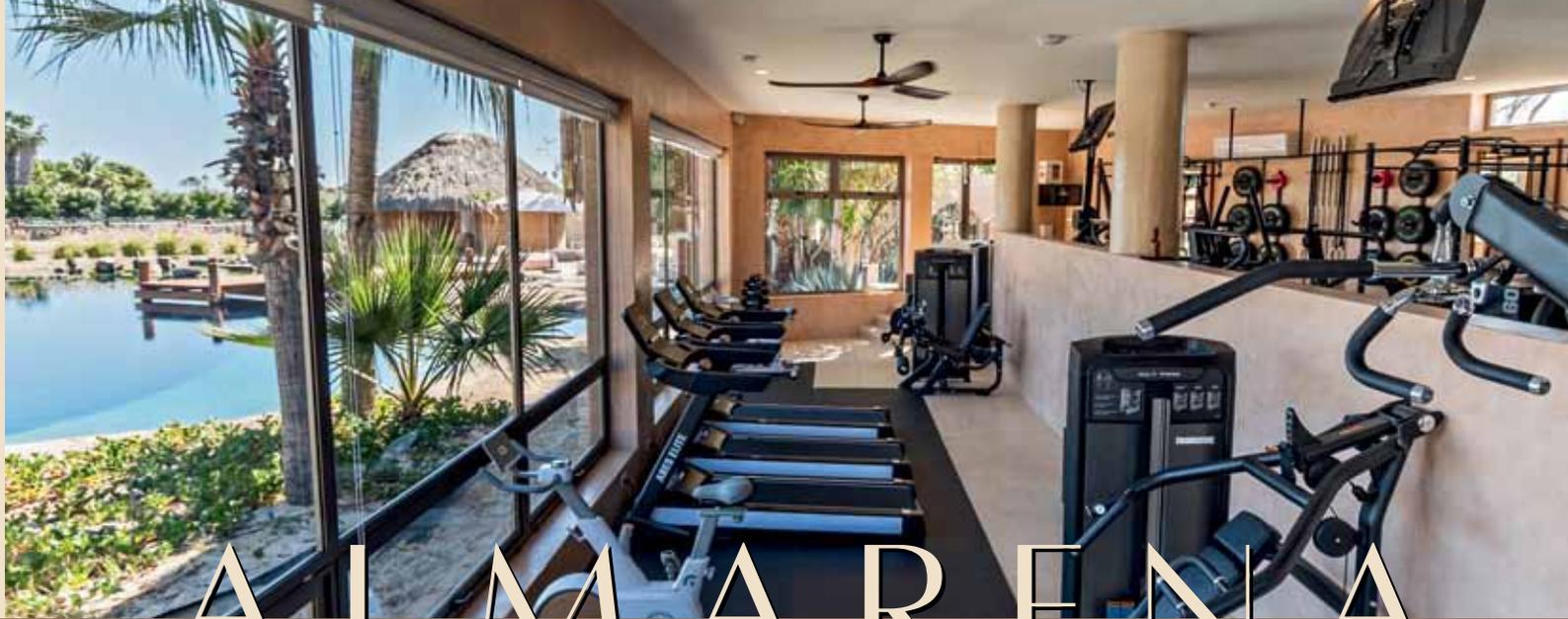
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SUMMER / VERANO ISSUE

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WELLNESS CLUB & SPA

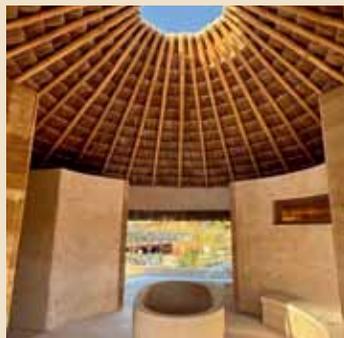
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Whales / *Ballenas*



The Secret Languages of the Sea of Cortez *Los Lenguajes Secretos del Mar de Cortés*

by / por Bryan Jáuregui, traducido por Francesca Magallon

photos by / fotos por Colin Ruggiero

You are floating in 80 feet of clear blue water off Baja California Sur, and the ocean is talking. You feel it before you hear it—a low, resonant pulse that enters your chest like a bass note from some cosmic instrument. Then it becomes sound: deep, rhythmic clicks, rising and falling in a pattern that is startlingly, unmistakably conversational. Somewhere in the blue dark below, a sperm whale is speaking.

The Sea of Cortez—what Jacques Cousteau called “the world’s aquarium”—is one of the most biodiverse marine environments on the planet. It is also one of the most talkative. At any given moment, the cetaceans that call these waters home or highway are communicating, strategizing, teaching their children, and calling out the names of their friends. They are, in short, doing things we have long considered exclusively human. Language. Culture. Family.

The science is in, and the news is humbling: we are not the only creatures on Earth who talk.

THE SPERM WHALE: A LANGUAGE IN THE DARK

Of all the conversationalists in the Sea of Cortez, none has seized the scientific imagination more fiercely than the sperm whale—a 60-foot deep diver with the largest brain of any animal that has ever lived. And it turns out, that brain has a lot to say.

Te encuentras flotando dentro de 24 metros de agua azul y cristalina frente a Baja California Sur, y el océano te está hablando. Lo sientes antes de escucharlo, una pulsación baja y resonante que entra en tu pecho como si fuese una nota grave de algún instrumento cósmico. Después se convierte en un sonido: profundo, con clics rítmicos, subiendo y bajando en un patrón que es sorprendente e inconfundiblemente conversacional. Debajo, en algún lugar dentro del azul oscuro, un cachalote está hablando.

El Mar de Cortés, llamado por Jaques Cousteau el “acuario del mundo” es uno de los ambientes marinos con mayor biodiversidad en el planeta. También dentro de sus aguas se dan grandes conversaciones. En cualquier momento los cetáceos que hacen de estas aguas su hogar o su autopista se están comunicando entre ellos, planeando estrategias, enseñándoles algo a sus hijos, y gritando los nombres de sus amigos para llamarlos. Lo que están haciendo sin más rodeos son cosas que por un largo tiempo habíamos considerado exclusivamente humanas. Lenguaje. Cultura. Familia.

La ciencia ya está en ello, y los resultados nos hacen sentir más humildes pues no somos las únicas criaturas en el planeta Tierra que hablan.

BALLENAS continúa en página 8

Sperm whales communicate using patterns of clicks called “codas”—short, rhythmic bursts that, to the human ear, sound like Morse code tapped on a pipe. In his 2020 book *Becoming Wild*, naturalist Carl Safina spent time with researcher Shane Gero’s Dominica Sperm Whale Project, watching specific families of sperm whales whose individual members Gero has known for years. What Safina witnessed was extraordinary: multigenerational matriarchies—grandmothers, mothers, daughters, calves—using their shared coda repertoire to stay in contact during deep dives, announce their return to the surface, and participate in boisterous group socializing sessions he describes as family reunions in which whales clustered together, rolling and rubbing, clicking furiously back and forth.

In 2024, MIT’s CSAIL lab and Project CETI published research in *Nature Communications* analyzing nearly 9,000 codas collected from Eastern Caribbean sperm whale families over a decade, identifying a “sperm whale phonetic alphabet” of stunning complexity—including rhythm, tempo, rubato, and ornamentation, where whales make sub-second adjustments mid-conversation to match one another. UC Berkeley linguist Gašper Beguš found that when codas are sped up to match the tempo of human speech, they contain vowel-like sounds and diphthongs. The clicking is not merely communication. It is kinship, transmitted acoustically.

“Despite their dramatically divergent evolutionary lineage, sperm whales have aspects within their communication system typically reserved for humans,” said Dr. Shane

Gero, founder of the Dominica Sperm Whale Project.

THE GRAY WHALE: LULLABIES IN THE LAGOON

Every winter some lucky humans make the pilgrimage to Baja’s protected lagoons to meet the gray whales that have been coming to these warm shallows for millennia to mate, give birth and nurse their calves. What most visitors don’t realize is that they’re eavesdropping on a constant conversation.

Dr. Aaron Thode of Scripps Institution of Oceanography has been recording the underwater soundscape of Baja’s lagoons since 2005, documenting a rich vocabulary of at least six distinct call types: low-frequency “conga” knocks, moaning growls, bubble blasts, and a mysterious croaking “S4” call that reminds everyone who hears it of a very large frog. Most poignant is what researchers call a potential “motherese”—a special vocal register mothers may use only with their newborns. A UNAM graduate student, Anaíd López Urbán, was the first to formally describe this gentle low-frequency call, the “Ronroneo,” recorded from groups of whales in the lagoon. The idea that gray whale mothers whisper to their calves in a voice reserved just for them, just as human mothers soften their voice for infants, feels less like a surprise and more like recognition. For those of us who have been lucky enough to have a gray whale mother push her calf toward our panga so the little one can be scratched—an experience that will rearrange your understanding of wildness for the rest of your life—the idea that she is also murmuring to it in whale is deeply satisfying.

WHALES continued on page 21



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Ballenas

continuó de página 6

CACHALOTE: UN LENGUAJE EN LA OSCURIDAD

De todos los conversadores del Mar de Cortés, ninguno ha cautivado la imaginación científica con tanta intensidad como el cachalote, que llega a bucear hasta 18 metros de profundidad y que cuenta con el cerebro más grande de cualquier animal que haya existido jamás. Y resulta que ese cerebro tiene mucho que decir.

Los cachalotes se comunican usando patrones de sonidos o clics también conocidos como "codas," que son ráfagas cortas y rítmicas que al oído humano suenan como código Morse golpeando en un tubo. En su libro "Volviéndose Salvaje," el naturalista Carl Safina pasó tiempo con el investigador Shane Gero del Proyecto Cachalote de Dominica, observando a familias específicas de cachalotes, cuyos integrantes son bien conocidos por Gero desde hace ya varios años. Lo que Safina pudo ver fueron matriarcados multigeneracionales extraordinarios, abuelas, madres, hijas, crías, usando su repertorio coda para mantenerse en contacto durante inmersiones profundas, para anunciar su regreso a la superficie, para participar en bulliciosas sesiones grupales de socialización que Gero describe como reuniones familiares en las que las ballenas se

agrupaban, rodando y frotándose mutuamente, haciendo clics vigorosos de un lado a otro.

En 2024, El laboratorio MIT de CSAIL y el proyecto CETI, publicaron la investigación en la prestigiosa revista científica multidisciplinaria "Nature Communications" analizando casi 9000 codas recolectadas de familias de cachalotes del Caribe del Este a lo largo de una década. Identificando un "alfabeto fonético del cachalote" con una complejidad impresionante que incluye: ritmo, tempo, rubato, y ornamentación, donde las ballenas hacen ajustes en fracciones de segundo durante una conversación para igualar al otro. El lingüista de la Universidad de Berkeley, Gasper Begus, encontró que cuando las codas se aceleran para igualar el tempo del habla humana, contienen sonidos parecidos a los de las vocales, así como diptongos. El clic no es mera comunicación, es también parentesco, transmitido acústicamente.

A pesar de su linaje evolutivo dramáticamente divergente, los cachalotes tienen aspectos dentro de su sistema de comunicación típicamente reservados para los humanos," dijo el Dr. Shane Gero, fundador del Proyecto Cachalote de Dominica.

LA BALLENA GRIS: CANCIONES DE CUNA EN LA LAGUNA

Cada invierno, algunos afortunados humanos peregrinan a las lagunas protegidas de Baja California para conocer a las ballenas grises que han acudido a estas cálidas aguas poco profundas durante milenios, para aparearse, dar a luz y amamantar a sus crías. Lo que la mayoría de los BALLENAS continúa en página 12

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Art Talk

by Jill Logan

THE MAGIC HOUR

I seem to spend hours in my head before I write an Art Talk. Running around with different thoughts and ideas. Sometimes it comes in a dream or an image from a book, or movie.

Today I am a bit obsessed with an idea that came from a book I just finished called the *Magic Hour* by Kristin Hannah. The author starts with an idea that may or may not have happened in history, of a young child being abandoned and ending up with a pack of wolves in the forest. The author treated the subject with great imagination and a real touch of possibility.

A young girl, probably five or six years of age, is found hidden in the autumn leaves of a maple tree near a small town outside of the Olympic National Forest—a large dense location in the Pacific Northwest, where one could get lost easily if one wasn't familiar with the terrain. She is so high in the tree when she is found it is questionable as to how she climbed there. She is spindly thin with long matted hair and an old, ragged dress. And tucked in her arms is a wolf pup.

A child psychologist is helping a woman police officer to retrieve the girl out of the tree. Yet all the talking in the world produces nothing. Witnesses say she jumped into the tree with her pup. They say she ran like the wind and jumped into the upper most branches.

They decided she was hungry and brought a roasted chicken placed on the ground for her to see and smell, hoping she would jump down to devour the food. She finally jumps down and lands like a cat on all fours. She moves like a wild animal, sniffing and sensing. At this point the women throw a net to catch her. Then they tranquilized her and the wolf pup in order to help her get medical attention.

The story evolves in many directions but the one I wanted most to point out is that she did not speak words. As if she had no familiarity with the English language. So, it comes to my mind what happens when you don't communicate with words or sign language. How is life for this type of person? In the absence of people, or society, how do we learn? By trial and error? By mimicry of other species? By observation?

Later in the book it describes her process. "She senses something is wrong. She stands still, sniffing the air. Many things she has learned, can be sensed if one is quiet. The coming of snow smells like apples and makes her littlest finger swell up; a hunting bear makes a sound like snoring; danger can be heard in plenty of time if one is still and quiet."

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“Creation,” 48”x60” acrylic/canvas

I thought as an artist what way do you have to communicate without words?

And if you are raised by a pack of wolves? What then?

This idea that comes to me often at night can be a bit suspenseful and mysterious. To have sounds that mean something but are not words. To show with visual images a whole idea or complex feelings to communicate from the artist’s view. Without words. Using images, color, form, and texture to create a way to communicate.

I do feel inspired by this story to slow down and pay attention to the sounds and feel the natural world. To

be fully immersed in the moment when I am outdoors. The butterfly that dips from one flower to another. The hummingbird who builds a nest in my palm tree away from any cat’s grasp. With little mouths jumping up to be fed. The night owl who screeches as it dips for its prey. The mass of birds chirping at daybreak or when the sun sets.

Over the years I have painted paintings that have a deep personal meaning. Not necessarily to interpret the meaning for my audience. Yet from my perspective strong and powerful. The work shown here is an example. “Creation” painted in 1989, a personal work meant to inspire the viewer.

GALERÍA LOGAN

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“The Light Bearers,” 48”x60” acrylic/canvas




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Ballenas

continuó de página 8

visitantes no saben es que las ballenas están escuchando a escondidas una conversación constante.

El Dr. Aaron Thode, del Instituto Scripps de Oceanografía, ha estado grabando el paisaje sonoro submarino de las lagunas de Baja California desde 2005, documentando un rico vocabulario de al menos seis tipos distintos de llamadas: golpes de conga de baja frecuencia, gruñidos quejumbrosos, explosiones de burbujas y un misterioso croar "S4" que evoca a quien lo escucha "a una rana enorme." El más conmovedor es lo que los investigadores llaman un potencial "madre" (un registro vocal especial que las madres pueden usar solo con sus crías). Anaíd López Urbán, estudiante de posgrado de la UNAM, fue la primera en describir formalmente este suave llamado de baja frecuencia, el "ronroneo," grabado de grupos de ballenas en la laguna. La idea de que las ballenas grises madres susurren a sus crías con una voz reservada solo para ellas, al igual que las madres humanas suavizan la voz para sus hijos, se siente menos como una sorpresa y más como un reconocimiento. Para quienes hemos tenido la suerte de que una madre ballena gris empuje a su pequeña cría hacia nuestra panga para que la podamos rascar (una experiencia que reorganizará nuestra comprensión de la vida silvestre para el resto de nuestras vidas) la idea de que también le esté murmurando en "ballena" es profundamente satisfactoria.

LAS BALLENAS JOROBADAS: ESTRELLAS DEL POP DEL OCÉANO

Si los cachalotes son eruditos crípticos y las ballenas grises madres devotas, las jorobadas son las estrellas del rock. De enero a marzo, los machos de ballena jorobada llenan el Mar de Cortés con cantos de tal duración y complejidad que el biólogo marino Philip Clapham los describió como "probablemente los más complejos del reino animal." El descubrimiento del canto de las ballenas jorobadas por Roger Payne en 1971 cambió la historia de la conservación: sus grabaciones, publicadas como un álbum con récord de ventas, contribuyeron al lanzamiento del movimiento "Salven a las Ballenas."

La investigación no ha hecho más que profundizarse desde entonces. Un artículo publicado en 2025 en *Science* demostró que el canto de las ballenas jorobadas sigue las mismas leyes de eficiencia estadística que el lenguaje humano: un patrón llamado ley de Zipf que facilita el aprendizaje de sistemas complejos, lo que sugiere que surge en cualquier sistema de comunicación transmitido culturalmente, en vez de genéticamente. Y si, es transmitido, en efecto: investigadores han documentado "revoluciones de la canción" que recorren el Pacífico Sur, son canciones completamente nuevas que se extienden hacia el este, BALLENAS continúa en página 20



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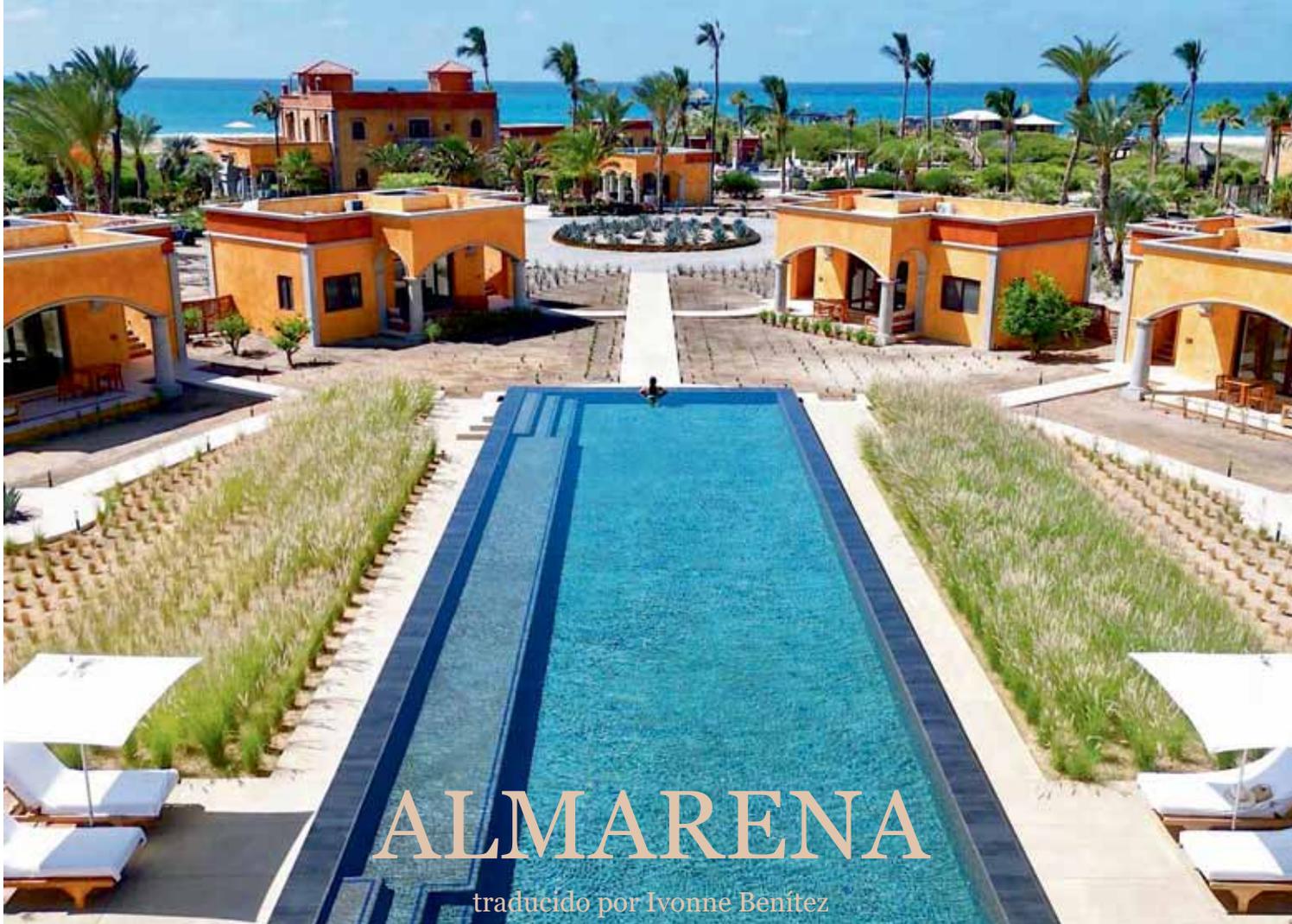
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A New Chapter in the Villa Santa Cruz Story

Almarena Wellness Club & Spa is the newest chapter in the evolving story of Villa Santa Cruz, the beloved beachfront boutique resort and working farm in Todos Santos, co-owned by Matt & Jessica Canepa and Guillermo Marrero & Joyce Maggiore. Designed as a sanctuary for restoration and daily practice, Almarena features a fully equipped gym, Himalayan salt sauna, cold plunge, locker rooms, spa treatments, and immersive ritual experiences including *temazcal*, cacao, and sound bath ceremonies. The club is anchored by a founding membership community—now in its final enrollment phase—with access also extended to hotel guests and a limited number of day visitors seeking a deeper wellness experience on the Baja coast.

At its heart, Almarena was conceived not as a traditional fitness facility but as a wellness community. The vision was to create a space where the atmosphere remains personal and connected, where members recognize one another, share experiences, and participate in the programming and events that bring the space to life. Those who join become part of a wellness culture that extends well beyond a typical gym—one rooted in movement, restoration, and community.

This approach reflects the broader philosophy behind Villa Santa Cruz itself. Over the years, the resort has grown thoughtfully and intentionally, guided by the owners' belief that the property best serves its guests and the surrounding community through a slow, organic evolution

Un nuevo capítulo en la historia de Villa Santa Cruz

Almarena Wellness Club & Spa es el capítulo más reciente en la historia de Villa Santa Cruz, el querido resort boutique frente al mar y granja en Todos Santos, copropiedad de Matt y Jessica Canepa, y Guillermo Marrero y Joyce Maggiore. Diseñado como un santuario para la restauración y la práctica diaria, Almarena cuenta con un gimnasio completamente equipado, sauna de sal del Himalaya, piscina de inmersión fría, vestuarios, tratamientos de spa, y experiencias rituales inmersivas, incluyendo ceremonias de temazcal, cacao, y baño de sonido. El club se basa en una comunidad de miembros fundadores, que se encuentra en su fase final de inscripción, y cuyo acceso también se extiende a los huéspedes del hotel y a un número limitado de visitantes que buscan una experiencia de bienestar más profunda en la costa de Baja California.

En esencia, Almarena fue concebido no como un gimnasio tradicional, sino como una comunidad de bienestar. La visión era crear un espacio donde el ambiente fuera personal y cercano, donde los miembros se reconocieran, compartieran experiencias, y participaran en la programación y los eventos que dan vida al espacio. Quienes se unen pasan a formar parte de una cultura de bienestar que va mucho más allá de un gimnasio convencional: una cultura arraigada en el movimiento, la recuperación y la comunidad.

Este enfoque refleja la filosofía general de Villa Santa Cruz. A lo largo de los años, el complejo ha crecido de forma reflexiva e intencionada, guiado por la convicción de sus propietarios de que la propiedad ofrece el mejor servicio a sus huéspedes y a la comunidad circundante mediante una **ALMARENA continúa en página 22**

that remains deeply connected to the landscape and spirit of Todos Santos.

When the idea for a wellness center first emerged, the owners worked closely with architects and designers to shape Almarena as a small wellness village within the desert landscape. Rather than constructing a single large building, the design concept centers around a series of manicured *palapas* and open-air structures connected by paths, gardens, and views that unfold naturally among agaves and native desert plantings.

The result feels less like a gym and more like a tranquil campus dedicated to well-being. Pathways wind between palm-framed structures and shaded courtyards, inviting visitors to move gently between spaces for fitness, recovery, and quiet reflection. Everywhere, the Baja landscape remains present, framed through architecture rather than hidden by it.

LEADERSHIP IN WELLNESS

At the center of Almarena's programming is Julie Herrera, Director of Almarena, certified fitness trainer, and a longtime beloved member of the Todos Santos community. Her approach to wellness emphasizes sustainability—developing habits that support long-term health rather than quick transformations.

Julie leads many of the club's signature classes, from power classes inside the gym to guided fusion fitness classes on the rooftop Vista Terrace and offers private personal training sessions. Her classes blend movement, strength, and mindful practice in ways that make them

accessible to both newcomers and experienced athletes alike. For many members, these sessions have quickly become a cornerstone of daily life at Almarena.

MEMBERSHIP AT ALMARENA

Memberships at Almarena are intentionally limited to maintain the intimate atmosphere that defines the club. With memberships starting at \$200 USD per month, interest has grown quickly among residents of Todos Santos and the surrounding communities. The Founding Membership tier—offering early access to the club's programming and amenities—will soon close as remaining spaces fill.

Almarena offers three membership tiers—Joven, Reserva, and Patrón—each designed to provide different levels of access and engagement within the wellness community. All memberships include use of the Almarena gym, sauna, and cold plunge along with fitness classes and yoga.

For those seeking expanded amenities, the Reserva and Patrón membership tiers include access to the hotel's striking 25-meter infinity-edge lap pool. The pool's long, clean lines make it ideal for both exercise and relaxation—a place to begin the day with quiet laps or cool down after a workout with an unhurried swim.

These tiers also include use of the property's pickleball court. Whether for casual matches among friends or organized tournaments and social play events, the court has quickly become another gathering point within the growing Almarena community.

ALMARENA continued on page 23



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Todos Santos 5k Run & Walk



The Return of the “5K del Pueblo”

The third annual Todos Santos 5K Run & Walk will take place on Saturday, May 3, at 7 am, starting from Casa Tere (Hidalgo & Cuauhtémoc) in the center of Todos Santos.

This event is organized by Emmanoel Rosas of Torote Real Estate Marketing and Amy Rex of Amy Rex Property Management, who launched the race three years ago with a simple idea: create an event that would bring the community together around health, movement, and giving back.

The race originally began to showcase and introduce Casa Tere, a building in the heart of town that was recently renovated and transformed into a space that now houses several local businesses on the ground floor and residential units on the second level. What started as a small local initiative quickly evolved into something much bigger—a community event that combines sport, connection, and charitable impact.

Today the race is affectionately known as “La 5K del Pueblo,” reflecting the idea that the event truly belongs to the community. While the organizers dedicate their time and energy to making it possible, the spirit of the race comes from the runners, volunteers, sponsors, and neighbors who support it each year.

The first 5K Run / Walk in 2024, supported the Elodia Agramont Kindergarten, helping fund the construction of a kitchen so children could receive hot meals. The following year, the race partnered with the Padrino Children’s Foundation, an organization that provides medical, rehabilitation, and psychological care for children and adolescents in vulnerable situations across Baja California Sur.

That partnership continues this year. Padrino recently celebrated the groundbreaking of its new clinic, a project that will significantly expand its ability to provide specialized

Regresa la “5K del Pueblo”

La tercera edición anual de la Todos Santos 5K Run & Walk se llevará a cabo el sábado 3 de mayo a las 7 am, con salida desde Casa Tere (Hidalgo y Cuauhtémoc) en el centro de Todos Santos.

Este evento es organizado por Emmanoel Rosas de Torote Real Estate Marketing y Amy Rex de Amy Rex Property Management, quienes lanzaron la carrera hace tres años con una idea sencilla: crear un evento que reuniera a la comunidad alrededor de la salud, el movimiento, y el apoyo a una buena causa.

La carrera comenzó originalmente como una forma de presentar Casa Tere, un edificio ubicado en el corazón del pueblo que recientemente fue renovado y transformado en un espacio que hoy alberga varios negocios locales en la planta baja y unidades habitacionales en el segundo nivel. Lo que inició como una pequeña iniciativa local rápidamente evolucionó en algo mucho más grande: un evento comunitario que combina deporte, convivencia y un impacto positivo para la comunidad.

Hoy la carrera es conocida cariñosamente como “La 5K del Pueblo,” reflejando la idea de que este evento realmente pertenece a la comunidad. Aunque los organizadores dedican su tiempo y energía para hacerlo posible, el espíritu de la carrera proviene de los corredores, voluntarios, patrocinadores y vecinos que la apoyan cada año.

La primera edición de la carrera, en 2024, apoyó al Jardín de Niños Elodia Agramont, ayudando a financiar la construcción de una cocina para que los niños pudieran recibir alimentos calientes. Al año siguiente, la carrera se realizó en alianza con la Fundación Padrino, una organización que brinda atención médica, rehabilitación, y apoyo psicológico a niños y adolescentes en situación vulnerable en Baja California Sur.

care to more children in need. In support of this mission, 100% of the runner registration fees from the 2026 race will go directly to Padrino Children's Foundation.

This year's race welcomes 250 registered runners, along with many additional community members who traditionally come out to walk, cheer, and enjoy the festive morning atmosphere in the center of town.

The inclusive spirit is a very special part of this event. Competitive runners share the course with families, walkers, and first-time participants, making it an event that truly reflects the active and supportive culture of Todos Santos, and is a lot of fun!

Local businesses and sponsors also play a key role, helping make the event possible and reinforcing the sense of collaboration that defines our community. The message behind this race is simple, health, community, and giving back.

Registration and event information are available at: 5k.amyrextodosantos.com

Whether you come to run, walk, volunteer, or cheer from the sidelines, the Todos Santos 5K Run & Walk invites the community to come together once again for an important cause.



Esa alianza continúa este año. Padrino celebró recientemente la colocación de la primera piedra de su nueva clínica, un proyecto que ampliará de manera significativa su capacidad para brindar atención especializada a más niños que la necesitan. Como parte de este esfuerzo, el 100% de las cuotas de inscripción de los corredores en la carrera 2026 será destinado directamente a la Fundación Padrino.

La edición de este año contará con 250 corredores registrados, además de muchos otros miembros de la comunidad que tradicionalmente se suman para caminar, apoyar y disfrutar del ambiente festivo de la mañana en el centro del pueblo.

El espíritu incluyente es una parte muy especial de este evento. Corredores competitivos comparten el recorrido con familias, caminantes y participantes que corren por primera vez, creando una experiencia que refleja la cultura activa, cercana y solidaria de Todos Santos —y que además se vive con muchísimo entusiasmo.

Los negocios locales y patrocinadores también juegan un papel clave, ayudando a hacer posible el evento y fortaleciendo el sentido de colaboración que caracteriza a nuestra comunidad. El mensaje detrás de esta carrera es simple: salud, comunidad y apoyo a una buena causa.

El registro y la información del evento están disponibles en: 5k.amyrextodosantos.com

Ya sea que vengas a correr, caminar, apoyar como voluntario o simplemente a echar porras desde la banqueta, la Todos Santos 5K Run & Walk invita nuevamente a toda la comunidad a reunirse por una causa importante.


TODOS SANTOS 2
5K RUN & WALK 2

REGRESA LA
5K DEL PUEBLO
3ª edición · 3 de mayo

Escanea para registrarte



5k.amyrextodosantos.com

100% de las inscripciones destinadas a **Padrino Children's Foundation.**

PATROCINADORES PRINCIPALES



ANUNCIO PATROCINADO POR



march

March 27 | HIDEOUS GLOUROUS by Mark Gabriel at **Galería Militar**. Works will be displayed through April 21.

March 27 | BETWEEN TWO WORLDS by Kate Turning at Galería de Todos Santos. Exploring the realm of the subconscious, dreams and fantasy. Unique hybrids featuring a layered combination of painting and photography. Works are displayed through April 30.

March 28 | NOCHE DE LUZ by Steven Jacobi in collaboration with Txt.ure at Galería de Todos Santos. Wander through a forest of Light—Steven Jacobi creates bespoke lighting—pendants, table lamps, and sconces. Works are displayed through April 30.

april

April 2-5 | ARTBAJA in La Paz. For more information: <https://abcartbaja.com/> Instagram: @abcartbaja

April 2 | Sunset to 10 pm, BALJALLA MERCADO NOCTURNO in Pescadero. Monthly Thursday night market under the full moon with local artisans, drink & food vendors, clothing, tattoos, live music & unique offerings.

April 3 | 4 – 8 pm, TODOS SANTOS ART WALK. 17 participating galleries in downtown include: Alma Del Desierto, AMVLETO, Benito Ortega, Galería Ezra Katz, **Galería Logan**, Galería La Rosa, **Galería Militar**, Galería de Todos Santos, Art Gallery Alquimia, Pablo Marquez Gallery, **La Sonrisa de La Muerte**, Galería Enrique Guerrero, and Galería Von Zastrow. For more information, see our article in this issue.

April 6 | NCAA BASKETBALL NATIONAL CHAMPIONSHIP GAME at **Shaka's Cantina** at Cerritos.

April 10 - 12 | 4TH ANNUAL MAKING WAVES PICKLEBALL TOURNAMENT at Flora del Mar in Todos Santos. \$500 pesos entry fee. To enter: <https://forms.gle/oRsNUgdrGYz7G8D9>

April 11 | 10 am – 4 pm, SECOND SATURDAYS AT EARTH ART STUDIO. Free + Open to the public. For more info: www.jenniward.com/earth-art-studio.

April 14 | 11 am -12 pm, LIFE CAFE group meeting with Doula Teri Gooden at **Tecolote Bookstore** in Todos Santos. All welcome, free with coffee and cake. <http://tecolotebookstore.com/>

April 18 | 7 pm, PRE-ANNIVERSARY BASH with live music by The Rick Lewis Project (All-star band from Colorado) with special guests "Kids Monsters" at **Shaka's Cantina** at Cerritos.

April 20 | 6 pm, SHAKA'S 8TH YEAR ANNIVERSARY PARTY with live music by Julieta Rock Band at **Shaka's Cantina** at Cerritos.

April 22 | EARTH DAY

April 24 | 10 am – 1 pm, B CR8IV WORKSHOP SERIES at **Earth Art Studio**. Learn a new crafty skill while enjoying the quiet of the Las Playitas desert. Each workshop will guide you through a project from start to finish to help you create a unique, personalized piece while exploring a variety of techniques, tools + materials. All materials provided, no experience needed, but space is limited. For more info: jenniward.com/current-exhibit.

April 26 | SPAY AND NEUTER CLINIC at Mercado Ranchero in Todos Santos. 8 – 10 am cat walk-ins, 10 am – 12 pm dog walk-ins.

April 30 | Sunset to 10 pm, BALJALLA MERCADO NOCTURNO in Pescadero. Monthly Thursday night market under the full moon with local artisans, drink & food vendors, clothing, tattoos, live music & unique offerings.

April 30 - May 1 | 4 – 6 pm, THE DIVINE FEMININE at Centro Cultural Prof. Néstor Agundez in Todos Santos. Astrologer and mythologist Hedy Noemi will take you on a journey through ancient feminine archetypes, re-igniting the Goddess within you. From ancient Greece and Rome, to Iraq, and through to the power of the Caribbean Goddesses, Divine Feminine is a course for any stage of womanhood. Whether single, divorced, widowed, or happily married, this course honors the many faces of the feminine experience. Rigorous in its academic approach, expansive in the color with which it is taught, this course will uplift and inspire anyone who signs up. \$350 USD (payment plans available). For more information: hedyneomi@me.com.

may

May 1 - 3 | LA PAZ FIESTAS DE FUNDACIÓN.

May 1 - 3 | DOS MARES 500 OFF ROAD RACE. La Paz to Constitución to La Paz.

May 1 | WORKER'S DAY

May 1 | 4 – 8 pm, TODOS SANTOS ART WALK. 17 participating galleries in downtown include: Alma Del Desierto, AMVLETO, Benito Ortega, Galería Ezra Katz, **Galería Logan**, Galería La Rosa, **Galería Militar**, Galería de Todos Santos, Art Gallery Alquimia, Pablo Marquez Gallery, **La Sonrisa de La Muerte**, Galería Enrique Guerrero, and Galería Von Zastrow. For more information, see our article in this issue.

May 2 | 10 am – 4 pm, WORLD LABYRINTH DAY at **Earth Art Studio**. Free + Open to the Public. For more info: www.jenniward.com/earth-art-studio.

May 3 | DÍA DE LA CRUZ / Día del albañil / MASON'S DAY.

May 3 | 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 in this issue.

May 3 | KENTUCKY DERBY RACE DAY PARTY at Todos Santos Brewing in Todos Santos.

May 5 | CINCO DE MAYO / Batalla de Puebla.

May 5 | CINCO DE MAYO / LIZ'S BIRTHDAY BASH at Todos Santos Brewing in Todos Santos.

May 9 | 10 am - 4 pm, SECOND SATURDAYS at **Earth Art Studio**. Free + Open to the Public. For more info: www.jenniward.com/earth-art-studio.

May 10 | MOTHER'S DAY / DIA DE LAS MADRES

May 10 | JOURNAL DEL PACIFICO SUMMER 2026 DEADLINE.

May 24 | SPAY AND NEUTER CLINIC at Mercado Ranchero in Todos Santos. 8 – 10 am cat walk-ins, 10 am – 12 pm dog walk-ins.

May 29 | 10 am -1 pm, B CR8IV WORKSHOP SERIES at **Earth Art Studio**. Learn a new crafty skill while enjoying the quiet of the Las Playitas desert. Each workshop will guide you through a project from start to finish to help you create a unique, personalized piece while exploring a variety of techniques, tools + materials. All materials provided, no

EVENTS cont. on page 48

every week

daily

8 – 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.

sunday

8 am – 1 pm, **ORGANIC MARKET** and live music at Baja Beans in Pescadero.

9 am – 3 pm, **THE FARM STAND** by Grow Pescadero open in Pescadero.

11 am – 3 pm, **SUNDAY MARKET/MERCADO DOMINICAL** at Las Tinajas Vineyard in Todos Santos. A vibrant atmosphere filled with good vibes, live music, local artisans, delicious food, handmade products, and of course wine. Bring your family, friends, partner, or even your pets. For more information: 624 264 2572.

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

monday

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

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

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

tuesday

8:30 am – 3 pm, **LA PAZ ORGANIC MARKET** on calle Rosales between Mutualismo & Madero, La Paz.

9 am – 1 pm, **EL MERCADO** at Pescadero 62 / La Comuna Café in Pescadero.

9 am – 1 pm, **LA GRANJA DE RESIDUOS ORGÁNICOS** / Garden and kitchen waste disposal located south of Todos Santos at La Granja (km 57). \$30 MXN/load. No garbage. Garden waste (no rubbish remnants, separate leaves from branches), kitchen waste (fruits and vegetables separated from proteins), manure from herbivorous animals like horses. WhatsApp: 612 161 1596, Facebook: <https://www.facebook.com/share/p/1BohFhkZwN/?mibextid=wwXlfr>

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

5 – 8 pm, **OPEN MIC** at MiniSuper Munchies in Pescadero.

6:30 pm, **LATIN & DANCE MUSIC** with Pepe, Tita, Jonah & Co. at Todos Santos Brewing in Todos Santos. 6 - 6:30 pm, salsa classes.

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*, Todos Santos.

8 am – 2 pm, **MERCADO DEL TRIANGULO** in Todos Santos on the *otro lado*. Live music, local vegetables, art, clothing and more.

WEEKLY EVENTS continued on page 40



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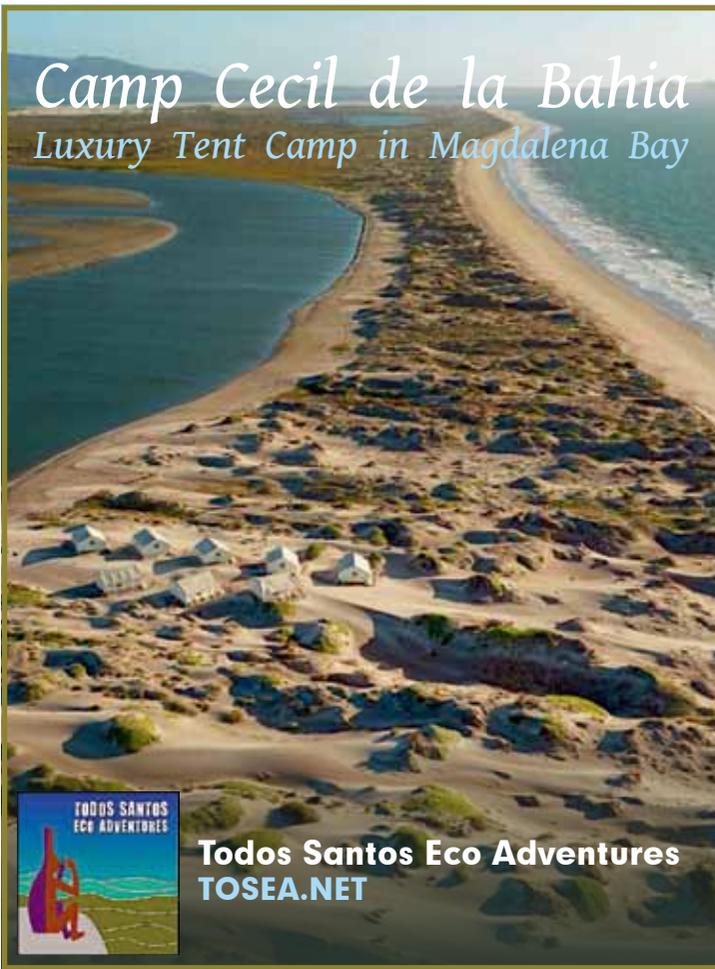
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Ballenas

continuó de página 12

desde Australia hasta Nueva Caledonia y la Polinesia Francesa; oleadas culturales de música transmitidas de ballena en ballena a lo largo de miles de kilómetros. Las ballenas jorobadas que pasan el invierno en el Mar de Cortés forman parte de esta misma vasta cultura acústica. Mientras tanto, madres y crías intercambian un repertorio más suave de 30 o más tipos de llamadas sociales: gruñidos bajos y silbidos agudos que se intercambian en las cálidas aguas de cría. El macho cantor realiza sus cantos para rivales y parejas. La madre susurrante mantiene viva a su familia.

BALLENAS AZULES, RORCUALES COMUNES Y LAS VOCES QUE CRUZAN OCÉANOS

La ballena azul, el animal más grande que jamás haya existido, se comunica a frecuencias de hasta 189 decibeles, tan bajas que las sentimos, no las oímos. El Mar de Cortés es una de las zonas de alimentación de ballenas azules más importantes del Pacífico Norte, donde cientos de ejemplares se reúnen para darse un festín con las extraordinarias afloraciones de kril. Y mientras se alimentan, hablan. Investigadores de Stanford han identificado una señal acústica específica que marca el momento en que las ballenas azules cambian de modo de alimentación a modo de migración, un cambio de canto que podría anunciar "hora de mudarse" a través de cientos de kilómetros de mar abierto. Desde la década de 1960, los cantos de las ballenas azules en todo el mundo se han vuelto más graves: un misterio global que nadie ha explicado aún, una conversación que no podemos escuchar por completo, y mucho menos comprender.

La ballena de aleta, el segundo animal más grande de la Tierra habla con pulsos de 20 Hz tan potentes que los hidrófonos de la Marina de los EE. UU. que monitoreaban submarinos soviéticos durante la Guerra Fría los detectaron y se preocuparon al no poder identificarlos. Estaban detectando ballenas. Los cantos de la ballena de aleta viajan cientos de kilómetros bajo el agua; investigadores rastrearon a una ballena de aleta vocalizando mientras cruzaba 14 kilómetros de una ruta activa de transporte de GNL, emitiendo cantos constantes durante todo el trayecto: un rastro vocal que se extiende a través de las profundidades, conectando un extremo del canal de navegación con el otro.

LA ORCA: LA FAMILIA QUE NUNCA SE SEPARA

Ningún cetáceo demuestra el vínculo entre lenguaje y familia de forma más dramática que la orca. Las orcas residentes viven en líneas maternas estables de las que ni los machos ni las hembras emigran. Un hijo permanece con su madre toda la vida. La familia no es solo una unidad social, es permanente y absoluta. Y la familia habla en su propio idioma.

BALLENAS continúa en página 26

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Whales

continued from page 7

THE HUMPBACK: THE OCEAN'S POP STARS

If sperm whales are cryptic scholars and gray whales devoted mothers, humpbacks are the rock stars. From January through March, male humpbacks fill the Sea of Cortez with songs of such length and complexity that marine biologist Philip Clapham called them “probably the most complex in the animal kingdom.” Roger Payne’s discovery of humpback song in 1971 changed conservation history—his recordings, released as a bestselling album, helped launch the Save the Whales movement.

The research has only deepened since. A 2025 paper in *Science* showed that humpback songs follow the same statistical efficiency laws as human language—a pattern called Zipf’s law that makes complex systems easier to learn, suggesting it emerges in any communication system transmitted culturally rather than genetically. And transmitted it is: researchers have documented “song revolutions” sweeping the South Pacific, entirely new songs spreading eastward from Australia to New Caledonia to French Polynesia—cultural waves of music carried whale to whale across thousands of miles. The humpbacks wintering in the Sea of Cortez are part of this same vast acoustic culture. Meanwhile, mothers and calves exchange

a softer repertoire of 30 or more social call types—low grunts and high whistles passed between them in their warm nursery waters. The singing male performs for rivals and mates. The whispering mother keeps her family alive.

BLUE WHALES, FIN WHALES, AND THE VOICES THAT CROSS OCEANS

The blue whale—the largest animal to ever exist—communicates at up to 189 decibels in frequencies so low we feel rather than hear them. The Sea of Cortez is among the most important blue whale feeding grounds in the North Pacific, with hundreds of individuals gathering to feast on the extraordinary upwellings of krill. And while they feed, they talk. Stanford researchers have identified a specific acoustic signal that marks the moment when individual blues shift from feeding to migration mode, a change in song that may broadcast “time to move” across hundreds of miles of open water. Since the 1960s, blue whale songs worldwide have been deepening in pitch—a global mystery that nobody has yet explained, a conversation we cannot fully hear, let alone understand.

The fin whale, the second-largest animal on Earth, speaks in 20 Hz pulses so powerful that U.S. Navy hydrophones monitoring for Soviet submarines during the Cold War picked them up and worried when they couldn’t identify them. They were picking up whales. Fin whale calls travel hundreds of kilometers underwater; researchers tracked one vocalizing fin whale crossing 14 kilometers of an active LNG shipping lane while emitting steady calls the whole way—a vocal trail stitched through the deep, connecting one end of a shipping channel to the other.

WHALES continued on page 27

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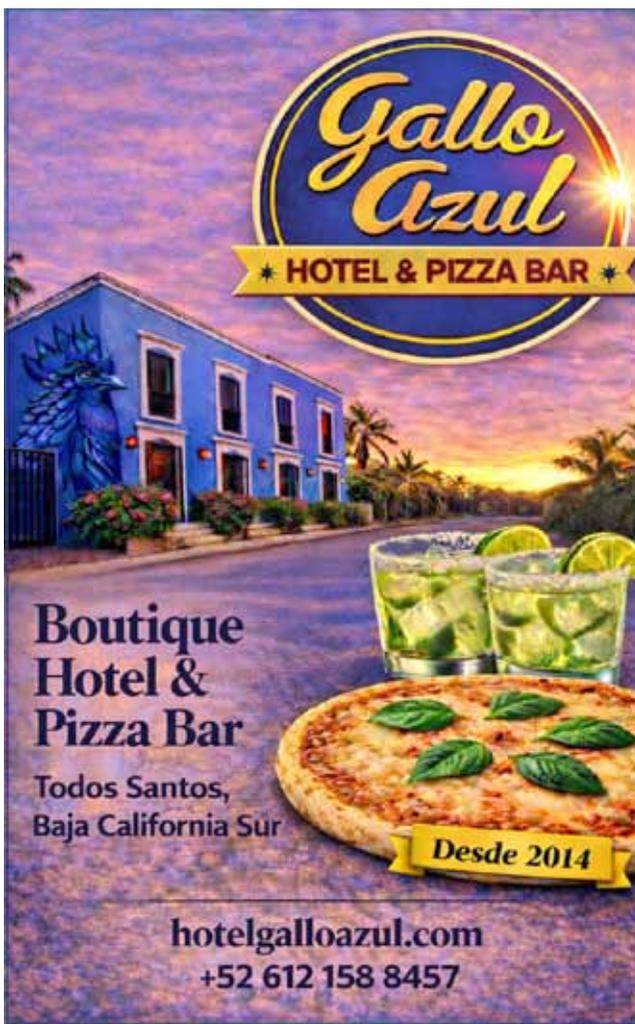
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Almarena

continuó de página 14



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evolución lenta y orgánica que se mantiene profundamente conectada con el paisaje y el espíritu de Todos Santos.

Cuando surgió la idea de un centro de bienestar, los propietarios colaboraron estrechamente con arquitectos y diseñadores para dar forma a Almarena como una pequeña aldea de bienestar en medio del paisaje desértico. En lugar de construir un único edificio grande, el concepto de diseño se centra en una serie de palapas bien cuidadas y estructuras al aire libre conectadas por senderos, jardines, y vistas que se despliegan de forma natural entre agaves y plantas autóctonas del desierto.

El resultado se asemeja menos a un gimnasio y más a un campus tranquilo dedicado al bienestar. Senderos serpentean entre estructuras rodeadas de palmeras y patios sombreados, invitando a los visitantes a moverse con suavidad entre espacios para el ejercicio, la recuperación y la reflexión. En todas partes, el paisaje de Baja California permanece presente, enmarcado por la arquitectura en lugar de quedar oculto por ella.

LIDERAZGO EN BIENESTAR

En el centro de la programación de Almarena se encuentra Julie Herrera, Directora de Almarena, entrenadora física certificada y miembro muy querida de la comunidad de Todos Santos desde hace mucho tiempo. Su enfoque del bienestar se centra en la sostenibilidad: desarrollar hábitos que fomenten la salud a largo plazo en lugar de transformaciones rápidas.

Julie dirige muchas de las clases emblemáticas del club, desde clases de alta intensidad en el gimnasio hasta clases guiadas de fitness fusión en la terraza *Vista Terrace*, y ofrece sesiones privadas de entrenamiento personal. Sus clases combinan movimiento, fuerza y práctica consciente de una manera que las hace accesibles tanto para principiantes como para atletas experimentados. Para muchos miembros, estas sesiones se han convertido rápidamente en un pilar fundamental de la vida diaria en Almarena.

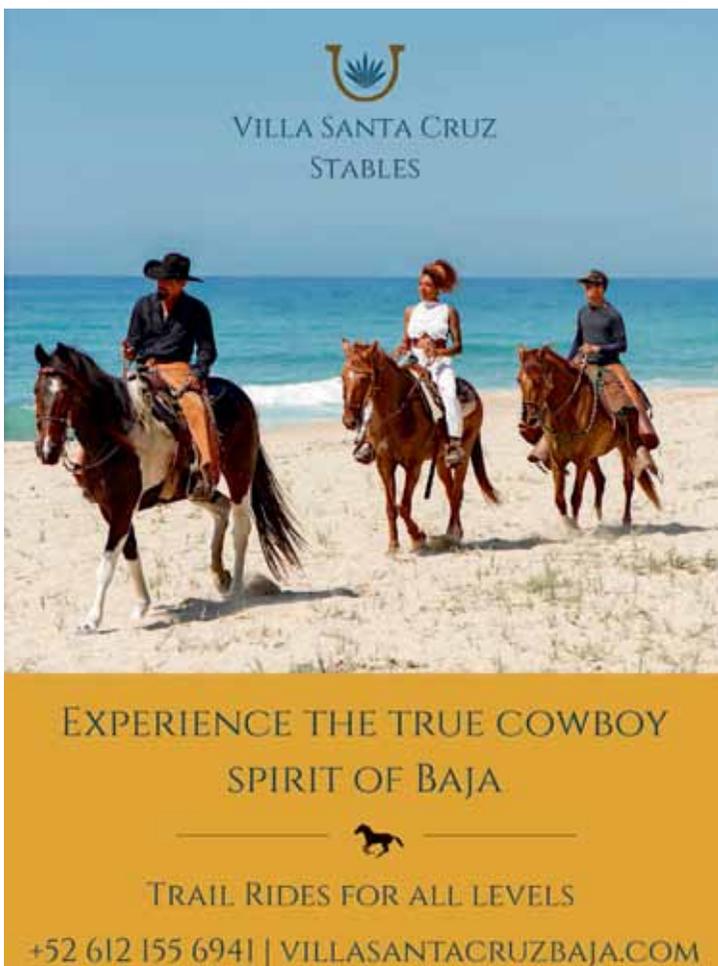
MEMBRESÍA EN ALMARENA

Las membresías en Almarena son limitadas intencionalmente para mantener el ambiente íntimo que caracteriza al club. Con membresías desde \$200 USD al mes, el interés ha crecido rápidamente entre los residentes de Todos Santos y las comunidades aledañas. La Membresía Fundadora, que ofrece acceso anticipado a la programación y las instalaciones del club, se cerrará pronto a medida que se vayan llenando los cupos disponibles.

Almarena ofrece tres tipos de membresía: Joven, Reserva y Patrón, cada una diseñada para brindar diferentes niveles de acceso y participación dentro de la comunidad de bienestar.

Todas las membresías incluyen el uso del gimnasio, la sauna y la piscina de inmersión fría de Almarena, además de clases de fitness y yoga.

Para quienes buscan más comodidades, las membresías Reserva y Patrón incluyen acceso a la impresionante piscina infinita de 25 metros del hotel. Sus líneas largas y elegantes la hacen ideal tanto para hacer ejercicio como para relajarse: un lugar perfecto para comenzar el día con ALMARENA continúa en página 32



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Almarena

continued from page 15

Reserva and Patrón members also receive discounts at Villa Santa Cruz's Caracara Restaurant, where farm-to-table cuisine highlights ingredients grown directly on the resort's working farm.

The Patrón membership, Almarena's highest tier, includes additional privileges such as a private locker, laundry service, and one complimentary overnight stay each year at Villa Santa Cruz.

THE GYM AND FITNESS EXPERIENCE

The gym itself was designed to feel open and deeply connected to its surroundings. The modern, single-story structure sits along the edge of the property's lake, with

floor to ceiling windows that highlight the view. Natural light fills the space while framing serene views of the water, agave fields, and the nearby stables.

Inside, the climate-controlled gym unfolds across two levels designed to support a balanced approach to fitness. The lower-level features state-of-the-art aerobic equipment for cardio training, while the upper-level focuses on strength and conditioning with free weights and equipment designed to support functional movement and overall performance.

An exterior wooden staircase wraps around the building and leads to the rooftop Vista Terrace—one of the most striking spaces at Almarena. From here, members gather for yoga and guided fitness classes overlooking the lake, agave fields, the distant Pacific Ocean, and the expansive Baja sky.

WELLNESS AND RECOVERY

Beyond fitness, Almarena offers a thoughtful approach to recovery and restoration. Spa services include therapeutic massages, nurturing facials, and a variety of body treatments designed to help guests and members reset both physically and mentally.

For those interested in aesthetic medicine, Dr. Valentina Zambrana leads the center's aesthetic offerings, providing treatments including Botox, dermal fillers, IV drip therapy, facial hydration therapies, NCTF treatments, PDRN treatments, and other advanced services.

ALMARENA continued on page 37

FURNITURE GALLERY

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Art Walk



by Saskia Onvlee

The art scene is alive and growing in Baja California Sur!

The Todos Santos Art Walk started a year ago in April 2025. Currently, the popular monthly Art Walk has expanded to 17 participating galleries—with two new additions just opening in March. Art Walks usually take place the first Friday of the month, 4 to 8 pm, November through June.

Artists welcome you personally in their galleries to discuss their latest creations. Under ideal evening skies, savor a leisurely promenade through the town—discover captivating art, enjoy a well-crafted cocktail, and indulge in the area's finest dining options.

Alma del Desierto Southern Baja ceramics. @almadeldesierto.bcs

Amvleto Gallery in Hotel Guaycura @amvvleto

Art Gallery Alquimia Art exhibitions, ceramics, workshops, events. Sculpture and experimental clay with artist Elena Vasquez @ele_maleva. @art_gallery_alquimia

Art in Motion Gallery, newly opened in March by Patricia Mendoza and Brenda Casillas. Patricia opened her first gallery in San José del Cabo in November 2008. Her San José del Cabo gallery is now in the La Dolce restaurant, exhibiting paintings and sculptures.

AR Galería, newly reopened in March, showing the paintings of Arturo Mendoza. Arturo's paintings are stories that continue to be told when the work is finished and that can change day to day.

Benito Ortega sculptures. Benito has been making sculptures for more than 40 years, working and playing with different materials, letting the energy of the universe flow through the heart and sing with his hands. @benitoortegavargas

Galería Logan opened in 1999 and shows the vibrant works of Jill Logan, Art Talk author; mosaics by Linda Lenz, two-time Art Talk author; and paintings by Trinity Sawyer.

Jill Logan makes art as she lives—with passion, energy, and dedication. She returns to the familiar, exploring,

reinventing, constantly seeking out new avenues of creative expression. In creating her own distinctive style, she has caught the eye of discerning collectors. @jillloganartisttodossantos

Galería Enrique Guerrero is a captivating contemporary art gallery nestled within Casa Horizonte on the *otro lado*. Serving as a satellite of the prestigious and globally recognized Mexico City gallery of the same name. This intimate space feels like a hidden treasure, akin to a speakeasy for art enthusiasts in the area, offering visitors a unique cultural experience that blends the vibrancy of contemporary art with the tranquil atmosphere of this coastal town. The gallery focuses primarily on showcasing the works of Latin American artists. @galeriaenriqueguerrero

Galería Ezra Katz. Ezra, a plein-air and studio impressionist painter, captures the essence of cityscapes, landscapes and figures with fluidity and abstraction, branding his pieces with a unique punch. @ezra_katz

Galería Militar shows the works of Mark Gabriel, two-time Journal del Pacifico cover artist, and Christa Assad.

Mark Gabriel is an award-winning multi-media artist who began his career in the underground comics and fanzine world. Mark's latest show, "Hideous Glorious" opened March 27. Works will be displayed through April 21. @galeriamilitar_ts

Galería de La Rosa by Nicole Matta Santos features souvenirs from the life of an artist. @galerialarosa

Galería de Todos Santos opened in 1994, was the first gallery in Todos Santos to represent a group of artists that worked in different mediums. The gallery shows works by Michael Cope, Erick Ochoa, Kate Turning, Steven Jacobi and visiting artists. @galeriatodossantos

Kate Turning, many times Journal del Pacifico cover artist, has created unique and lyrical imagery for clients from pop stars to major consumer ad campaigns.

"Between Two Worlds"—A new series of work by Kate Turning exploring the realm of the subconscious, dreams and fantasy. Unique hybrids featuring a layered combination of painting and photography, opens March 27 and works are displayed through April 30.

"Noche de Luz" by Steven Jacobi in collaboration with Txt.ure opens March 28 and works are displayed through April 30. Wander through a forest of light—Steven Jacobi creates bespoke lighting—pendants, table lamps, and sconces.

Galería von Zastrow watercolors by Isabel von Zastrow. @vonzastrow.art

La Sonrisa de La Muerte is a space dedicated to promoting graphic arts. It collaborates with approximately 15 artists—both emerging and established, Mexican and international, including this issue's cover artist, Saskia Onvlee. @lasonrisadelamuerte

Otra cosa sin nombre Gallery and workshops with resident artist Angel Flores. @otracosasinnombre

Pablo Marquez Gallery shows Pablo Marquez's fine art photography rooted in direct engagement with the natural landscape. @pablo_marquez_gallery

Red Lips Gallery in Bésame Mucho Bazaar shows Jose Miguel Blanco's paintings. @joseblancopaintingsgallery

Galería Orchilla When you're planning a day trip to historic mountain town of El Triunfo, beside taking in the museums, a must see is Galería Orchilla—a stunning space in the heart of town. Their new exhibit features over 70 works by remarkable Mexican and International artists. They also host events and art workshops. @galeria.orchilla

The **San José del Cabo Art Walk** takes place in the historic district every Thursday night 5 to 9 pm, November through June.



Ballenas

continuó de página 20



Cada manada mantiene un dialecto de 7 a 17 tipos de llamadas distintas, exclusivos de cada manada y transmitidos a través de la línea materna, de la misma manera como un apellido se transmite de generación en generación. Las crías comienzan a vocalizar a los pocos días de nacer y aprenden las llamadas de su familia de sus madres, y las investigaciones muestran que las llamadas específicas de las familias se incrementan después del nacimiento de una cría, ya que toda la manada se acerca para asegurarse de que el miembro más joven aprenda quienes son. En el Mar de Cortés, las manadas de orcas coordinan cacerías cooperativas por medio de señales acústicas en tiempo real, dirigiendo a los miembros de las familias para rodear a la presa y compartirla una vez muerta. Cazan juntas, comen juntas, y aparentemente hablan durante todo el tiempo.

EL DELFÍN: TODOS TIENEN UN NOMBRE

Y luego están los delfines—acrobáticos, sociables, siempre presentes—que surcan la proa de las pangas y se reúnen en supergrupos de cientos y que llenan de plata la superficie con sus brillantes lomos. Realizan algo que sorprende incluso a los investigadores más experimentados: se llaman entre ellos por su nombre.

Los delfines nariz de botella desarrollan un “silbido característico” único durante los primeros meses de vida: un llamado agudo que inventan ellos mismos y que utilizan durante el resto de sus vidas para anunciar quiénes son. No hay dos iguales. Aún más sorprendente es que los delfines copian los silbidos de los demás para dirigirse directamente, el equivalente a decir el nombre de alguien. “Raúl, —“Sí, aquí estoy.” Las investigaciones han demostrado que los delfines pueden reconocer silbidos

BALLENAS continúa en página 50

An advertisement for Terrana Despensa a Granel. The ad is split into two columns with Spanish and English text. The central logo features a green basket with a plant growing out of it. Below the logo, the brand name 'TERRANA' is written in large, bold, green letters, with 'DESPENSA A GRANEL' underneath. The left column contains the text: 'El consumo consciente empieza aquí', 'Alimentos libres de pesticidas y productos de limpieza biodegradables a granel', and contact information: 'LUN - VIE 10 - 5', 'SAB 10 - 2', 'CAMINO LAS PLAYITAS EL LAS TUNAS, TS', '+52 55 2972 1299', '@terranaorganics', and 'Terrana Despensa a Granel'. The right column contains: 'Conscious consumption starts here', 'Pesticide-free food and biodegradable cleaning products, in bulk', and a list of products: '*GRAINS *SPICES *SEEDS *LEGUMES *NUTS *DRIED FRUITS *GRANOLA *SUPERFOODS *FLOURS *NATURAL SWEETENERS *SNACKS *VEGETABLE CHIPS *DARK CHOCOLATE *SPECIALITY COFFEE *OILS *SAUCES *BIODEGRADABLE HOUSEHOLD CLEANING LIQUIDS *SULFATE FREE SHAMPOO *SHOWER GEL *BODY LOTION *CERAMIC *PLASTIC-FREE KITCHEN ITEMS *AMIGURUMIS *SOY CANDLES *NON-TOXIC COSMETICS'.

Whales

continued from page 21

THE ORCA: THE FAMILY THAT NEVER PARTS

No cetacean demonstrates the bond between language and family more dramatically than the orca. Resident orcas live in stable matrilineal families from which neither males nor females ever emigrate. A son stays with his mother for his entire life. The family is not just a social unit—it is permanent and absolute. And the family speaks in its own language.

Each pod maintains a dialect of 7 to 17 distinct call types, unique to that pod and passed down through the matriline the way a surname passes through generations. Calves begin vocalizing within days of birth and learn their family's calls from their mothers—and research has shown that family-specific calls actually increase following the birth of a calf, as if the whole pod leans in to make sure the newest member learns who they are. In the Sea of Cortez, orca pods coordinate cooperative hunts through real-time acoustic signals, directing family members to surround prey and share the kill. They hunt together, eat together, and apparently talk the whole thing through.

THE DOLPHIN: EVERYONE HAS A NAME

And then there are the dolphins—acrobatic, sociable, endlessly present—bow-riding the pangas and assembling in superpods of hundreds that silver the surface with their backs. They are engaging in something that startles even seasoned researchers: they call each other by name.

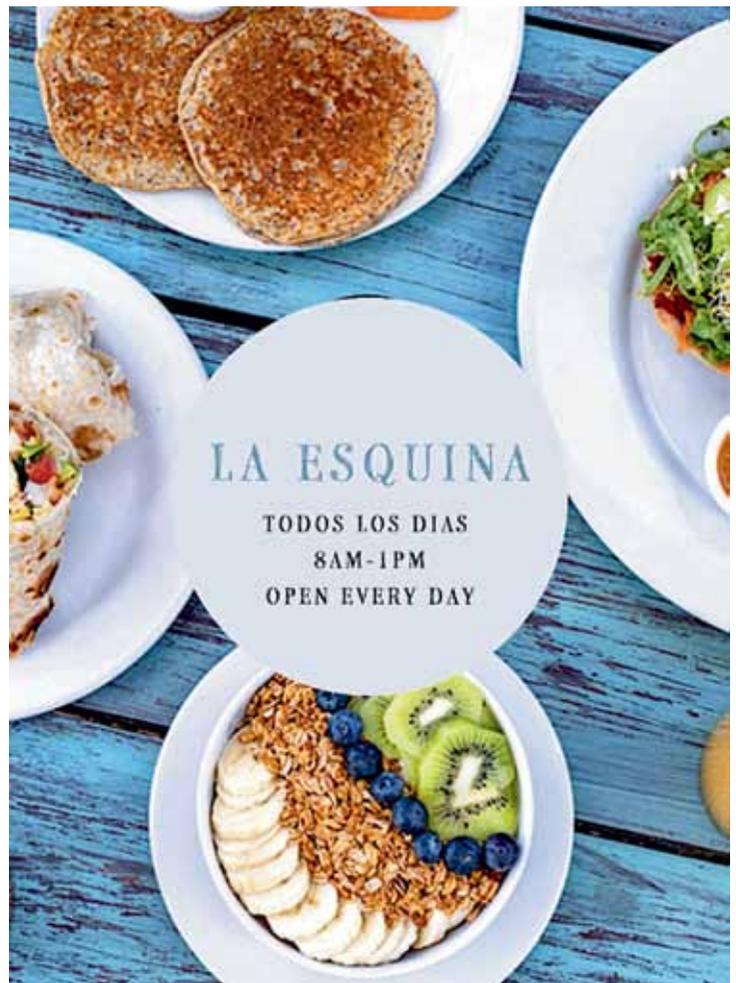
Bottlenose dolphins develop a unique “signature whistle” within the first few months of life—a high-pitched call they invent themselves and use for the rest of their lives to announce who they are. No two are alike. More remarkable still, dolphins copy each other's whistles to address one another directly—the equivalent of saying someone's name. “Raul”—“Yeah, I'm here.” Research has shown dolphins can recognize signature whistles of individuals not encountered in more than 20 years, a feat of social memory that rivals our own. Scientists have also identified non-signature whistles that appear to carry specific meanings: one seems to function as an alarm, another as a query. In a delightful field experiment, researchers played the whistles of two bonded males back to them while they swam together—and heard what the scientists on the boat laughingly called the “WTF whistle” in return. The dolphins were confused. They were together. Why was someone calling their names?

WHAT THE WHALES HAVE ALWAYS KNOWN

The old question of what separates humans from other animals has always had a short answer: language. We talk, they don't. The cetaceans of the Sea of Cortez are quietly dismantling that story.

Sperm whales have a phonetic alphabet and family-specific dialects passed down through matrilineal families. Humpback songs follow the statistical laws of human language and sweep

WHALES continued on page 50



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Pollen, Plants, and Pollinators

story & photos by Kaia Thomson



The amazing partnership between pollen and the pollinators has been around for more than a hundred million years. Pollinators are an essential part of this cycle and with every new generation, they ensure the existence of millions of species of flowering plants, and animals, that local ecosystems depend on for the survival of the greatest ecosystem, we know, planet Earth. Most pollinators are unknowingly transporting pollen as they travel from plant to plant searching for rewarding food like nectar, fruit, or seeds. When they pick up pollen from one plant and transport it to another, it kickstarts the reproductive phase of the plant and helps increase genetic diversity by incorporating pollen from different individuals. This natural diversive action helps the plant stay stronger and more resilient for future generations.

Pollen cells are the fastest growing cells of any plant. They are as distinct and varied as the flowers that create them, as each grain has many specialized attributes to their shape, structure, and genetic make up. Each type of pollen cell has evolved with different modifications. Some pollen might fly through the wind, attach to feathers, or even get transported by an insect with unique “pollen transporting” appendages, such as scopae or corbiculas. Butterflies, for example, are active day-feeders on flowers and essential for transporting pollen that sticks to their “hairy” legs and bodies that they carry to other plants.

Pollen has a tough outer coating called the exine, that is long lasting and so durable that it has been found in layers of sediment, rocks, and nuggets of amber from prehistoric POLLEN continued on page 30

Polen, Plantas, y Polinizadores

historia y fotos por Kaia Thomson

traducido por Francesca Magallon



La asombrosa relación de compañerismo entre el polen y los polinizadores existe desde hace más de cien millones de años. Los polinizadores son parte esencial de este ciclo y, con cada nueva generación, aseguran la existencia de millones de especies de plantas con flores y animales, de las que dependen los habitats locales para la supervivencia del ecosistema más grande que conocemos: el planeta Tierra. Sin saberlo, la mayoría de los polinizadores transportan polen mientras viajan de planta en planta en busca de alimento gratificante, como néctar, frutos, o semillas. Al recoger el polen de una planta y transportarlo a otra, inician la fase reproductiva de la planta y contribuyen a aumentar la diversidad genética al incorporar polen de diferentes individuos. Esta acción diversiva natural ayuda a la planta a mantenerse fuerte y más resiliente para las generaciones futuras.

Las células del polen son las células de más rápido crecimiento de cualquier planta. Son tan distintas y variadas como las flores que las crean, ya que cada grano posee numerosos atributos especializados en su forma, estructura, y composición genética. Cada tipo de célula polínica ha evolucionado con diferentes modificaciones. Algunos pólenes pueden volar con el viento, adherirse a las plumas o incluso ser transportados por insectos con apéndices únicos para transportar polen, como las escopas (que son conjuntos de pelos densos en patas o abdomen), o las corbículas (que son cavidades cóncavas en las patas traseras). Las mariposas, por ejemplo, se alimentan activamente de las flores durante el día y son esenciales para transportar el polen que se adhiere a sus patas y cuerpos peludos, y que luego llevan a otras plantas.

El polen posee una dura capa exterior llamada exina, tan resistente y duradera que se ha encontrado en capas de sedimentos, rocas, y pepitas de ámbar desde tiempos POLEN continúa en página 31





Pollen

continued from page 28

times. By examining these ancient grains of pollen, known as palynology, an amazing amount of historical information has been obtained about evolutionary history, by reconstructing and studying past environments. Pollen grains are usually extremely small and individual ones can often be barely visible to the naked eye. These tiny cells, usually measured in micrometers, make it more efficient for the pollinators to disperse the reproductive units more efficiently to a greater number of plants.

One of the key pollinators are bees who are native to localities around the world and are responsible for 80% of global pollination. When bees are the dominant pollinators, there exists an important balance of co-evolution with the flowers and plants. Some species of bees only pollinate one type of flower, and sometimes, one plant will only respond to one type of bee, making them both reliant and

specialized with each other. Many plants have also adapted to other diverse methods of transporting their pollen. Some rely on wind and gravity by producing large quantities of light-weight pollen grains that are easily dislodged from the plant and fly through the air. Other hydrogenous plants use wind and water to move their pollen—the pollen can even be fully submerged during the pollination process. Plants that rely on animals to transport their pollen are clever—many produce pollen grains that are sticky and very nutritious, they might display showy flowers or produce nectar and various fragrances to attract.

In pollinator terms, *Entomophiles*, means that insects are the distributors, *Ornithophiles* are bird pollinators, and bats are the biotic agents known as *Chiropterophiles*. Pollen is also a very important food source for some animals, so if you are a pollen eater, you are known as a *palynivore*.



Polen

continuó de página 29

prehistóricos. Mediante la examinación de estos antiguos granos de polen, que se conoce como "palinología," se ha obtenido una cantidad asombrosa de información histórica sobre la historia evolutiva, por medio de la reconstrucción y el estudio de entornos del pasado. Los granos de polen suelen ser extremadamente pequeños, y a menudo, algunos de ellos son apenas notorios a simple vista. Estas diminutas células, generalmente medidas en micrómetros, facilitan la dispersión de las unidades reproductivas por parte de los polinizadores a un mayor número de plantas. Uno de los polinizadores claves son las abejas, nativas de diversas localidades del mundo y



responsables del 80% de la polinización global. Cuando las abejas son los polinizadores dominantes, existe un importante equilibrio de coevolución con las flores y las plantas. Algunas especies de abejas solo polinizan un tipo de flor y, a veces, una planta solo responde a un tipo de abeja, esto las hace dependientes y especializadas entre sí. Muchas plantas también se han adaptado a otros métodos diversos para transportar su polen. Algunas dependen del viento y la gravedad, produciendo grandes cantidades de granos de polen ligeros que se desprenden fácilmente de la planta y vuelan por el aire. Otras plantas hidrogenadas utilizan el viento y el agua para transportar su polen; este puede incluso estar completamente sumergido durante el proceso de polinización. Las plantas que dependen de los animales para transportar su polen son inteligentes: muchas producen granos de polen que son pegajosos y muy nutritivos, y puede ser que muestren flores vistosas, y produzcan néctar o diversas fragancias para atraerlos.

En términos de polinización, "entomófilos" significa que los insectos son los distribuidores, los "ornitófilos" son las aves polinizadoras y los murciélagos son los agentes bióticos conocidos como "quiropterófilos." El polen también es una fuente de alimento muy importante para algunos animales, así que, si tu comes polen, entonces se te conoce como "palinívoro."



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Almarena

continuó de página 22



unas vueltas tranquilas o para refrescarse después de un entrenamiento con un baño sin prisas.

Estos niveles también incluyen el uso de la cancha de pickleball del complejo. Ya sea para partidos informales entre amigos o para torneos organizados y eventos sociales, la cancha se ha convertido rápidamente en otro punto de encuentro dentro de la creciente comunidad de Almarena.

Los miembros Reserva y Patrón también reciben descuentos en el restaurante Caracara de Villa Santa Cruz, donde la cocina de la granja a la mesa destaca los ingredientes cultivados directamente en la granja del complejo.

La membresía Patrón, el nivel más alto de Almarena, incluye privilegios adicionales como un casillero privado, servicio de lavandería y una noche de estadía gratuita al año en Villa Santa Cruz.

LA EXPERIENCIA DEL GIMNASIO Y EL FITNESS

El gimnasio fue diseñado para ofrecer una sensación de amplitud y conexión profunda con su entorno. La moderna estructura de una sola planta se ubica a orillas del lago de la propiedad, con ventanales de piso a techo que realzan las vistas. La luz natural inunda el espacio, enmarcando serenas vistas del agua, los campos de agave, y los establos cercanos.

En el interior, el gimnasio climatizado se distribuye en dos niveles diseñados para fomentar un enfoque integral del fitness. El nivel inferior cuenta con equipos aeróbicos de última generación para el entrenamiento cardiovascular, mientras que el nivel superior se enfoca en el entrenamiento de fuerza y acondicionamiento, con pesas libres y equipos diseñados para optimizar el movimiento funcional y el rendimiento general.

Una escalera exterior de madera rodea el edificio y conduce a la terraza panorámica, uno de los espacios más impresionantes de Almarena. Desde aquí, los socios se reúnen para practicar yoga y clases de fitness guiadas con vistas al lago, los campos de agave, el océano Pacífico y el inmenso cielo de Baja California.

BIENESTAR Y RECUPERACIÓN

Más allá del ejercicio físico, Almarena ofrece un enfoque integral para la recuperación y la restauración. Los servicios de spa incluyen masajes terapéuticos, tratamientos faciales revitalizantes y una variedad de tratamientos corporales diseñados para ayudar a los huéspedes y miembros a revitalizarse tanto física como mentalmente.

Para quienes estén interesados en la medicina estética, la Dra. Valentina Zambrana dirige la oferta de tratamientos estéticos del centro, que incluye Botox, rellenos dérmicos, terapia intravenosa, terapias de hidratación facial, tratamientos NCTF, tratamientos PDRN, y otros servicios avanzados.

Un elemento destacado del circuito de bienestar es la zona de recuperación, de diseño exquisito, que cuenta con una sauna con detalles de sal del Himalaya y una piscina de inmersión fría de hormigón esculpido. Desde la piscina, los huéspedes se sumergen en agua fría mientras contemplan el lago, creando un momento de tranquilidad donde el paisaje circundante se integra al ritual de bienestar.

EXPERIENCIAS Y RITUALES

Almarena también ofrece un calendario cada vez más amplio de rituales de bienestar inspirados en tradiciones curativas de todo el mundo. Estos incluyen ceremonias de temazcal, sesiones de sanación con baño de sonido, talleres de respiración consciente, y ceremonias de cacao. Cada experiencia está diseñada no solo para promover el bienestar personal, sino también para fortalecer el sentido de comunidad que constituye la esencia de la filosofía de Almarena.

VISITA ALMARENA

Almarena da una cálida bienvenida a los visitantes de un día, además de a los socios y huéspedes del hotel Villa Santa Cruz. Quienes reserven tratamientos de spa podrán disfrutar del circuito completo de bienestar durante el día como parte de su visita, extendiendo su experiencia más allá de la sala de tratamientos e incluyendo el gimnasio, la sauna, y la piscina de agua fría. Almarena también ofrece un número limitado de pases de un día por \$70 USD por persona, que incluyen acceso al gimnasio, participación en una clase de fitness, y uso de la sauna, la piscina de agua fría y el Salón Zen.

Al llegar, todos los huéspedes y socios encontrarán un espacio comercial cuidadosamente seleccionado en la recepción. En colaboración con Desert Fox, una popular boutique en el centro de Todos Santos, la tienda ofrece una selección de ropa y accesorios que reflejan el estilo costero relajado de Baja California, con prendas diseñadas y confeccionadas en México.

BIENESTAR COMO EXPERIENCIA COMPARTIDA

Con membresías desde \$200 USD al mes, Almarena ya está recibiendo a un creciente grupo de residentes locales que valoran la combinación única de ejercicio, recuperación y conexión que ofrece el club. A medida que el interés continúa creciendo, la Membresía Fundadora pronto se cerrará, ofreciendo a los primeros miembros una oportunidad única para ayudar a dar forma a la cultura y el ritmo de Almarena desde sus inicios.

Almarena es más que un lugar para entrenar: se está convirtiendo rápidamente en un punto de encuentro diario donde el movimiento, la recuperación y la conexión se desarrollan de forma natural en el paisaje de Baja California. En una región conocida por su espíritu creativo y su comunidad unida, Almarena refleja la misma filosofía: un lugar donde el bienestar no solo se practica, sino que se comparte.

Para reservas y consultas sobre membresías:

+52 612 234 4717

almarena@villasantacruz baja.com

Horario del spa: de 9:00 a 17:00 (cerrado los martes)

Horario del gimnasio: de 6:30 a 20:00 todos los días

Se admiten huéspedes mayores de 16 años

El Cielo: The Baja Sky



by Roc Fleishman
photo by Kaia Thomson

Welcome to the April/May edition of *El Cielo* for 2026 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.

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 just up just after midnight on April 1, 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

Venus features as an evening star throughout the period.

- 4 There is a newly discovered comet that might get interesting the first and second week of April. Called C/2026 A1 (MAPS), it is going to pass very near the sun, so even though it might be bright, it will also be difficult and dangerous to see so close to the sun. It will possibly have a visible tail even if the nucleus is not viewable. I suggest you stay

attentive to the news and check the west just after sunset.

- 18 The thin crescent new moon appears a bit below and right of Venus in the sunset.
- 22 First quarter moon shines in the evening sky just above and right of Jupiter.
- 21/22 & 22/23 The Lyrid meteor shower active for the last half of April and should peak when it is midday on the 22nd for us. The night before and the night after the peak should be the best viewing from here. The first quarter moon sets at about midnight, so any time after that should give you a dark sky for viewing. Look for fireballs.

MAY

- 5/6 The Eta Aquariids meteor shower should peak in the early morning hours of the 6th, but the moon will be over 80% illuminated and up after 10 pm, so it will wash out the faint ones. If you are outside anyway, keep your eyes open for speedy streaks from Halley's comet leftovers.
- 13 Saturn rises with the waning crescent moon an hour or so before dawn.
- 18 The new moon appears very close to Venus in the sunset.

EL CIELO continued on page 45



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acomodations

Baja House 115
 Casa Las Flores 170
Cien Palmas Hotel..... 102
 El Litro Trailer Park..... 167
 Guaycura Boutique Hotel..... 18
Hacienda Todos los Santos 131
 Hotel Casa Tota 17
Hotel Gallo Azul & Lofts 125
 Hotel Miramar 165
 Hotel Quinta Santa Rosa 164
 La Bohemia Hotel Pequeño 96
 La Poza Boutique Hotel 171
 La Vibra Urban Condos 75
Los Colibris Casitas 169
 Motel Guluarte..... 65
Posada del Molino 161
 Todos Santos Boutique Hotel 1
 Todos Santos Youth Hostel..... 168

galleries

Art Gallery Alquimia 17
 Art in Motion 24
 Benito Ortega, Sculptor 8
 Galería A R 24
 Galería de Todos Santos/Kate Turning 28
 Galería Ezra Katz 35
 Galería Gabo 62
Galería Logan..... 67
 Galería Marquez Fine Art & Print Shop..... 107
Galería Militar 91
 Galería Von Zastrow 33
 Gallery otracosasinombre /
 Angel Flores 95
La Sonrisa de la Muerte 100
 N.E. Hayles, artist 166

grocery / liquor stores

Bodega Lizarraga 43
 Madre Santa Panadería 120
 Mercado Guluarte..... 104
 Panadería "Todos Santos" 80
 Productos de Bahía Pescadería 103
Pura Vida Health Food & Deli..... 154
 ¡Que Rico!..... 87
 SuperMercado El Sol 146
 SuperMercado La Victoria 106
 The Refill Shop 127

restaurants / bars

Agricole..... 112
 Alma de Pueblo restaurant 113
 Bahía Restaurant Bar 103
 Baja Oriental 134
 Bajavería 111
 Burguer Shack 156
 Café La Perla 113
 Cafélix 53
 Caffé Todos Santos 108
 Calypso Thai Food..... 145
Cien Palmas Restaurant..... 102
 Derek Restaurante 133
 Dirty Rose Bar 142
 Doce Cuarenta 70
 DÜM / Rancho Corazón..... 71
 El Pastorcito Tacos..... 78
 El Jardin Restaurant / Sky Lounge..... 18
Gallo Azul pizza, bar, art..... 125
 Il Giardino 160
 Jazamango / Bar Bar not Bar (35) 35, 148
 Kata 143
 La Catrina Cantina..... 135
 La Confianza Wine Bar 22
 La Coronela Restaurant..... 119
 La Generala..... 144
 Las Tinajas Winery 68
 Los Adobes de Todos Santos 41
 Mariscos El Sinaloense 72
 Mejibo 114
 Miguel's Restaurant..... 141
 Na Há Restaurante Bar 171
 Nevería Rocco / Ice Cream..... 33
 Oyster/Vino Park 129
 Paletería "La Paloma" 92
 Pequeño Bastardo 32
 Petardo Tienda de Café..... 122



TODOS SANTOS
 PUEBLOS MÁGICOS

el centro detail locations 1 - 67

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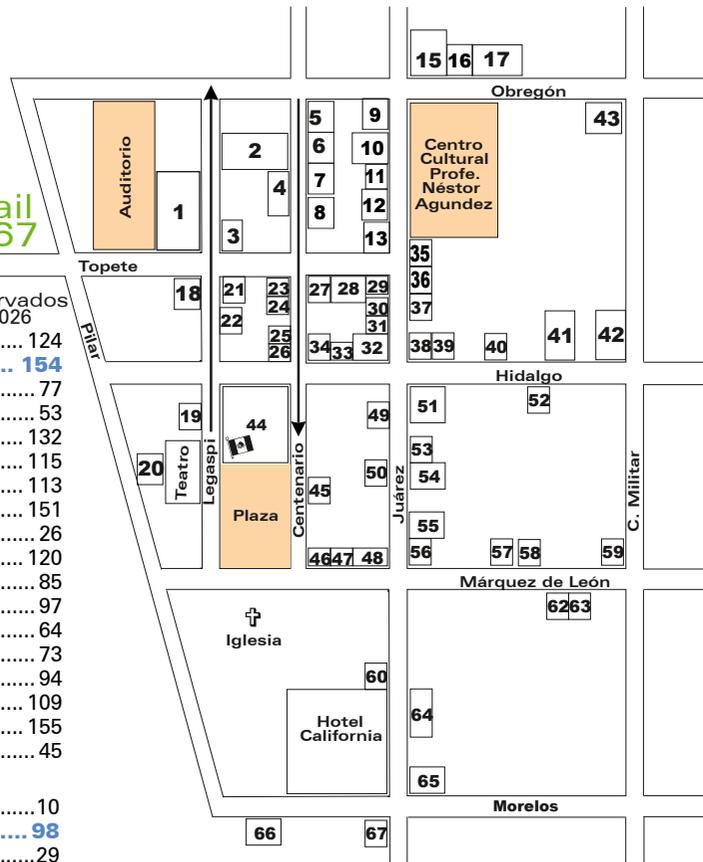
Pizzeria RomAntica 124
Pura Vida Health Food & Deli..... 154
 Restaurant "Mi Costa" 77
 Sabores Cocina Mexicana by Landi 53
 Santo Chilote 132
 Santo Pecados 115
 Shakti Bowl, Szechuan Garden..... 113
 Super Pollo 151
 Taller 17 26
 Tierra Santa 120
 Teatro 6 85
 Té Calli 97
 Tequila Sunrise 64
 Tiki Santos 73
 Todos Santos Brewing 94
 Tre Galline 109
 Vikingos Pizza 155
 Violeta Wine Bar 45

real estate

AmeriMex 10
Amy Rex Prop. / SouthBaja R.E..... 98
 Baja Smart Real Estate 29
 Century 21 50
 Coldwell Banker 13
Pescadero Properties (upstairs) 13
Ricardo Amigo Real Estate 5, 113
Ronival Real Estate 12
The Agency..... 42
 The Wallendorf Collection (upstairs) 13

services

Adhi Guevara Closing Agency Fidei..... 52
 Aguila Bus Terminal/Baja Pack..... 120
 Autopartes De La Rosa..... 117
 Baja Rock Pirates Back Country Adv 152
 Banco Banorte / ATM 57
 Barro Sur Studio..... 152
 Centro Veterinario Ani-Malitos..... 98
 Comex..... 105
 Clinica Veterinaria Martvet 159
 Dr. Angel Baeza dentista 13
 Dra. Oliva 157
 Dr. Carlos Navas Young..... 143
 "El Abuelo" Shoe / Leather Repair..... 153
Farmacia San Benito..... 121
 Felipe Rodriguez Lara, Notary #8 3
 Ferreteria Jimenez 138
 Ferreteria Romex 150
 Ferre Todos Santos 139
Hablando Mexicano 136
 Health Space by El Almendra 66
 La Primavera 25
 La Roma Eléctrica y Plomería 81
 Laboratorio Todos Santos..... 156
 Legal & Tax, Attorneys / Account..... 50
 Lifestyle Energy Solar & Storage 147
 MerciTudo curtains, fabrics..... 140
 Neptune Lavandería / Laundry..... 123
 Optik 157
 Optica Valdez 79
Over The Edge Baja Bike Shop..... 9
 Pacifico Storage..... 69
 Panteón 19 74
 Papelería Omega 88
 Physical Therapy- Boris Alveraz 143
Sadat Laboratorio 118
 Salon Mireya..... 16
 Smile Up Dentista..... 15
 St. Jude's Pharmacy..... 59 / 113
 TelCel..... 101
 Todos Mov!! Training & Recovery 152
Todos Santos Eco Adventures 169



Todos Santos Mail & Ship 82
 Valentina Pool Service..... 137
 Veteranía "El Ladrador" 99
 yza Farmacia 101

shops

Agua y Sol Bazaar 46
 Artesana Showroom 113
 Ballyhoo Fishing Shop 76
 Bésame Mucho Bazaar 19
 Boutique Sta. Maria..... 12, 55
 Casa Nopal..... 42
 Coppel..... 58
 Desert Fox Baja..... 34
Ella Bella Boutique..... 60, 154
 Étnica 3
 Étnica DOS..... 21
 Hilo Rojo 23
 Joyería Brilanti..... 7
 La Todosanteña 29
 Los Faroles Plaza 55
 L'Atelier de Chava..... 99
 Mandrágora Clothing & Jewelry 120
 Mangos 35
 More4Less Todos Santos..... 93
Nacuii Organic Cosmetics 60
Nomad Chic / The Loft 32
 Pintu Sayer 128
 Plaza Emina..... 111
 Saguaro..... 27, 36
 Santa Terra / La Barca..... 129
Tecolote Bookstore..... 89
 Thatch Vintage 49
 The CO-OP Baja..... 136
 Todos Santos Surf Shop 86
 ULULA 49
Zócalo 13

other

Bienestar 20
 Centro de Salud / Hospital 130
 CFE / Electric Commission 51
 Escuela Pacifica 163
 Finanzas / State Finance Office 11
 Judicial/Ministero Público/State Police 110
 Municipal Offices / Policía 83
Padrino Children's Foundation..... 158
 Palapa Learning Center/Biblioteca 149
 SAPA / Agua Potable / Water Company 84
 St. Jude's Medical Center 59



Locations 68 - 172

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**el otro lado
TODOS SANTOS**

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acomodations

- Casa Rancho 1
- Desierto Azul 18
- Flora del Mar 38
- Hacienda del Pacifico 40**
- Los Torotes 23
- 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
- Apostolis 44
- Baja Market 47
- Bajaveria 26
- Caracara Restaurant 15**
- El Manguito 46
- El Mercado Ranchero 45
- Frutería San Ignacio 42
- Hijos del Maiz Nixtamal 37
- La Esquina Café 12**
- Las Playitas Coffee Shop 15
- Las Tunas Coffee Shop 27
- 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 18
- Pizza Santa Fe Jr. 37
- Poke Loko 26
- SuperMercado "El Sol" II 31
- Terrana Despensa A Granel 28**
- The Green Room 15
- Valle Hnos. Market 28

galleries / shops

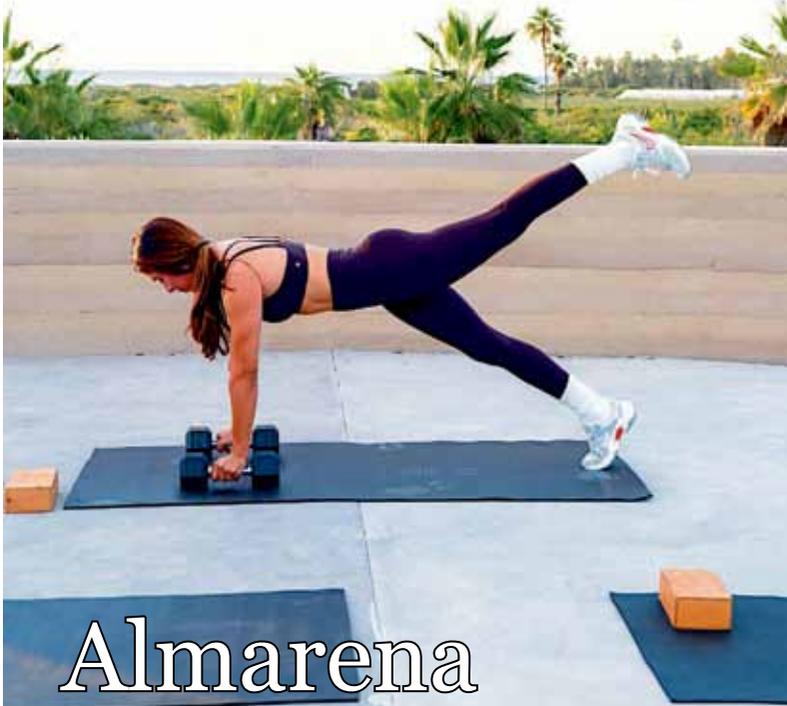
- Alma de Palma 26
- Casa de Todos 30**
- Earth Art Studio 14**

- Earth Star 11
- Galería Enrique Guerrero 5
- La Katrina Surf + Supply 36
- Pronto Muy Pronto/ Casa Dracula 9

other

- AF Design & Construction 33
- Aldo's Gym 4
- Almarena Wellness Club & Spa 15**
- Arena Beauty Salon 26
- Bomberos 8
- Casa Horizonte / Las Estrellas
- Prop. Mgmt 5
- Coronado & Fernandez 33
- Cuatro Vientos 11**
- Dra. Rosy Posada 44
- Eco Const. Equip. y Servicios 37
- Estudio 52 28
- Fidelis Laboratorios 44
- Hidden Leaf Baja 17

- Jester Sportsfishing 13
- Jovialt Anti-aging 4**
- Miguel Hidalgo School 6
- Multiservicios Las Brisas 32
- Nextwave Baja 27
- Papelería La Palma 43
- Paper Tiger / B90 Studios 24
- Pinturas Osel 10
- Romex 19
- St. Jude's Pharmacy 37
- Teatro Luna Azul 22
- TelCel 44
- The Pet Shop by Beluga 43
- Tierra Madre Microschool 20
- Todos Caballos Equest. Ctr 41**
- Toyota Santos 13
- Villa Santa Cruz Stables 15**
- Vivero y Rusticos del Pacifico 34
- Yelo 3



Almarena

continued from page 23

A highlight of the wellness circuit is the beautifully designed recovery area featuring a Himalayan salt-accented sauna and a sculpted concrete cold plunge. From the plunge, guests sit immersed in cold water while looking out over the lake, creating a quiet moment where the surrounding landscape becomes part of the wellness ritual itself.

EXPERIENCES AND RITUALS

Almarena also offers a growing calendar of wellness rituals inspired by healing traditions from around the world. These include *temazcal* ceremonies, sound bath healing sessions, breathwork workshops, and cacao ceremonies. Each experience is designed not only to support personal wellness but also to strengthen the sense of community that lies at the center of Almarena’s philosophy.

VISITING ALMARENA

Almarena warmly welcomes day visitors in addition to members and Villa Santa Cruz hotel guests. Those booking spa treatments are invited to enjoy the full wellness circuit for the day as part of their visit, extending their experience beyond the treatment room to include the gym, sauna, and cold plunge. Almarena also offers a limited number of day passes for \$70 USD per person, which includes gym access, participation in one fitness class, and use of the sauna, cold plunge, and Zen Lounge.

Upon arrival, all guests and members will discover a thoughtfully curated retail space within the reception area. In collaboration with Desert Fox, a popular boutique in downtown Todos Santos, the shop offers a selection of clothing and accessories that reflect Baja’s relaxed coastal style, with pieces designed and crafted in Mexico.

WELLNESS AS A SHARED EXPERIENCE

With memberships beginning at \$200 USD per month, Almarena is already welcoming a growing group of local residents who value the club’s unique blend of fitness, recovery, and connection. As interest continues to grow, the Founding Membership level will soon close, offering early members a rare opportunity to help shape the culture and rhythm of Almarena from its earliest days.

Almarena is more than just a place to work out—it is quickly becoming a daily gathering point where movement, restoration, and connection unfold naturally within the landscape of Baja. In a region known for its creative spirit and close-knit community, Almarena reflects the same ethos: a place where wellness is not simply practiced but shared.

For reservations and membership inquiries:

+52 612 234 4717

almarena@villasantacruz baja.com

Spa hours: 9 am to 5 pm (closed Tuesdays)

Gym hours: 6:30 am to 8 pm daily

Guests aged 16+ are welcome

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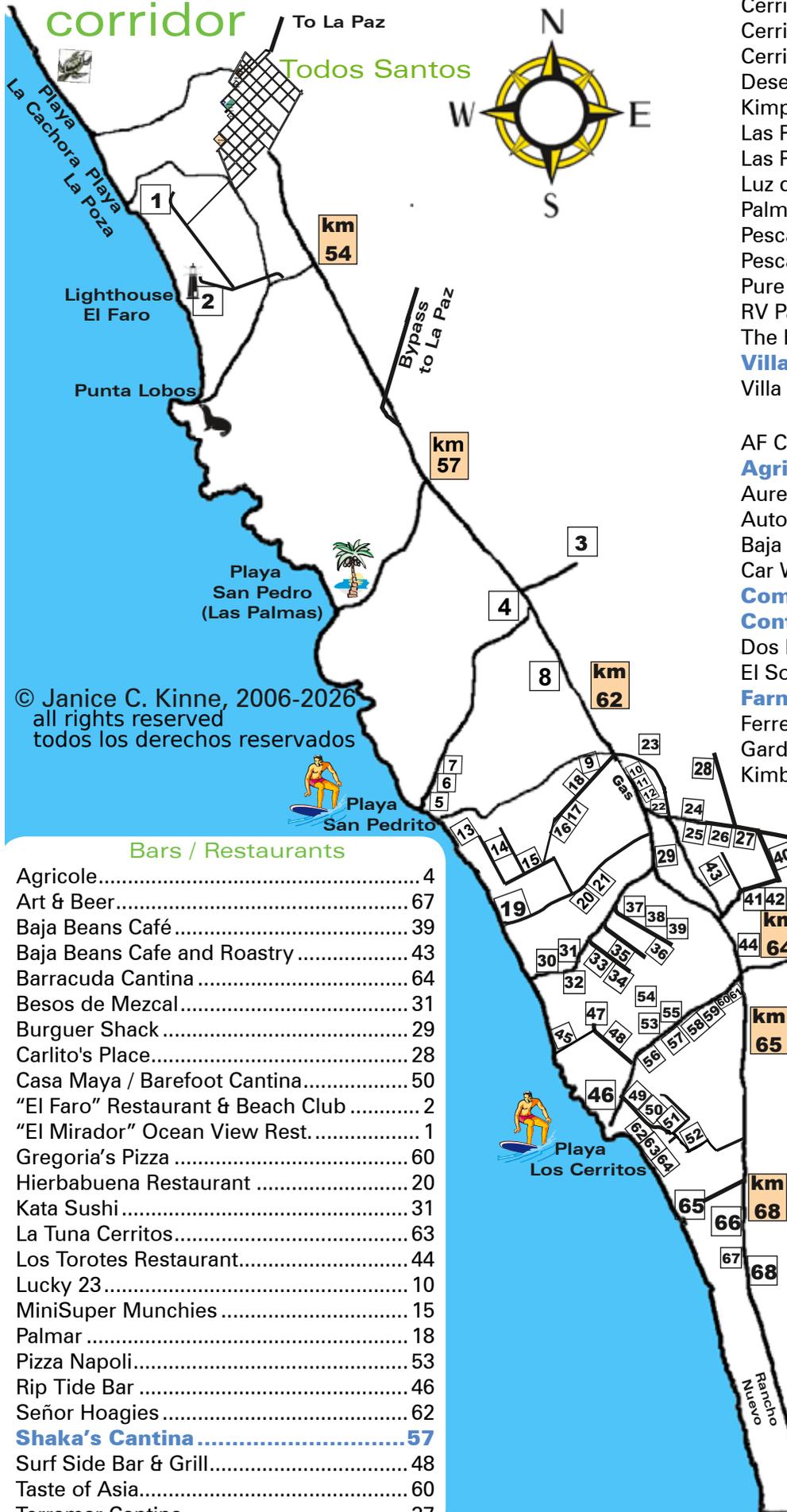
HAPPY HOUR 4-6 PM: HALF PRICE: CERRITORITA, GEORGE'S PALOMA, J.B. SPECIAL, P.P. PALOMA, SHAKARITA, HOUSE MARGARITAS, AND HOUSE TEQUILA

FIRE PIT, FUN GAMES (CORNHOLE & HORSESHOES) DAILY FOOD SPECIALS

[shakascantina](https://www.instagram.com/shakascantina)

[Shaka's Delicious Wood Cantina](https://www.facebook.com/Shaka's%20Delicious%20Wood%20Cantina)

todos santos—el pescadero corridor



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Bars / Restaurants

Agricole.....	4
Art & Beer.....	67
Baja Beans Café.....	39
Baja Beans Cafe and Roastery.....	43
Barracuda Cantina.....	64
Besos de Mezcal.....	31
Burguer Shack.....	29
Carlito's Place.....	28
Casa Maya / Barefoot Cantina.....	50
"El Faro" Restaurant & Beach Club.....	2
"El Mirador" Ocean View Rest.....	1
Gregoria's Pizza.....	60
Hierbabuena Restaurant.....	20
Kata Sushi.....	31
La Tuna Cerritos.....	63
Los Torotes Restaurant.....	44
Lucky 23.....	10
MiniSuper Munchies.....	15
Palmar.....	18
Pizza Napoli.....	53
Rip Tide Bar.....	46
Señor Hoagies.....	62
Shaka's Cantina.....	57
Surf Side Bar & Grill.....	48
Taste of Asia.....	60
Terramar Cantina.....	37

Accommodations

Barefoot Luxury Properties.....	50
Cerritos Beach Inn / Sunset Restaurant...	65
Cerritos Surf Residences.....	47
Cerritos Surf Town / Sunset Bar.....	64
Desert Moon Cerritos Beach Hotel.....	46
Kimpton Mas Olas Resort and Spa.....	19
Las Palmas Hotel & Bar / Rest.....	52
Las Palmas Tropicales Casitas.....	6
Luz de Luna Villas.....	31
Palmar.....	18
Pescadero Palace.....	7
Pescadero Surf Camp.....	41
Pure Baja Suites & Retreats.....	42
RV Park "Baja Serena".....	23
The Residences at Freesouls.....	49
Villas de Cerritos Beach.....	53
Villa Rocas.....	45

Other/Grocery

AF Construction.....	21
Agricole / Nacuii.....	4
Aureo Wellness Journey.....	30
Autobus Aguila Bus Station.....	12
Baja Serena Yoga.....	23
Car Wash Pescadero.....	38
Como El Sol.....	24
Contigo Cerritos Real Estate.....	53
Dos Marias Day Spa.....	14
El Sol Supermercado.....	59
Farmacia San Benito.....	22
Ferretería Romex.....	25, 58
Gardenias Mini Super / Rest.....	68
Kimberly's Café and Supermarket.....	57
KM 65 Boutique.....	57
Lokahi Properties.....	50
Los Cerritos Properties.....	41
Materiales Los Navas.....	8
Mar Vida Properties.....	26
Mini Super Brody.....	60
Pescadero Skate Park.....	43
Pescadero Surf Shop.....	38
Pintu Sayer.....	40
Relleno Sanitario/Trash Dump.....	3
Safe Storage Baja Sur.....	66
Salgados Market.....	27, 44
St. Jude's Clinic / Pharmacy.....	11
The Farm Stand.....	36
Todos Santos Private Transportation.....	38
Tu Casa Property Mgmt.....	66
Tuna Pescadero.....	9
Westside Surf School.....	55
Zócalo.....	39

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 40



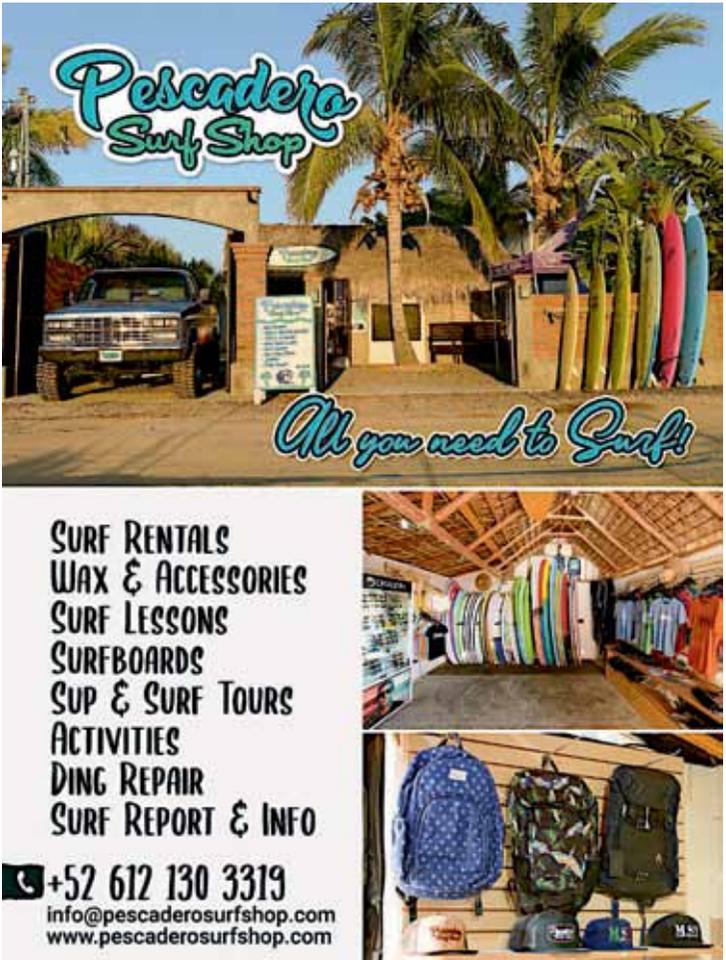
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Beaches

continued from page 39

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, #38 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, #86 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, #55 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.

Weekly Events

continued from page 19

9 am - 1 pm, **LA GRANJA DE RESIDUOS ORGÁNICOS** / Garden and kitchen waste located south of Todos Santos at La Granja (km 57). \$30 MXN/load. No garbage. Garden waste (no rubbish remnants, separate leaves from branches), kitchen waste (fruits and vegetables separated from proteins), manure from herbivorous animals like horses. WhatsApp: 612 161 1596, Facebook: <https://www.facebook.com/share/p/1BohFhkZwN/?mibextid=wwXlfr>

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

1 - 3 pm, **CHESS CLUB** at Uvas y Hojas, in Cerritos.

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

2 - 4 pm, **CONVERSATIONAL SPANISH DROP-IN CLASS** with Marie Blessing at **Tecolote Bookstore** in Todos Santos. <http://tecolotebookstore.com/>

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

5 pm, **ABRE TU BOCA WOMEN'S WRITING CIRCLE** at Violeta Wine Bar, Todos Santos. Check abretuboca.org for other circles and times.

6 - 8 pm, **ABRE TU BOCA MEN'S WRITING CIRCLE**, 2nd & 4th Wednesdays of the month. For location, contact abretuboca.substack.com

6 pm, **TRIVIA NIGHT** and last Wednesday of the month Musical Bingo at Todos Santos Brewing.

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: ecorrevolucionmx@gmail.com, (612) 139-4789

9 am - 1 pm, **TESOROS TROPICO POP UP BOUTIQUE** at **La Esquina Café** in Todos Santos.

10 am - 2 pm, **KITCHEN WASTE AND GLASS (ALL COLORS) RECYCLING** at **Shaka's Cantina** in Cerritos.

11:30 am - 1 pm, **CASA GIRASOL 'THE THURSDAY TABLE'** at Calle Rangel between Zaragoza and Morales in Todos Santos. Look for the big brown door. Coffee, cookies, and conversation. No formal program or pressure. Pull up a chair and bring your story. Free.

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

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

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

6 – 8 pm, **ABRE TU BOCA CÍRCULO DE ESCRITURA EN ESPAÑOL** at Panteón 19. Check abretuboca.org for other circles and times.

6:30 pm, **VINYL NIGHTS** with Daniel with 2 X 1 drink specials at Todos Santos Brewing in Todos Santos.

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: ecorrevolucionmx@gmail.com, (612) 139-4789

9 am – 3 pm, **THE FARM STAND** by Grow Pescadero open in Pescadero.

10 am – 3 pm, **MERCADO ORGANICO** at Jazamango in Todos Santos.

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

5:30 – 7 pm, **BEER & ART** at Art Gallery Alquimia. Sculpture and experimental clay with artist Elena Vasquez. Creativity, conversation, and beer. Includes all materials. More information: WhatsApp + 605 971 7791

6:30 pm, **LIVE MUSIC** in the beer garden at Todos Santos Brewing in Todos Santos.

6:30 - 8:30 pm, **'FRIDAYS AT THE FARM'** at Caracara at **Hotel Villa Santa Cruz** in Todos Santos. Live Music at Caracara's Farm Bar with Colleen Rennison.

saturday

8:30 am – 3 pm, **LA PAZ ORGANIC MARKET** on calle Rosales between Mutualismo & Madero, La Paz.

9 am – 3 pm, **THE FARM STAND** by Grow Pescadero open in Pescadero.

9 am – 1 pm, **MALECÓN TIANGUIS NATURAL (MARKET)** at the Callejon 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 Maria 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, **KITCHEN WASTE AND GLASS (ALL COLORS) RECYCLING** at Mercado Ranchero in Todos Santos.

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*.

2 - 4 pm, **UKULELE CLUB** at **Tecolote Bookstore** in Todos Santos. All ages and levels welcome. Free and fun. Tecolotebookstore@gmail.com

Sunset, **SUNSET SERENADE** at Casa Barbara in Todos
WEEKLY EVENTS continued on page 48



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marzo

27 de marzo | HIDEOUS GLOUROUS / GLORIOSO ESPANTOSO por Mark Gabriel en la **Galería Militar**. Las piezas estarán en exhibición hasta el 21 de Abril.

27 de marzo | BETWEEN TWO WORLDS / ENTRE DOS MUNDOS por Kate Turning en la Galería de Todos Santos. Explorando el reino del subconsciente, sueños y fantasía. Piezas híbridas únicas, presentando una combinación de capas de pintura y fotografía. Las piezas estarán en exhibición hasta el 30 de Abril.

28 de marzo | NOCHE DE LUZ por Steven Jacobi en colaboración con Txt. ure en la Galería de Todos Santos. Deambula por un bosque de luz donde Steven Jacobi ha creado iluminación a la medida, colgantes, lámparas de mesa y candlabros de pared. Las piezas estarán en exhibición hasta el 30 de Abril.

abril

2 al 5 de abril | ARTBAJA en La Paz. Para más información: <https://abcartbaja.com/>, Instagram: @abcartbaja

2 de abril | del atardecer a las 10 pm, **MERCADO NOCTURNO** Baljalla en Pescadero. Mercado nocturno mensual los jueves bajo la luna llena con artesanos locales, vendedores de bebidas y comida, ropa, tatuajes, música en vivo y propuestas únicas.

3 de abril | 4 a 8 pm, **ART WALK DE TODOS SANTOS**. 17 galerías participantes en el recorrido en el centro, incluyendo: Alma Del Desierto, AMV-LETO, Benito Ortega, Galería Ezra Katz, **Galería Logan**, Galería La Rosa, **Galería Militar**, Galería de Todos Santos, Art Gallery Alquimia, Pablo Marquez Gallery, **La Sonrisa de La Muerte**, Galería Enrique Guerrero, y Galería Von Zastrow.

6 de abril | JUEGO DEL CAMPEONATO NACIONAL DE BASQUETBOL NCAA en **Shaka's Cantina** en Cerritos

10 al 12 de abril | TORNEO ANUAL DE PICKLEBALL HACIENDO OLAS en Flora del Mar en Todos Santos. Costo de entrada: \$500 pesos. Para entrar se necesita registro: <https://forms.gle/oRsNUgdrGYz7G8D9>

11 de abril | 10 am a 4 pm, **SEGUNDOS SÁBADOS DEL MES** en el **Estudio Earth Art**. Gratuito y abierto a todo público. Para más información: www.jenniward.com/earth-art-studio.

14 de abril | 11 am a 12 pm, **JUNTA GRUPAL DEL LIFE CAFE** con la Doula Teri Gooden en la **librería Tecolote** en

Todos Santos. Todos son bienvenidos, gratuito con tu consumo de pastel y café. <http://tecolotebookstore.com/>

18 de abril | 7 pm, **FIESTA DE PRE-ANIVERSARIO** con música en vivo de: "The Rick Lewis Project" (Banda galar donada procedente de Colorado) con "Kids Monsters" como invitados especiales en **Shaka's Cantina** en Cerritos.

20 de abril | 6 pm, **FIESTA POR EL 8º ANIVERSARIO DE SHAKA'S CANTINA**. Música en vivo con "Julietta Rock Band" en **Shaka's Cantina** en Cerritos.

22 de abril | DÍA DE LA TIERRA

24 de abril | 10 am a 1 pm, **Taller B CR8IV** de la serie de talleres en el **Estudio Earth Art**. Para más información: jenniward.com/current-exhibit.

26 de abril | CLÍNICA DE ESTERILIZACIÓN Y CASTRACIÓN en el Mercado Ranchero en Todos Santos. Gatos sin previa cita de 8 a 10 am, perros sin previa cita de 10 am a 12 pm.

30 de abril | del atardecer a las 10 pm, **MERCADO NOCTURNO** Baljalla en Pescadero. Mercado nocturno mensual los jueves bajo la luna llena con artesanos locales, vendedores de bebidas y comida, ropa, tatuajes, música en vivo y propuestas únicas.

30 de abril al 1º de Mayo | 4 a 6 pm, **LA DIVINA FEMINIDAD** en el Centro Cultural Prof. Néstor Agúndez. La astróloga y mitóloga Hedy Noemi te llevará en un viaje a través de los arquetipos femeninos de la antigüedad, para volver a encender a la Diosa que llevas dentro. Desde la antigua Roma y Grecia, hasta Iraq, y pasando por el poder de las Diosas del Caribe, "La Divina Feminidad" es un curso para cualquier etapa de madurez de la mujer, ya sea soltera, divorciada, viuda, o felizmente casada, este curso honra las muchas caras de la experiencia femenina. Riguroso en su acercamiento académico y expansivo en el color con el que se enseña, este curso levantará e inspirará a cualquiera que se inscriba. \$350 USD (planes de pagos disponibles) Para más información: hedynoemi@me.com.

mayo

1º de mayo | DÍA DEL TRABAJO

1º de mayo | 4 a 8 pm, **ART WALK DE TODOS SANTOS**. 17 galerías participantes en el recorrido en el centro, incluyendo: Alma Del Desierto, AMV-LETO, Benito Ortega, Galería Ezra Katz,

Galería Logan, Galería La Rosa, **Galería Militar**, Galería de Todos Santos, Art Gallery Alquimia, Pablo Marquez Gallery, **La Sonrisa de La Muerte**, Galería Enrique Guerrero, y Galería Von Zastrow.

1º al 3 de mayo | FIESTAS DE FUNDACIÓN DE LA PAZ.

1º al 3 de mayo | DOS MARES 500 carrera Off Road. La Paz a Constitución a La Paz.

2 de mayo | 10 am a 4 pm, **DÍA MUNDIAL DEL LABERINTO** en el **Estudio Earth Art**. Gratuito y abierto a todo público. Para más información: www.jenniward.com/earth-art-studio.

3 de mayo | DÍA DE LA CRUZ / Día del albañil.

3 de mayo | 6 am, **CARRERA Y CAMINATA 5K TODOS SANTOS**, a cargo de **Amy Rex Property Management** y Torote Marketing inmobiliario en Todos Santos. A beneficio de la **Fundación Padrino**. Salida/meta en Casa Tere, en la calle Miguel Hidalgo, esquina con Cuauhtémoc, Todos Santos. La carrera comienza a las 7 am. Para más información: amy@amyrextodossantos.com

3 de mayo | FIESTA DEL DÍA DE LA CARRERA DERBY DE KENTUCKY en la cervecería Todos Santos Brewing en Todos Santos.

5 de mayo | BATALLA DE PUEBLA.

5 de mayo | FIESTA DE CUMPLEAÑOS DE LIZ en la cervecería Todos Santos Brewing en Todos Santos.

9 de mayo | 10 am a 4 pm, **SEGUNDOS SÁBADOS DEL MES** en el **Estudio Earth Art**. Gratuito y abierto a todo público. Para más información: www.jenniward.com/earth-art-studio.

10 de mayo | DÍA DE LAS MADRES.

10 de mayo | JOURNAL DEL PACIFICO FECHA LIMITE para la edición "Verano."

24 de mayo | CLÍNICA DE ESTERILIZACIÓN Y CASTRACIÓN en el Mercado Ranchero en Todos Santos. Gatos sin previa cita de 8 a 10 am, perros sin previa cita de 10 am a 12 pm.

29 de mayo | 10 am a 1 pm, **Taller B CR8IV** de la serie de talleres en el **Estudio Earth Art**. Para más información: jenniward.com/current-exhibit.

30 de mayo | 4 pm, **CEREMONIA DE CLAUSURA DE H2O SUNSET** en el **Estudio Earth Art**. Para más información: jenniward.com/current-exhibit.

EVENTOS cont. en pg. 48

Cada Semana

diario

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.

domingo

8 am a 1 pm, **MERCADO ORGÁNICO** y música en vivo en Baja Beans en Pescadero.

9 am a 3 pm, **THE FARM STAND** por Grow Pescadero, puesto de venta de productos agrícolas en Pescadero.

11 am a 3 pm, **MERCADO DOMINICAL** en el viñedo Las Tinajas en Todos Santos. Un ambiente vibrante lleno de buena vibra, música en vivo, artesanos locales, deliciosa comida, productos artesanales y, por supuesto, vino. Traiga a su familia, amigos, pareja o incluso a sus mascotas. Para más información: 624 264 2572.

6 pm, **SESIÓN ACÚSTICA 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 **Hablado Mexicano** en Todos Santos.

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

martes

8:30 am a 3 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Rosales entre Mutualismo y Madero, La Paz.

9 am a 1 pm, **LA GRANJA DE RESIDUOS ORGÁNICOS**. Se reciben residuos de jardinería y cocina, ubicado al sur de Todos Santos en La Granja en el km 57, costo \$30 pesos por carga. No basura. Residuos de jardinería (no sobras de basura, separar las hojas de las ramas) residuos de cocina (frutas y vegetales separados de proteínas) abono para animales herbívoros como caballos. WhatsApp: 612 161 1596, Facebook: <https://www.facebook.com/share/p/1BohFhkZwN/?mibextid=wwXlfr>

9 am a 1 pm, **EL MERCADO** en Pescadero 62 / La Comuna Café en Pescadero.

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

5 a 8 pm, **MICRÓFONO ABIERTO** en MiniSuper Munchies en Pescadero.

6:30 pm, **MÚSICA LATINA Y BAILABLE** con Pepe, Tita, Jonah y compañía en Todos Santos Brewing. 6 a 6:30 pm, clases de salsa.

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 2 pm, **MERCADO DEL TRIÁNGULO** en Todos Santos, al otro lado. Música en vivo, verduras locales, arte, ropa y más.

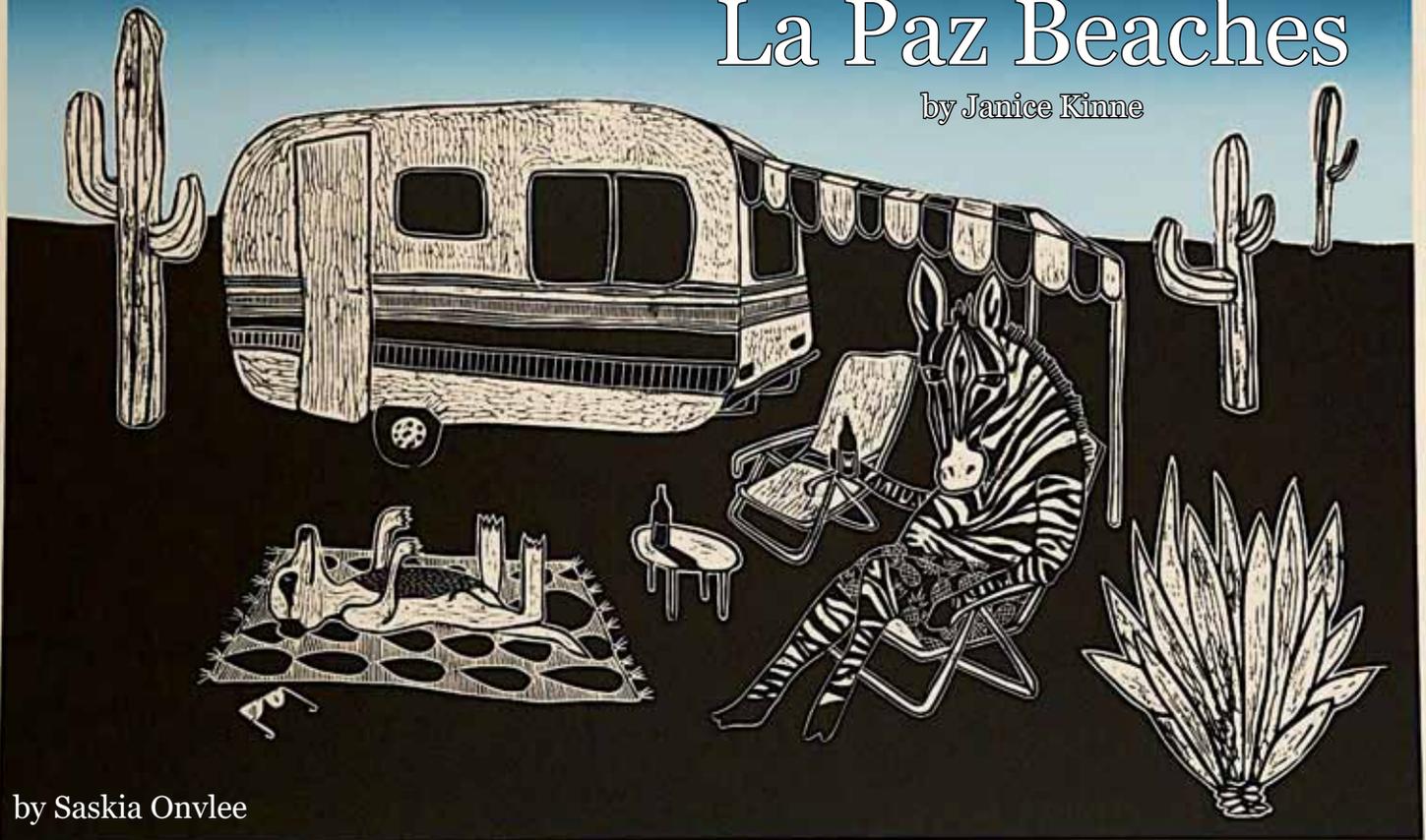
CADA SEMANA continúa en página 48



www.HabladoMexicano.com

La Paz Beaches

by Janice Kinne



by Saskia Onvlee

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.

El Cielo

continued from page 33

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 at 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>

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/>

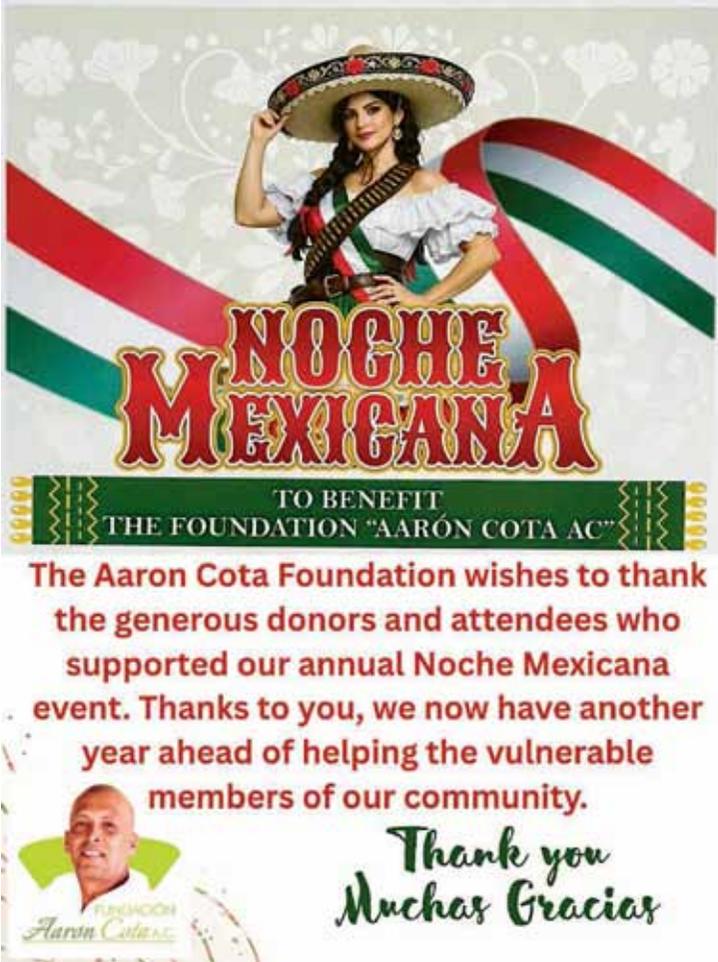
SATELLITES: <http://www.heavens-above.com/>
USER: "elcielots" PASSWORD: "journal"

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/>



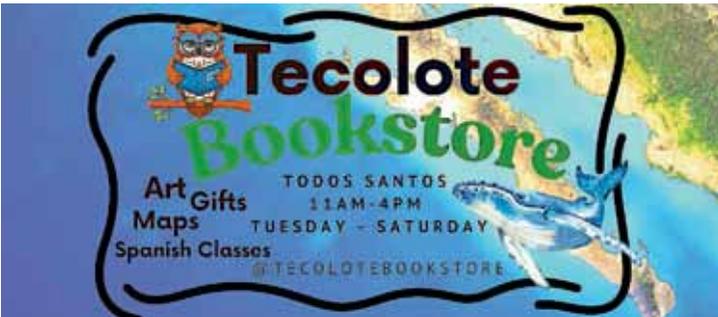
NOCHE MEXICANA

TO BENEFIT
THE FOUNDATION "AARÓN COTA AC"

The Aaron Cota Foundation wishes to thank the generous donors and attendees who supported our annual Noche Mexicana event. Thanks to you, we now have another year ahead of helping the vulnerable members of our community.

Thank you
Muchas Gracias

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Aaron Cota AC



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TODOS SANTOS
11AM-4PM
TUESDAY - SATURDAY

@TECOLOTEBOOKSTORE



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Pharmacy Drug Store
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• IMITREX	• AMBROCLIN	• ALGIVETA
• ELXAPRO	• TYLENOL	
• DUMAVOL	• BLENBURY	

#121 on Todos Santos Map

We have more than ten years of experience, working hand in hand with doctors and foundations in our community.

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TODOS SANTOS: C/Millar n/ Morales y Zaragoza. (Half block from bus station) / PESCADERO: Plaza San Antonio, Todos Santos - Los Cabos Highway
En. 88



SAFE STORAGE

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sunday / domingo

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

9 am, **VINYASA YOGA W/C KAT @ Aureo Wellness, Pescadero.**

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

1:15 pm, **VINYASA FLOW YOGA W/C DOMINIQUE @ Cuatro Vientos, Todos Santos.**

3 pm, **RESTORATIVE YOGA W/C RUBEN @ Cuatro Vientos, Todos Santos.**

4:30 pm, **QI GONG W/C TOVA @ Cuatro Vientos, Todos Santos.**

5 pm, **CANDLELIT YIN + MEDITATION W/C KAT @ Aureo Wellness, Pescadero.**

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

7:30 pm, **ELECTRIC CEREMONY W/C DYLAN @ Cuatro Vientos, Todos Santos.**

monday / lunes

6 & 7 am, **BODY CROSSFIT @ TODOS MOV!!, Todos Santos.**

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

7:30 am, **MORNING FLOW YOGA W/C HOLLY NICOLE @ Cuatro Vientos, Todos Santos.**

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

8 & 9 am, **POWER CROSSFIT @ TODOS MOV!!, Todos Santos.**

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 am, **PILATES W/ MAYRA @ Baja Serena, Pescadero.**

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

12:30 pm, **SOULFUL LIVING CIRCLE W/C LAINA @ Cuatro Vientos, Todos Santos.**

3 pm, **AERIAL W/C PAOLA @ Cuatro Vientos, kids 4 - 6, Todos Santos.**

4 pm, **AERIAL W/C PAOLA @ Cuatro Vientos, kids 7 -11, Todos Santos.**

5 pm, **AERIAL W/C PAOLA @ Cuatro Vientos, teens / adults, Todos Santos.**

5 pm, **RESTORATIVE YOGA W/C BRIAN @ Aureo Wellness, Pescadero.**

5 & 6 pm, **FUNCTIONAL TRAINING @**

TODOS MOV!!, Todos Santos.

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

tuesday / martes

6 & 7 am, **BODY CROSSFIT @ TODOS MOV!!**, 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 & 9 am, **POWER CROSSFIT @ TODOS MOV!!**, Todos Santos.

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

9 am, **ZUMBA @ Cuatro Vientos, Todos Santos.**

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

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

3pm, **AERIAL CIRCUS KIDS PROGRAM FOR ADVANCED FLYERS W/C PAOLA @ Aureo Wellness, Pescadero.**

4:30 pm, **KUNDALINI FLOW YOGA W/C INNA @ Cuatro Vientos, Todos Santos.**

5 pm, **POWER YOGA W/C SOFIA @ Aureo Wellness, Pescadero.**

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

6 pm, **FUNCTIONAL TRAINING @ TODOS MOV!!**, Todos Santos.

7:30 pm, **SOUND HEALING W/C ANA LU @ Cuatro Vientos, Todos Santos.**

wednesday / miércoles

6 & 7 am, **BODY CROSSFIT @ TODOS MOV!!**, Todos Santos.

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

7:30 am, **POWER PILATES W/C ANDREA @ Cuatro Vientos, Todos Santos.**

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

8 & 9 am, **POWER CROSSFIT @ TODOS MOV!!**, Todos Santos.

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 MAT W/C JOSH @ Aureo Wellness, Pescadero.**

9:30 am, **AERIAL YOGA STRETCH W/C PAOLA @ Aureo Wellness, Pescadero.**

10 am, **PILATES W/C MAYRA @ Baja Serena, Pescadero.**

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

12:30 pm, **KUNDALINI FLOW YOGA W/C INNA @ Cuatro Vientos, Todos Santos.**

2 pm, **ZEN MEDITATION W/C KOJUN/DIANE @ Cuatro Vientos, Todos Santos.**

3:30 - 4:30 pm, **KID'S GYMNASTICS / GIMNASIA INFANTIL, 6 - 11 years @ TODOS MOV!!**, Todos Santos.

3 pm, **AERIAL FOR KIDS AGE 4-6 W/C PAOLA** @ Aureo Wellness, Pescadero.

4 pm, **SUBTLE YOGA FLOW W/C BROOKE** @ Cuatro Vientos, Todos Santos.

4:15 pm, **AERIAL FOR KIDS AGE 7-10 W/C PAOLA** @ Aureo Wellness, Pescadero.

5 & 6 pm, **FUNCTIONAL TRAINING** @ TODOS MOV!!, Todos Santos.

5 pm, **AUREO FILM CLUB** @ Aureo Wellness, Pescadero. Every two weeks.

6 pm, **ECSTATIC DANCE MINDFUL MELTDOWN** @ Cuatro Vientos, Todos Santos.

thursday / jueves

6 & 7 am, **BODY CROSSFIT** @ TODOS MOV!!, 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 & 9 am, **POWER CROSSFIT** @ TODOS MOV!!, Todos Santos.

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

9 am, **ZUMBA** @ Cuatro Vientos, Todos Santos.

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

10 am, **TAI CHI & QI GONG W/C RHODA** @ the Aaron Cota Foundation on Rangel between Zaragoza and Morales. Private instruction also available +52 612 157 6088, barakabaja@gmail.com

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

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

5 pm, **POWER YOGA W/C SOFIA** @ Aureo Wellness, Pescadero.

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

6 pm, **FUNCTIONAL TRAINING** @ TODOS MOV!!, Todos Santos.

7:15 pm, **SALSA LATINA W/C KATHELEEN** @ Cuatro Vientos, en Español Todos Santos.

friday / viernes

6 & 7 am, **BODY CROSSFIT** @ TODOS MOV!!, 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 & 9 am, **POWER CROSSFIT** @ TODOS MOV!!, Todos Santos.

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, **AERIAL YOGA ADULTS W/C PAOLA** @ Aureo Wellness, Pescadero.

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

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

12:30 pm, **VINYASA YOGA W/C ANDREA** @ Cuatro Vientos, Todos Santos.

3 pm, **AERIAL CIRCUS KIDS PROGRAM GROUP 1 W/C PAOLA** @ Aureo Wellness, Pescadero.

4:15 pm, **AERIAL CIRCUS KIDS PROGRAM GROUP 2 W/C PAOLA** @ Aureo Wellness, Pescadero.

4:30 pm, **MINDFULNESS MEDITATION W/C JAVIER** @ Cuatro Vientos, Todos Santos.

5 & 6 pm, **FUNCTIONAL TRAINING** @ TODOS MOV!!, Todos Santos.

saturday / sábado

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

9 am, **HATHA / VINYASA W/C NICA** @ Cuatro Vientos, Todos Santos.

11 am, **VINYASA FLOW YOGA W/C DOMINQUE** @ Cuatro Vientos, Todos Santos.

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

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Events

continued from page 18

experience needed, but space is limited. For more info: jenniward.com/current-exhibit.

May 30 | 4 pm, **SUNSET CLOSING RECEPTION** of H₂O at **Earth Art Studio**. For more info: jenniward.com/current-exhibit.

May 30 | **TSB 9TH ANNUAL BEER & GOOD PAIRING DINNER** at Todos Santos Brewing in Todos Santos.

June

June 4 - 7 | **THE TODOS SANTOS & PESCADERO CULINARY EXPERIENCES** at Jazamango in Todos Santos. a weekend of food, music, and art in Baja Sur.

June 12 - 14 | **ESCAPE TO THE CAPE SURF CONTEST** in San José del Cabo. For more information visit: <https://www.escapetothe-capecabo.com/>

June 21 | **FATHER'S DAY / DÍA DEL PADRE**

June 21 | **SUMMER SOLSTICE**

Weekly Events

continued from page 41

Santos. Singer / songwriter Chris Paulson in concert. Reservations recommended: +52 624 219 5934, cjp18d@gmail.com.

6 pm, **WEEKLY ENTERTAINMENT**. First Saturday of the month Karaoke at Todos Santos Brewing in Todos Santos.

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

Eventos

continuó de página 42

30 de mayo | **9^A ANIVERSARIO CENA "CERVEZA Y BUEN MARI-DAJE"** en la cervecería Todos Santos Brewing in Todos Santos.

junio

4 al 7 de junio | **TODOS SANTOS & PESCADERO CULINARY EXPERIENCES** en Jazamango en Todos Santos. comida, música, y arte en Baja Sur.

12 al 14 de junio | **ESCAPE TO THE CAPE EVENTO SURF** en San José del Cabo. Para más información: <https://www.escapetothe-capecabo.com/>

21 de junio | **DÍA DEL PADRE**

21 de junio | **INICIO DEL VERANO**

Cada Semana

continuó de página 43

9 am a 1 pm, **LA GRANJA DE RESIDUOS ORGÁNICOS**. Se reciben residuos de jardinería y cocina, ubicado al sur de Todos Santos en La Granja en el km 57, costo \$30 pesos por carga. No basura. Residuos de jardinería (no sobras de basura, separar las hojas de las ramas) residuos de cocina (frutas y vegetales separados de proteínas) abono para animales herbívoros como caballos. WhatsApp: 612 161 1596, Facebook: <https://www.facebook.com/share/p/1BohFhkZwN/?mibextid=wwXlfr>

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

1 a 3 pm, **CLUB DE AJEDREZ** en Uvas y Hojas, en Cerritos.

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

2 a 4 pm, Clase sin inscripción previa de **"ESPAÑOL CONVERSACIONAL"** con Marie Blessing en **la librería Tecolote** en Todos Santos <http://tecolotebookstore.com/>

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

5 pm, **ABRE TU BOCA CÍRCULO DE LECTURA DE MUJERES** en Violeta Wine Bar, en Todos Santos. Checa www.abretuboca.org para otros círculos y horarios.

6 pm, **NOCHE DE TRIVIA** y Bingo Musical el último miércoles de cada mes en Todos Santos Brewing en Todos Santos.

6 a 8 pm, **CÍRCULO MASCULINO DE ESCRITURA** "Abre tu boca." El 2º y 4º Miércoles de cada mes. Para la ubicación ponte en contacto con abretuboca.substack.com

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: ecorrevolucionmx@gmail.com, (612) 139-4789.

9 am a 1 pm, **TESOROS TROPICO BOUTIQUE EMERGENTE** en **La Esquina Café** en Todos Santos.

10 am a 2 pm, **RECICLADO** de residuos de cocina y vidrio (de todos colores) en **Shaka's Cantina** en Cerritos.

11:30 am a 1 pm, **LA MESA DE LOS JUEVES** en Casa Girasol ubicado en Calle Rangel entre Zaragoza y Morales en Todos Santos. Busca la gran puerta café. Café, galletas, y conversación. No hay un programa formal, ni presión. Toma una silla y trae tu historia. Gratuito.

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

5 pm, **CLASE DE COCINA** en **Hablado 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.

6 - 8 pm, **ABRE TU BOCA CÍRCULO DE ESCRITURA EN ESPAÑOL** en Panteón 19. Checa abretuboca.org para otros círculos y horarios.

6:30 pm, **NOCHE DE VINOLOS** con Daniel y 2x1 en bebidas en Todos Santos Brewing, Todos Santos.

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, uncel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrevolucionmx@gmail.com, (612) 139-4789.

9 am a 3 pm, **THE FARM STAND** de "Grow Pescadero," abierto, puesto de venta de productos agrícolas en Pescadero.

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

10 am a 3 pm, **MERCADO ORGÁNICO** en Jazamango en Todos Santos.

5:30 a 7 pm, **CERVEZA & ARTE** en la Galería Alquimia. Escultura y arcilla experimental con la artista Elena Vázquez. Creatividad, conversación y cerveza. Incluye todos los materiales. Para más información: WhatsApp + 605 971 7791

6:30 a 8:30 pm, **VIERNES EN LA GRANJA**, en Caracara, en el **Hotel Villa Santa Cruz** en Todos Santos. Música en vivo en el Farm Bar / Bar de la Granja de Caracara con Colleen Rennison.

6:30 pm, **MÚSICA EN VIVO** en la cervecería al "beer garden" de Todos Santos Brewing, Todos Santos.

sábado

8:30 am a 3 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Rosales entre Mutualismo y Madero, La Paz.

9 am a 3 pm, **THE FARM STAND** por Grow Pescadero, puesto de venta de productos agrícolas en Pescadero.

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

10 am a 2 pm, **RECICLAJE** en Mercado Ranchero en Todos Santos. Residuos de cocina y vidrio (de todos colores).

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

2 a 4 pm, **CLUB DE UKULELE** en la librería **Tecolote** en Todos Santos. Todas las edades y niveles son bienvenidos. Gratuito y divertido. Tecolotebookstore@gmail.com

Atardecer, **SERENATA AL ATARDECER** en Casa Bárbara en Todos Santos. El cantante y compositor Chris Paulson en concierto. Recomendamos reservar: +52 624 219 5934, cjp18d@gmail.com.

6 pm, **ENTRETENIMIENTO SEMANAL**. Primer sábado de cada mes: Karaoke en Todos Santos Brewing, Todos Santos.

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

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 @ Baja Beans Café, Pescadero. For information: Don (612) 157-1256.

PESCADERO NA—No Todos Somos Santos de Narcóticos Anónimos meets Monday, Wednesday, Friday, 7 – 8:30 pm, next to Farfalla Restaurant, bilingual. 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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Whales

continued from 27

across ocean basins like cultural revolutions. Gray whale mothers whisper to their newborns in a voice reserved only for them. Orcas never leave their families and speak in accents unique to their pod. Dolphins invent names for themselves, remember their friends across decades, and may even talk about individuals who aren't in the room.

These are not metaphors or projections. These are documented, peer-reviewed behaviors. They point toward something both exhilarating and sobering: the Sea of Cortez is not simply a beautiful place to swim. It is a world of ongoing conversation—of love and strategy and identity expressed through sound, across generations of animals that are, in ways we are only beginning to understand, kin to us.

Project CETI is applying machine learning, robotics, and AI to the codas of the Dominica sperm whale families, hoping to translate what they're actually saying. When that answer comes, it will not merely be a scientific discovery. It will be a first contact.

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>



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Ballenas

continuó de página 26

característicos de individuos que no se han visto en más de 20 años, una proeza de memoria social que rivaliza con la nuestra. Los científicos también han identificado silbidos sin firma que parecen tener significados específicos: uno parece funcionar como una alarma, otro como una pregunta. En un fascinante experimento de campo, los investigadores les reprodujeron los silbidos de dos machos unidos mientras nadaban juntos, y escucharon a cambio lo que los científicos a bordo llamaron, entre risas, el "silbido WTF." Los delfines estaban confundidos si estaban juntos. ¿Por qué alguien los estaba llamando por sus nombres?

LO QUE LAS BALLENAS SIEMPRE HAN SABIDO

La vieja pregunta qué separa a los humanos de otros animales siempre ha tenido una respuesta corta: el lenguaje. Nosotros hablamos, ellos no. Los cetáceos del Mar de Cortés están desmontando en silencio esa historia.

Los cachalotes tienen un alfabeto fonético y dialectos específicos de cada familia que se transmiten a través de líneas maternas. Las canciones de las ballenas jorobadas siguen las leyes estadísticas del lenguaje humano y se extienden por las cuencas oceánicas como revoluciones culturales. Las madres ballenas grises susurran a sus crías con una voz reservada solo para ellas. Las orcas nunca se separan de sus familias y hablan con acentos únicos de su manada. Los delfines inventan nombres para sí mismos, recuerdan a sus amigos a lo largo de décadas e incluso pueden hablar de individuos que no están en la habitación.

Estas no son metáforas ni proyecciones. Son comportamientos de parejas, revisados y documentados y revisados. Apuntan a algo emocionante y aleccionador: el Mar de Cortés no es simplemente un lugar hermoso para nadar. Es un mundo de conversación continua: de amor, estrategia e identidad expresada a través del sonido, a través de generaciones de animales que son nuestros parientes, de maneras que apenas comenzamos a comprender.

El Proyecto CETI está aplicando aprendizaje automático, robótica e inteligencia artificial a las codas de las familias de cachalotes de Dominica, con la esperanza de traducir lo que realmente están diciendo. Cuando llegue esa respuesta, no será un simple descubrimiento científico. Será un primer contacto.



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