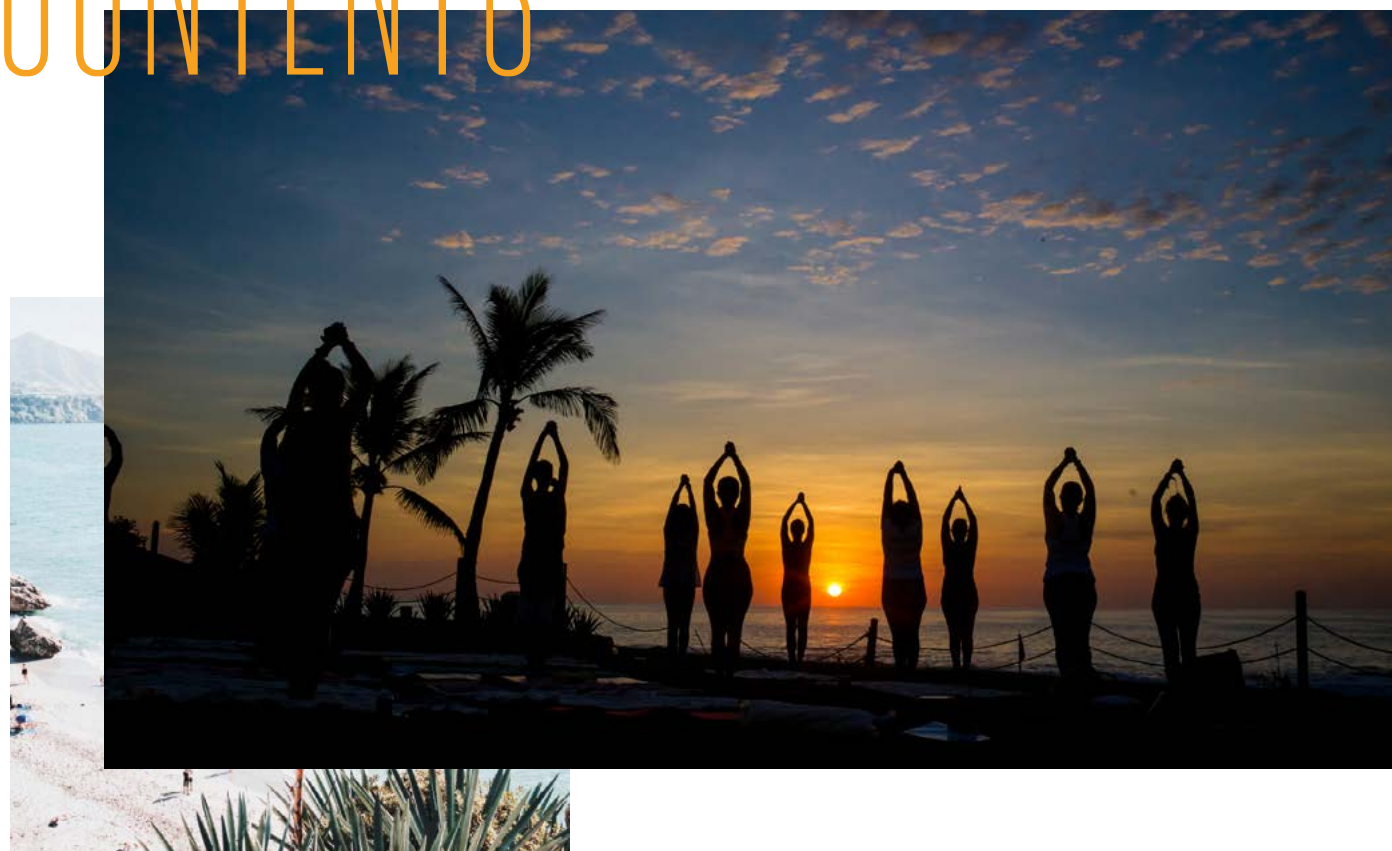


# LOS CABOS

## WELLNESS GUIDE



# TABLE OF CONTENTS



## THE PERFECT WELLNESS DESTINATION

*Los Cabos is a one-of-a-kind destination surrounded by the Sea of Cortez, the Pacific Ocean, a large desert and mountains. Its unparalleled natural beauty, mesmerizing landscapes and biodiversity allow visitors to connect with one's inner self and harmonize with the body, mind and spirit.*

**03 //** The Perfect Wellness Destination

**04 //** Where to Stay in Los Cabos

**14 //** Retreats & Events

**16 //** Healthy Gastronomy

**18 //** What to Do in Los Cabos

**22 //** Sustainability

**24 //** Blue Flag Beaches

**26 //** Insights and General Information

**29 //** Medical Assistance

**30 //** Health and Safety Protocols

**31 //** Los Cabos Specialist

Los Cabos is located at the tip of Baja California marked by the iconic Arch at Land's End. It is made of two towns, Cabo San Lucas and San José del Cabo, connected by a 20-mile tourist corridor and two new tourism corridors on the Pacific Ocean and the East Cape.

Luxury resorts make up more than 80 percent of all available lodging in the destination. In addition to the variety of high-end accommodations, the destination offers championship, celebrity-designed golf courses, award-winning cuisine, thrilling natural activities and world-class wellness and spa facilities focused

on renewal, regeneration and well-being. These state-of-the-art facilities offer services and treatments using innovative relaxation techniques, natural elements and avantgarde recovery therapies.

Resorts in Los Cabos have preserved our ancestral wisdom using special herbs and plants to heal and energize our mind, body and soul through different techniques unique in the area along with wellness experiences, fitness, yoga workshops as well as inherited rituals around the phases of the moon, cacao ceremonies, among others.

Explore the gastronomy of Los Cabos through its robust flavors, textures, and essences. Enjoy a variety of healthy and organic products grown locally on farms to have the best farm-to-table experience.

**Los Cabos invites you to experience a spiritual connection with the destination, in particular with the spectacular sunrises and picture-perfect sunsets in a framework of unique contrasts that charge with positive energy.**

# WHERE TO STAY IN LOS CABOS



## CABO SAN LUCAS / PACIFIC

1. Grand Solmar At Rancho San Lucas
2. Diamante Cabo San Lucas
3. Nobu Hotel Los Cabos
4. Hard Rock Hotel Los Cabos
5. Pueblo Bonito Pacífica Golf & Spa Resort
6. Montecristo Estates Luxury Villas
7. Pueblo Bonito Sunset Beach Golf & Spa Resort
8. Waldorf Astoria Los Cabos Pedregal
9. Sandos Finisterra Los Cabos
10. Playa Grande Resort & Grand Spa
11. Solmar Resort
12. Grand Solmar Land's End Resort & Spa

## CABO SAN LUCAS / SEA OF CORTEZ

13. Breathless Cabo San Lucas Resort & Spa
14. Cabo Villas Beach Resort & Spa
15. Casa Dorada Los Cabos Resort & Spa
16. Me Cabo
17. Pueblo Bonito Rosé Resort & Spa
18. Villa Del Arco Beach Resort & Spa
19. Hotel Riu Santa Fé
20. Hotel Riu Palace Cabo San Lucas
21. Hotel Riu Palace Baja California

## TOURIST CORRIDOR

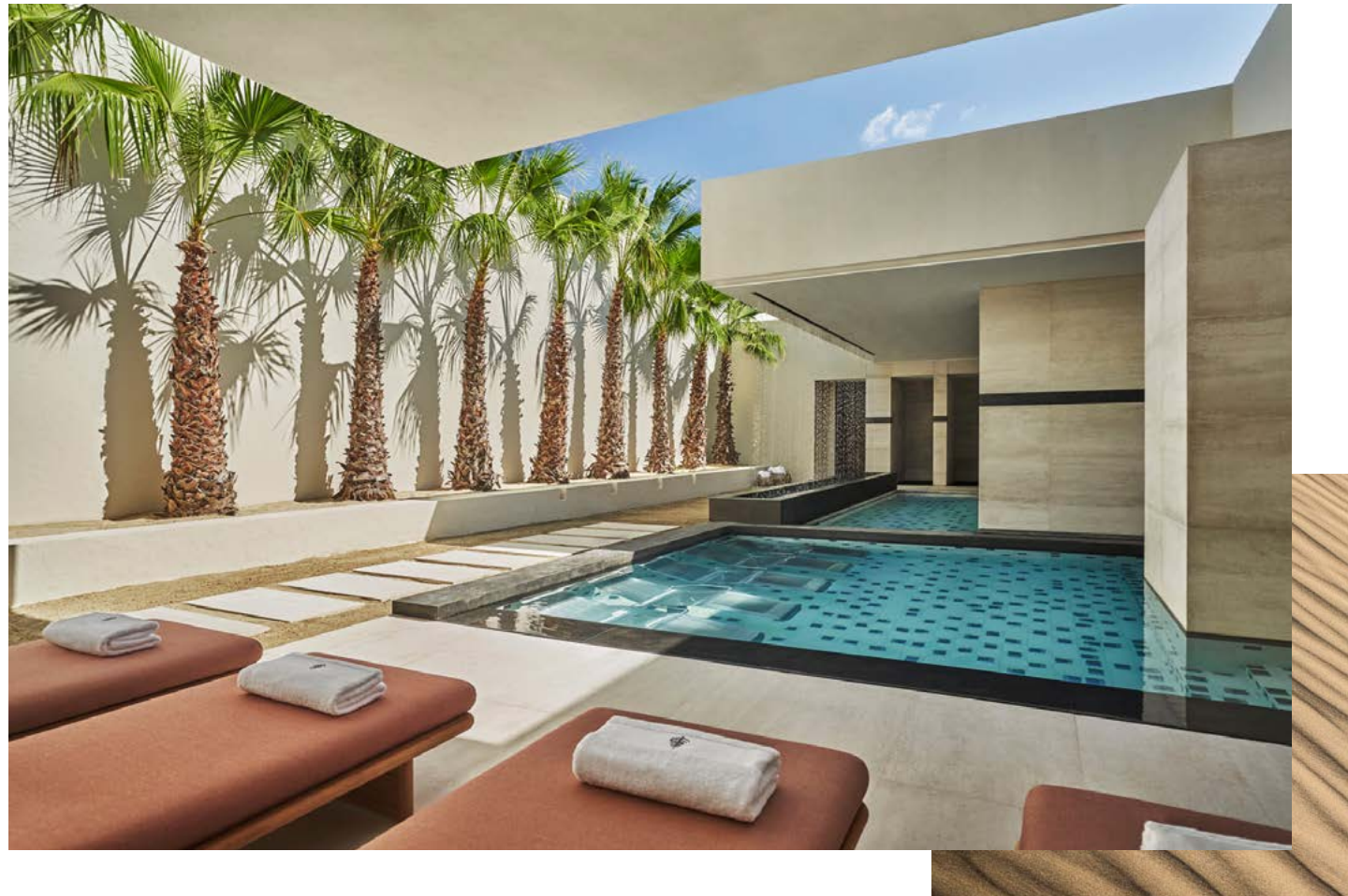
22. The Cape, A Thompson Hotel
23. Esperanza, An Auberge Resort
24. Hacienda Encantada Resort & Spa
25. Fiesta Americana Grand Los Cabos Golf & Spa Resort
26. Montage Los Cabos
27. Chileno Bay Resort & Residences
28. Grand Velas Los Cabos
29. Garza Blanca Resort & Spa Los Cabos
30. Le Blanc Spa Resort
31. Solaz, A Luxury Collection Resort
32. Dreams Los Cabos Suites Golf Resort & Spa
33. Casa Del Mar Golf Resort & Spa
34. Las Ventanas Al Paraíso, A Rosewood Resort
35. Paradisus Los Cabos
36. Hilton Los Cabos Beach & Golf Resort
37. Marquis Los Cabos All Inclusive Resort & Spa
38. Hampton Inn & Suites By Hilton Los Cabos

## SAN JOSÉ DEL CABO

39. One&Only Palmilla
40. Reflect Los Cabos Resort & Spa
41. Hyatt Ziva Los Cabos
42. Viceroy Los Cabos
43. Barceló Gran Faro Los Cabos
44. Cabo Azul Resort
45. Hotel El Ganzo
46. Secrets Puerto Los Cabos
47. JW Marriott Los Cabos
48. Zadún, A Ritz-Carlton Reserve

## EAST CAPE

49. Four Seasons Resort



# WHERE TO STAY IN LOS CABOS

## CABO SAN LUCAS / PACIFICO

### Grand Solmar at Rancho San Lucas Resort Golf & Spa

European Plan | 130 Rooms

The Spa by the Ocean at Grand Solmar  
Signature Treatment: Tamma Wakoe

The Spa by the Ocean at Grand Solmar was designed to represent the ocean and rock formations surrounded by dunes and desert plants.



▶ Visit Website

### Diamante Cabo San Lucas

Time Share | 296 Rooms

The Spa at Diamante  
Signature Treatment: Diamante spa

The Spa combines the finest spa products available on the market with plants and other materials native to the Cabo region to provide a unique "Diamond" experience.



▶ Visit Website

### Nobu Hotel Los Cabos

European Plan | 200 Rooms

Esencia Wellness Spa  
Signature Treatment: Nobu Nagomi Ritual, Nobu Zen & Japanese Silk

Esencia Wellness Spa, where Asian-inspired traditions will ground your spirit.



▶ Visit Website

### Hard Rock Hotel Los Cabos

All Inclusive | 639 Rooms

Rock Spa®  
Signature Treatment: Rhythm & Motion Services

Balance. Serenity. Tranquility. A mantra that sums up the luxurious, ultra-pampering world of famed Rock Spa®.



▶ Visit Website



### Pueblo Bonito Pacifica Golf & Spa

Resort European Plan | All Inclusive | 201 Rooms

Armonia Spa  
Signature Treatment: Luxury Massage

Armonia is a full-service holistic spa offering a comprehensive menu of wellness-oriented.



▶ Visit Website

### Pueblo Bonito Montecristo Estates Luxury Villas

European Plan | All Inclusive | 136 Rooms

Armonia Spa  
Signature Treatment: Armonia Signature Massage

European-style Armonia Spa at Montecristo Estates Luxury Villas reflects the refined simplicity of a Mexican hacienda with modern Mexican decor and a serene and holistic desert theme.



▶ Visit Website

### Pueblo Bonito Sunset Beach Golf & Spa Resort

European Plan | All Inclusive | 755 Rooms

Armonia Spa  
Signature Treatment: Armonia Signature Massage

The Armonia Spa at Sunset Beach offers an extensive menu of European-inspired body treatments and massage therapies, complete salon service.



▶ Visit Website

### Waldorf Astoria Los Cabos Pedregal

European Plan | 116 Rooms

Waldorf Astoria Spa  
Signature Treatment: Signature Moon Spa Treatment

Waldorf Astoria Spa's inspiration comes from three central themes - The Moon, The Sea, and Mexican Folk Healing.



▶ Visit Website

### Sandos Finisterra Los Cabos

All Inclusive | 270 Rooms

Spa del Mar  
Signature Treatment: Sandos Special Massage

Spa del Mar is integrated into the mountainside and complemented by Baja California style décor.



▶ Visit Website

### Playa Grande Resort & Grand Spa

European Plan | 357 Rooms

Playa Grande Spa  
Signature Treatment: Playa Grande Signature Massage

Escape the stress of everyday with rejuvenating spa experiences, including massages, body treatments, facials, exotic rituals and salon services.



▶ Visit Website

### Solmar Hotels & Resorts

European Plan | 102 Rooms

Solmar Spa Cabanas  
Signature Treatment: Solmar Signature Massage

Spa experience right on a golden beach with the sights and sounds of the ocean just a few feet away.



▶ Visit Website

### Grand Solmar Land's End Resort & Spa

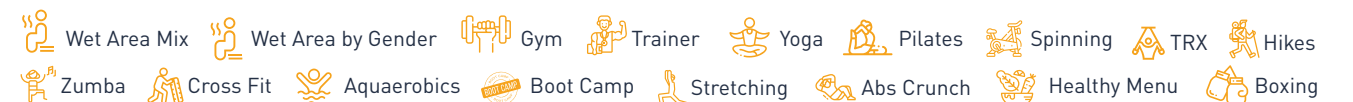
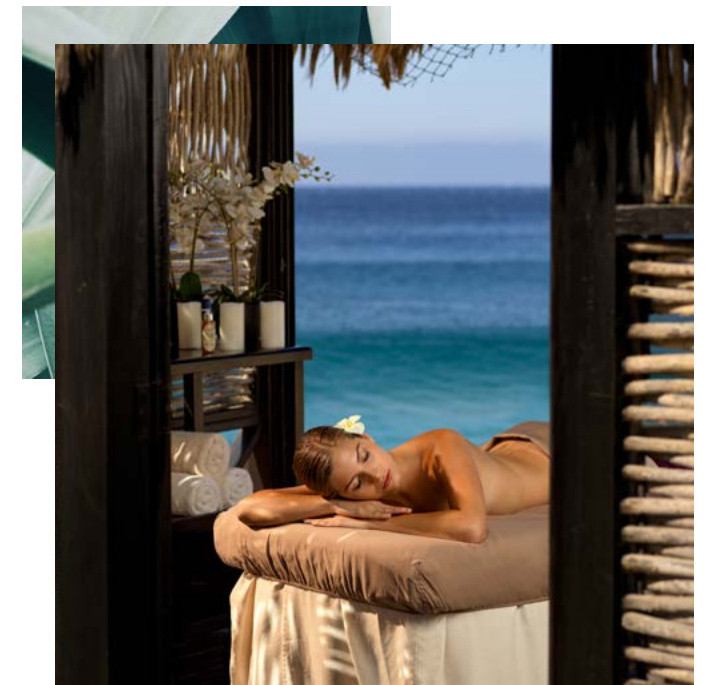
European Plan | 247 Rooms

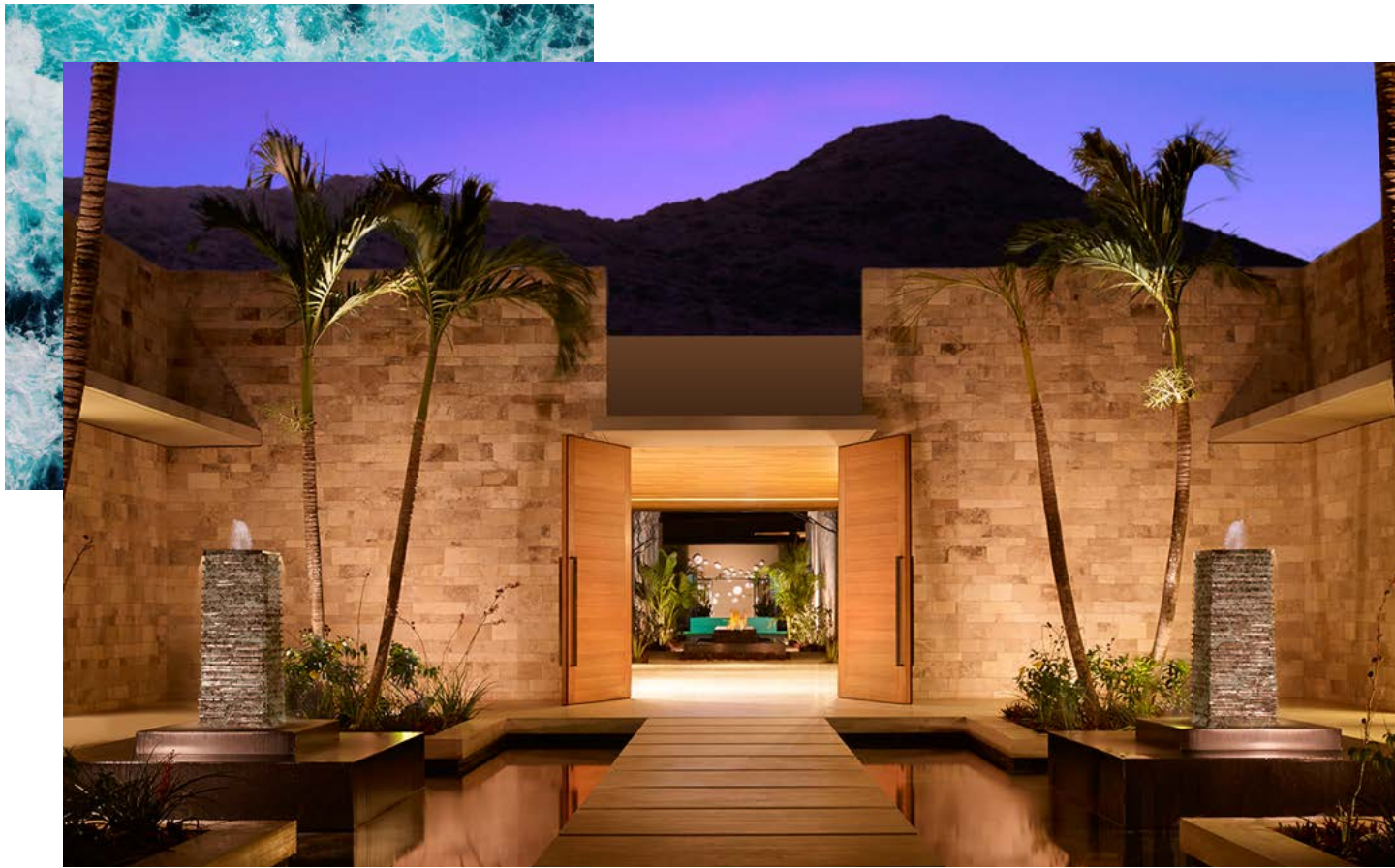
Sea Spa at Land's End  
Signature Treatment: The Experience

Sea Spa at Land's end Surrounded by the Pacific Ocean and housed between the rocks at Land's End, discover the relaxing expression of nature.



▶ Visit Website





## CABO SAN LUCAS / SEA OF CORTEZ

### Breathless Cabos San Lucas Resort & Spa

Unlimited-Luxury | 169 Rooms

#### Relax Spa by Pevonia®

Signature Treatment: Breathless Signature

Breathe Deep at the world-class relax Spa by Pevonia® and relish in a selection of luxurious and innovative treatments that will stimulate your senses.

[Visit Website](#)

### Cabo Villas Beach Resort & Spa

European Plan | 100 Rooms

#### Sparitual

Signature Treatment: Masaje Signature

Sparitual is the only resort and Spa in Los Cabos with IMNC certification (Instituto Mexicano de Normalización y Certificación).

[Visit Website](#)

### Casa Dorada Los Cabos Resort & Spa

European Plan | 181 Rooms

#### Saltwater Spa

Signature Treatment: Saltwater Signature Massage

Saltwater Spa select from a signature collection of massage, body and skincare treatments – all using products by Natura Bisseé.

[Visit Website](#)

### ME Cabo All Inclusive | 350 Rooms

#### YHI Spa

Signature Treatment: YHI Signature

According to Australian mythology YHI is the goddess of light. She is also the Name sake for this Zen-like sanctuary and holistic spa in Cabo. YHI invites guests to “Invigorate Your Senses”.

[Visit Website](#)



### Pueblo Bonito Rosé Resort & Spa

European Plan & All Inclusive | 407 Rooms

#### Armonía Spa

Signature Treatment: Armonía Signature ritual (Ritual Prehispánico)

The design of the spa is influenced by Mediterranean-style architecture, with marble flourishes, relaxing warm colors and delightful lighting.

[Visit Website](#)

### Villa del Arco Beach Resort & Spa

European Plan & All Inclusive | 225 Rooms

#### Desert Spa

Signature Treatment: The Signature Desert Spa Massage

Desert Spa and Fitness Center Los Cabos “Relaxation and wellbeing in a uniquely accommodating environment”

[Visit Website](#)

### Hotel Riu Santa Fé All Inclusive | 1190 Rooms

#### Renova Spa

Signature Treatment: Pacific Breeze

Renova Spa is perfectly blended with the desert landscape that prevails in the Baja California area.

[Visit Website](#)

### Hotel Riu Palace Cabo San Lucas

All Inclusive | 602 Rooms

#### Renova Spa

Signature Treatment: Armonía Marina

Renova Spa is perfectly blended with the desert landscape that prevails in the Baja California area.

[Visit Website](#)

### Hotel Riu Palace Baja California

All Inclusive | 692 Rooms

#### Renova Spa

Signature Treatment: Ocean Harmony

Renova Spa is perfectly blended with the desert landscape that prevails in the Baja California area.

[Visit Website](#)

## TOURIST CORRIDOR

### The Cape, a Thompson Hotel

European Plan | 160 Rooms

#### Currents Spa

Signature Treatment: Currents massage

Nestled in one of the natural rock formations found at Los Cabos Spa resort, a subtle interplay of light and shade conspire with the calming cadence of the ocean waves for a transcendent spa experience in Cabo San Lucas.

[Visit Website](#)

### Esperanza, an Auberge Resort

European Plan | 62 Rooms

#### Esperanza Spa

Signature Treatment: Auberge Head To Toe, Best of Auberge Facial

Our wellness guru came to Esperanza with a vision of breaking down barriers and letting the outside in. Treatments harness the healing powers of local plants.

[Visit Website](#)

- Wet Area Mix
- Wet Area by Gender
- Gym
- Trainer
- Yoga
- Pilates
- Spinning
- TRX
- Hikes
- Zumba
- Cross Fit
- Aquaerobics
- Boot Camp
- Stretching
- Abs Crunch
- Healthy Menu
- Boxing

## Hacienda Encantada Resort & Residences

European Plan | 63 Rooms

### Milagro spa

Signature Treatment: Vista Encantada Experience

Milagro Spa have rescue ancestral wisdom in the use of herbs and plants on the healing and life-giving energy for spirit and body in different remedies sharing in unique experiences full of Mexico.



▶ Visit Website

## Grand Fiesta Americana Los Cabos

All Inclusive Golf & Spa All Inclusive | 547 Rooms

### Somma Wine Spa

Signature Treatment: Le Vin Chardonnay

The SOMMA Wine SPA is the only Spa in Los Cabos and Mexico that incorporates the benefits of wine—Vinotherapy—to help you relax and beautify your body.



▶ Visit Website

## Montage Los Cabos

European Plan | 150 Rooms

### Spa Montage

Signature Treatment: The Jewel of Baja - Mezcal Renewal Massage - Piece within - Pure bliss

This nurturing refuge offers a unique experience steeped in the beauty and healing powers of its incredible surroundings.



▶ Visit Website

## Chileno Bay Resort & Residences

European Plan | 150 Rooms

### The Auberge Spa

Signature Treatment: Chileno Reboot 90 min, Metabolic Melt treatment 90 min

Begin in a refreshing mist alcove before winding through healing elements like our salt inhalation room lined with pink Himalayan salt, and ending in a soak in the serene reflexology pool, where you can rest in nature.



▶ Visit Website

## Grand Velas Los Cabos

All Inclusive | 307 Rooms

### SE Spa

Signature Treatment: Blue Agave candle Massage

Treatments incorporate the latest technology and elements of the desert landscape with Mexican healing essentials found in nature.



▶ Visit Website



## Garza Blanca Resort & Spa Los Cabos

European Plan & All Inclusive | 315 Rooms

### Spa Imagine

Signature Treatment: 7 Chakras ritual

7 chakras inspiration, cabinetes with ocean view and relaxation area. Hydrotherapy Area.



▶ Visit Website

## Le Blanc Spa Resort Los Cabos

All Inclusive | 374 Rooms

### BlancSpa

Signature Treatment: Pericu Massage

Discover a level of bliss not commonly found in the outside world. The spa is intimate, indulgent, and ready to treat you to a robust menu of extraordinary treatments. The hardest part of experiencing BlancSpa is leaving.



▶ Visit Website

## Solaz, A Luxury Collection Resort

European Plan | 113 Rooms

### Ojo de Liebre Los Cabos Spa

Signature Treatment: Gemstone body treatment and energy

Immerse in a world of stimulating experiences to your senses, feel the rare textures and exquisite aromas of this colorful oasis.



▶ Visit Website

## Dreams Los Cabos Suites Golf Resort & Spa

All Inclusive | 308 Rooms

### Dreams Spa by Pevonia®

Signature Treatment: Dreams Exclusive Facial & Welcome dreams package

Spanning nearly 3,000 square feet, the on-site spa at Dreams Los Cabos Suites Golf Resort & Spa.



▶ Visit Website

## Casa del Mar Golf Resort & Spa

European Plan | 70 Rooms

### Sueños del Mar Spa

Signature Treatment: Sueños del Mar Unique

The Sueños del Mar Spa spans nearly 4,900 square feet /1,490 square meters, offering to guests exclusive signature and Pre-Hispanic treatments.



▶ Visit Website

## Las Ventanas al Paraiso, A Rosewood Resort

European Plan | 70 Rooms

### The Spa at Las Ventanas

Signature Treatment: Las Ventanas Signature Massage

Inspired by Baja's ancient healers, The Spa at Las Ventanas al Paraiso taps into the powers of the Four Elements - earth, air, fire and water - to deliver the ultimate well-being treatments, which incorporate local ingredients and the latest global innovations to purify, restore and rejuvenate the mind, body and soul.



▶ Visit Website

## Paradisus Los Cabos

All Inclusive | 350 Rooms

### YHI Spa

Signature Treatment: YHI Signature Massage

Extraordinary treatments using the most prestigious products to nourish, revive, rejuvenate and relax your entire being.



▶ Visit Website

## Hilton Los Cabos Beach & Golf Resort

European Plan | 375 Rooms

### Eforea Spa

Signature Treatment: Xoco-Tequila Native experience

Eforea Spa Los Cabos is a inspiring and restorative retreat that offers a collection of unique local ancient remedies inspired treatments and innovative mindful experience.



▶ Visit Website

## Marquis Los Cabos All Inclusive Resort & Spa

All Inclusive | 235 Rooms

### Spa Marquis

Signature Treatment: Abhyanga Massage

Spa Marquis is a 13,000 square-foot oasis of pure tranquility; skilled therapists offer a range of holistic face and body treatments, crafted with indigenous natural ingredients including clay, salts, seaweeds, and essential oils.



▶ Visit Website

## Hampton Inn & Suites by Hilton Los Cabos

European Plan | 95 Rooms

### Manoma Spa

Signature Treatment: Hydrafacial

Spa & Wellness Center with over 10 years of experience, inspiring the healthy person inside of you. Services help you find the balance between body, mind and spirit, promoting an alternative, healthy and balanced lifestyle.



[Visit Website](#)



## SAN JOSE DEL CABO

### One&Only Palmilla

European Plan | 173 Rooms

#### One&Only Spa

Signature Treatment: Palmilla Massage

Immerse yourself in the purity of the One&Only Spa, a sanctuary of wellbeing that embodies all the natural warmth and hospitality of Mexico itself.



[Visit Website](#)

### Reflect Los Cabos Resort & Spa

All Inclusive | 430 Rooms

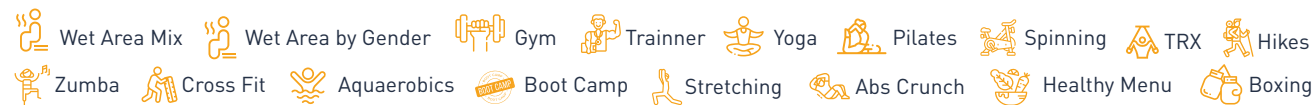
#### Reflect Spa by Pevonia®

Signature Treatment: Reflect Exclusive Facial 50 min

Reflect Spa offers 3 couples cabinets, 3 singles and a beauty salon.



[Visit Website](#)



### Hyatt Ziva Los Cabos

All Inclusive | 591 Rooms

#### Zen Spa

Signature Treatment: Zen Massage

Refresh your body and awaken your spirit at Zen SPA.



[Visit Website](#)

### Viceroy Los Cabos

European Plan | 189 Rooms

#### THE SPA

Signature Treatment: Viceroy Signature Experience

The Spa at Viceroy Los Cabos is a 11,000 sq.ft. full-service luxury spa offers guests a wide range of holistic treatments.



[Visit Website](#)

### Barceló Gran Faro Los Cabos

All Inclusive | 350 Rooms

#### Deep Blue Spa

Signature Treatment: Destello de Cielo para 2

Holistic concept Spa.



[Visit Website](#)

### Cabo Azul Resort

European Plan | 322 Rooms

#### Paz Body and Mind Spa

Signature Treatment: Paz Signature Massage

With a zen-like ambiance, this award-winning spa boasts luxurious amenities, aromatherapy and stunning facilities.



[Visit Website](#)

### Hotel El Ganzo

European Plan | 69 Rooms

#### Spa at El Ganzo

Signature Treatment: Signature (Ayurvedic Pindas)

Facilities include five cabins with private washroom and terrace. One is a couple's cabin with a hydro-massage tub on the terrace.



[Visit Website](#)

### Secrets Puerto Los Cabos

All Inclusive | 500 Rooms

#### Secrets Spa by Pevonia®

Signature Treatment: Your Secret Potion Exclusive Facial

Spanning nearly 13,000 sq. ft., the magnificent Secrets Spa by Pevonia® treats you with dozens of pampering choices. Experience pure indulgence through a combination of the latest hydrotherapy and indigenous treatments.



[Visit Website](#)

### JW Marriott Los Cabos

European Plan | 299 Rooms

#### Jasha Spa

Signature Treatment: Baja Couple's Retreat

Through sophisticated and pure experiences, JASHA Spa harmonizes well-being and indulgence. With an integrated experience in a stunning location, guests are immersed in the art of living-well.



[Visit Website](#)

### Zadún, A Ritz-Carlton Reserve

European Plan | 115 Rooms

#### Spa Alkemia

Signature Treatment: Alkemia Massage , Baja Amor body treatment.

Alkemia Spa is a unique, immersive place blending ancestral and modern Mexico. Here, one can transform physically and emotionally.



[Visit Website](#)

## EAST CAPE

### Four Seasons Resort Los Cabos

European Plan | 141 Rooms

#### Oasis Spa

Signature Treatment: Oasis Signature Massage

An indigenous experience that immerses mind, body, and spirit in elemental luxury.



[Visit Website](#)

# RETREATS AND EVENTS

These retreats are designed to awaken your chakras and energize your soul. Choose a personal retreat and let it give you a life-changing experience. Or simply come to relax and rejuvenate at our beautiful facilities where the magical bliss of Baja California Sur will cleanse your soul and lighten your spirit.



## CASA TARA HOTEL - WELLNESS YOGA RETREAT

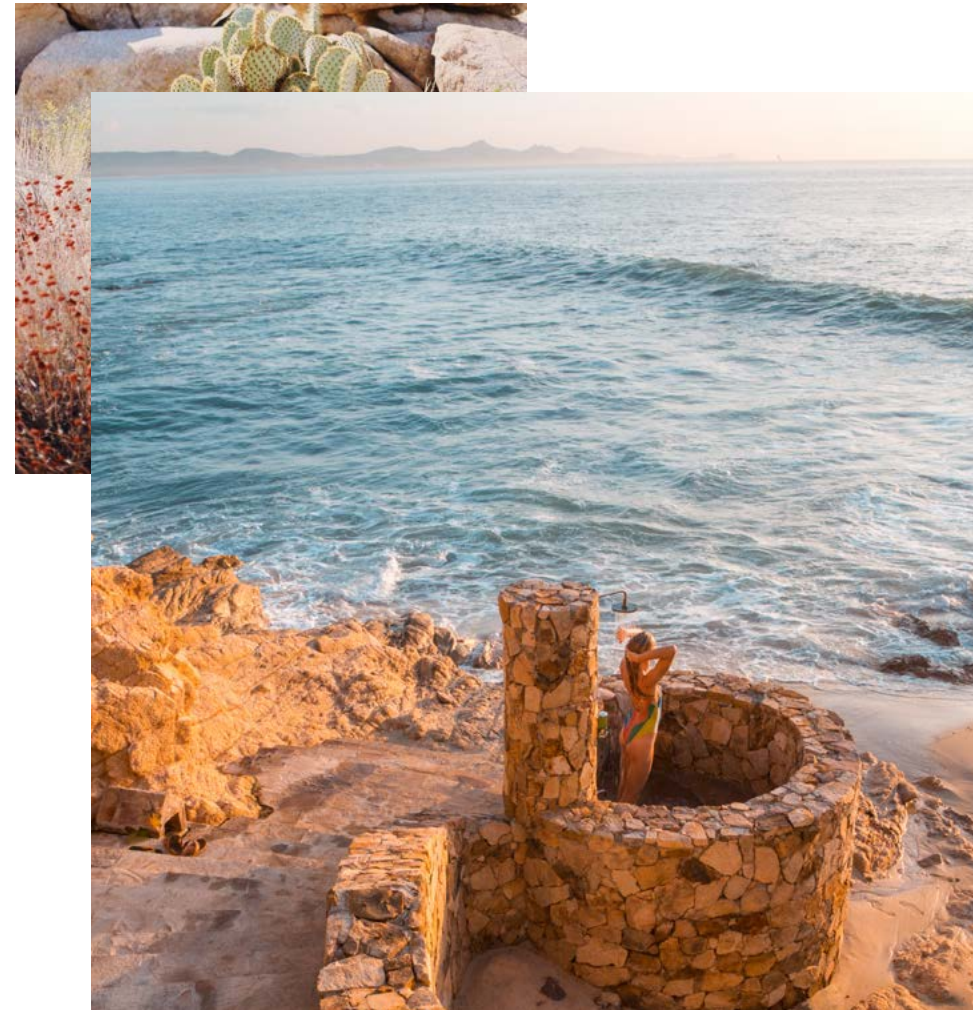
[casatararetreat.com](http://casatararetreat.com)

Attending to your mental wellbeing as well as your physical wellbeing is key. Sure, you can lay on the sand and feel relaxed, but some of us need some guidance to get truly Zen and that's what Casa Tara can do. This exotic yoga and wellness retreat is just a short hop from Los Cabos and offers a variety of events and retreats that can help you find a happy headspace and reset yourself for a few days.

## PRANA DEL MAR

[pranadelmar.com](http://pranadelmar.com)

Prana Del Mar beachfront retreat & wellness center at the southern tip of Baja features luxurious rooms and suites, delicious cuisine, and internationally-acclaimed yoga teachers in a tranquil setting on the Pacific Ocean. It offers a wide array of yoga retreat options – some delving deeply into all aspects of the yoga tradition, others focused on mixing yoga with local adventures, and others still dedicated to pure relaxation and revitalization. Come to deepen your practice and enjoy a relaxing escape.



## GYPSY CANYON

[gypsyncanyonbaja.com](http://gypsyncanyonbaja.com)

Gypsy Canyon is the perfect place to host a special retreat or gathering, unplug and experience Baja as you've never imagined. Just ten minutes outside of Todos Santos, you can sleep under the stars in luxuriously appointed glamping tents.

## PACHAMAMA MEXICO

[pachamamamexico.com](http://pachamamamexico.com)

Pachamama Mexico is a yoga retreat and boutique hotel situated in the outskirts of the beautiful town of Todos Santos, surrounded by the breathtaking landscape of the Baja peninsula. Our focus is to provide a peaceful space that allows the expansion of each guest's wellbeing from a yogic approach. Retreats are designed to awaken your chakras and energize your soul.

## RUKHSANA'S

[retreatcabo.com](http://retreatcabo.com)

Rukhsana's Wellness Heavenly Retreat offers a diverse range of courses and workshops, while rejuvenating your authentic self, mind, body and soul, under the Mexican sun. Set atop a hill, with endless ocean views, surrounded by beautiful lush gardens offer holistic vegetarian food and isolation from the stresses of daily living. At one with nature, an extension of the divinity, your experience may include an Ayurvedic workshop, professional Ayurvedic body treatments or taking an inward journey through which, you discover your true self.



 **CHOPRA CENTER**  
CERTIFIED INSTRUCTOR





## HEALTHY GASTRONOMY

With the Pacific Ocean and Sea of Cortez surrounding its coast, Los Cabos serves as the perfect locale for fresh seafood and tasteful Mexican cuisine.

**The destination's local food scene is thriving with award-winning restaurants, new options, and long-time favorites, and acclaimed international chefs serving up a variety of unique dishes.**

Farm fresh fare harvested locally provides high quality and healthy options to the recognized chefs who are inspired to create a wide variety of dishes for health-conscious guests. The destination is also home to some certified organic farms, some dating back to the 19th century. The farms offer private bilingual tours of their grounds to teach the public about organic farming and its benefits as well as engaging cooking classes.

Many restaurants in the destination have options for those with dietary restrictions like gluten-free, dairy-free, vegetarian, vegan, and kosher. Additionally, special menus may be offered in any of the local restaurants or dining establishments inside the resorts with advanced notice.

A sample of dining options:

### FARM TO TABLE:

#### CABO SAN LUCAS

Malibu Farm at Nobu Hotel Los Cabos

▶ [loscabos.nobuhotels.com](http://loscabos.nobuhotels.com)

Mint Jungle & Amber's Market

▶ [mintjunglebar.com/](http://mintjunglebar.com/)

Tomatillos Farm to Table Restaurant at Villa del Palmar Beach Resort & Spa

▶ [cabo.villadelpalmar.mx](http://cabo.villadelpalmar.mx)

El Huerto

▶ [elhuertorestaurant.com](http://elhuertorestaurant.com)



#### SAN JOSÉ DEL CABO

Acre

▶ [acrebaja.com](http://acrebaja.com)

Flora's Field Kitchen at Flora Farms

▶ [flora-farms.com](http://flora-farms.com)

Los Tamarindos

▶ [lostamarindos.mx](http://lostamarindos.mx)

Puerto Raiz

▶ [puertoraiz.com](http://puertoraiz.com)

### VEGAN & VEGETARIAN RESTAURANTS:

#### CABO SAN LUCAS

Elements Los Cabos

▶ [elements-restaurant-los-cabos.business.site](http://elements-restaurant-los-cabos.business.site)

La Rana Vegana

▶ [facebook.com/LaRanaVegana](https://facebook.com/LaRanaVegana)

Mako Vegan & Veggie Restaurant

▶ [facebook.com/makocaboveggie](https://facebook.com/makocaboveggie)

#### SAN JOSÉ DEL CABO

Chula Vegan Café

▶ [facebook.com/chulacafe](https://facebook.com/chulacafe)

Cynthia Fresh! Restaurant and Organic Market

▶ [facebook.com/Cynthia-Fresh-Organic-Restaurant](https://facebook.com/Cynthia-Fresh-Organic-Restaurant)

Mi Vegano Favorito

▶ [instagram.com/miveganofavorito](https://instagram.com/miveganofavorito)



# WHAT TO DO IN LOS CABOS

**Due to its perfect location, weather, biodiversity and natural wonders, a wellness trip in Los Cabos allows you to maintain, enhance, or kick-start a healthy lifestyle.**

Increase your senses trekking to the gorgeous tiered waterfalls near Santiago, a steep ascent up El Picacho in the UNESCO-protected Sierra de la Laguna mountain range or with a diving experience at the National Marine Park at Cabo Pulmo, you'll get an entirely different view of Los Cabos.

## ART TO TABLE

This special tour is an immersion in art, amongst brush strokes and lines traced with the dinner ingredients.

▶ [patriciamendozagallery.com](http://patriciamendozagallery.com)

## BIKING

Whether you are a hardcore biker or novice, mountain biking the trails of Los Cabos is a must-do activity to get the flavor of the Baja. Pedal over well-worn paths along mountainside or take a more leisurely cruise by surrounding mountains and crashing waves will surely draw you near to nature.

▶ [cabo-adventures.com](http://cabo-adventures.com)

## HIKING

Hiking is a favorite pastime of the area as various trails are located near indigenous flora and fauna from Sierra de la Laguna, Rancho Cacachilas to Estero San Jose del Cabo for the hiker to experience the beauty all around.

Some trails even make your way through the Fox Canyon waterfall. You will be rewarded for your efforts on this uphill Cabo hike as there is a beautiful river along the way and fresh-water pool, natural water slides, and a larger pool nestled at the base of a waterfall.

▶ [hightideloscabos.com](http://hightideloscabos.com) | ▶ [incabotravel.com](http://incabotravel.com) | ▶ [toursarefun.com](http://toursarefun.com)

## KAYAKING

Enjoy the protected coves and serene waters of Chileno Bay, Santa Maria Bay, and Lovers Beach. As the approach is usually silent via kayak, it is easier not to startle wildlife in its natural habit.

There are also glass bottom kayaks that allow you to see stunning sea life as you paddle through The Arch, the famous Baja Peninsula landmark where The Pacific Ocean joins the celestial emerald waters of the Sea of Cortez.

▶ [cabo-adventures.com](http://cabo-adventures.com) | ▶ [hightideloscabos.com](http://hightideloscabos.com)

## MODUVATED FITNESS CLUB

Whatever your fitness goals and ability level are, a dedicated trainer from ModuVated can help.

▶ [moduvated.com](http://moduvated.com)

## PADDLE BOARDING (SUP)

Standing up Paddleboarding is a water activity that requires balance and strength but nearly anyone can do it with the right instruction. As you paddle, you can explore the waters of Los Cabos near sea lions, sea birds, and dolphins.

▶ [cabo-adventures.com](http://cabo-adventures.com)



## RUNNING TOUR

These tours are tailor-made to fit your needs and interests as both a runner and a tourist. We design a run specifically for you! We run at your pace, the distance that you prefer and as many times of the week, you need!

▶ [Visit Website](#)

## SCUBA DIVING

Los Cabos is one of Mexico's top scuba dive destinations. Our expert dive instructors know the best locations for both beginners and more advanced divers.

Enjoy an unforgettable experience at "Cabo Pulmo" national park which is famous for its quantity of marine life and several natural reefs.

The famous "Sand falls" and "Sealion Colony" next to the Arch or a trip to "La Paz" which offers the unique opportunity to swim with whale sharks.

▶ [cabo-adventures.com](#) | ▶ [divecabo.com](#) | ▶ [caboscuba.com](#) | ▶ [cabosharkdive.com](#)

▶ [diveninjaexpeditions.com](#)

## SAN JOSÉ DEL CABO

Walk around the recently enlarged Plaza Mijares, located in the heart of the town's Historic District, surrounded by colonial buildings like the 18th century Mission of San José del Cabo.

Then take in the numerous art galleries in the color-filled back streets behind the church. We'll also explore an old fishing village and a brand-new marina before winding down with a tequila tasting and traditional dinner in town.

## SUNRISE MEDITATIONS

Wake up with the blessings of Naam to give love and gratitude to the creator for giving you this day. These special Divine Spiritual Alchemy sunrise meditations at the beach are designed to synchronize your energy and attune you with the flow of the Universe, opening your heart and expanding your mind.

*Gaby de la Rosa Harmonyum Healing*

▶ [Gabydelarosa.com](#)

## TREKKING

Emerge yourself in the naturally warm thermal spring waters that bubble up from the ground walking through Sierra de la Laguna mountain range. This experience is an excellent way to release stress and relax.

▶ [incabotravel.com](#)

## YOGA

Start your vacations full of energy and with the best vibes! Heal your mind, emotions, and body with a personal Yoga instructor.

▶ [Gabydelarosa.com](#) | ▶ [moduvated.com](#)

## BLUE LANE SWIMMING ACADEMY

Enjoy the best pool in town, 8 lane temper water. They also have functional training facilities and an indoor cycling studio.

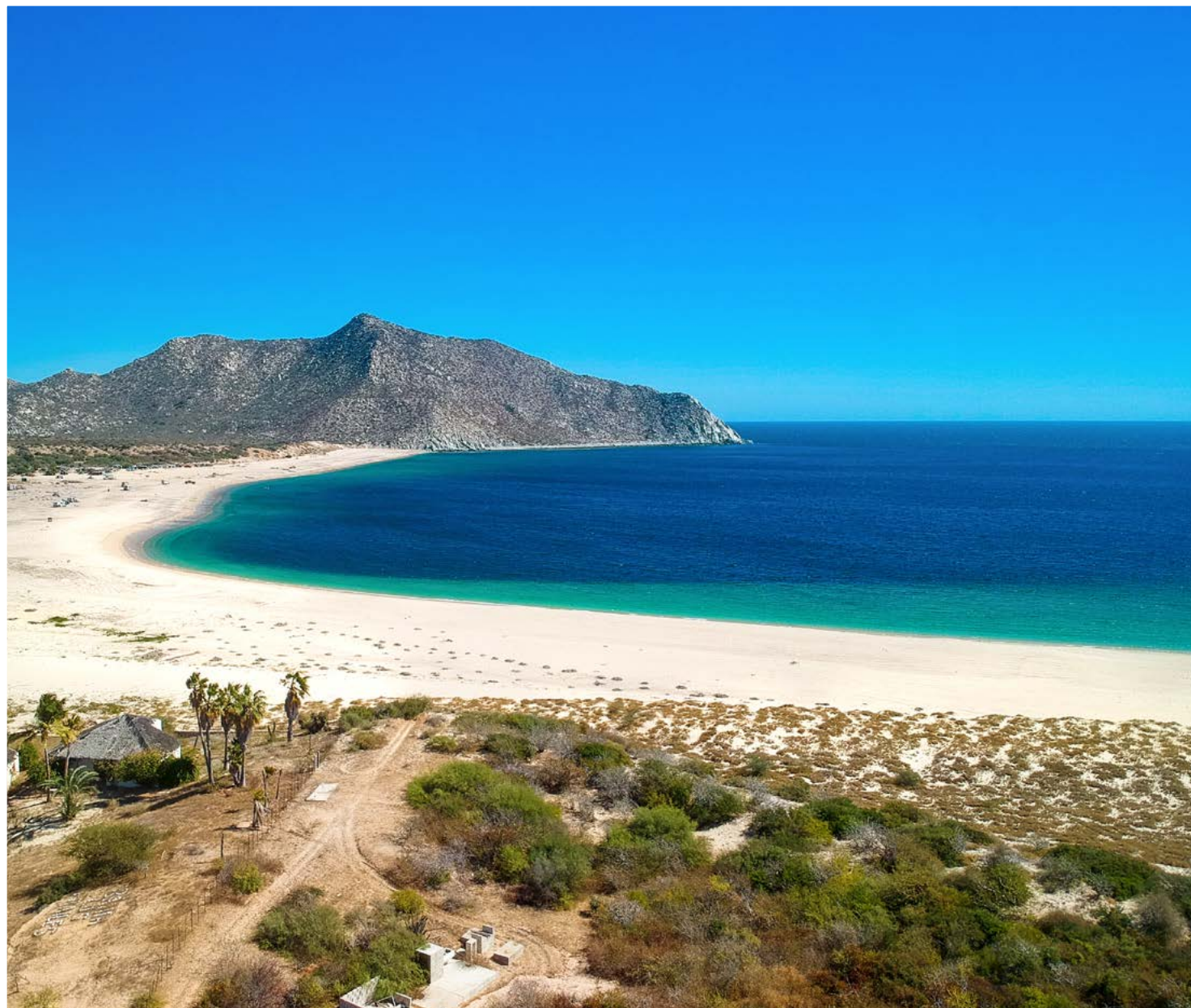
▶ [bluelaneswimming](#)

To find we must do activities please visit **Los Cabos**

**Essentials** ▶ [visitloscabos.travel/things-to-do/](#)



# SUSTAINABILITY



Los Cabos, located on the southernmost tip of Baja California Sur Peninsula, has a great cultural and historical heritage. It's privileged location attracts people from all over the world due to its natural richness of flora and fauna necessary for sustainable development.

*The geographical location of Los Cabos is unique, its isolation from the rest of the world and its fantastic beaches allow you to restore your mind and soul.*

The protection and conservation of Los Cabos is a commitment for everyone. We are aware of the responsibility of protecting our natural resources, in order to allow the future generations to live in a world that can provide them wellbeing.

Los Cabos has been preserved pristine for decades thanks to a clean destination that cares for our oceans, the sea and mountains that do not have visual pollution of billboards, the environmental discipline of the citizens of Los Cabos, and a unique setting for marine wildlife.

The coastline, flora and fauna are protected by competent authorities. It is true that this destination is rapidly growing, but its growth is being handled with quality and responsibility, meeting high standards as other important destinations.

Twenty-two beaches in Los Cabos have the Blue Flag certification that recognizes them as "Blue Flag Beaches", an eco-label award given to beaches, marinas and sustainable boating tourism operations in the international arena, when they comply with environmental safety and educational criteria.

**All of this is the perfect setting to balance mind, body and soul.**



- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Playa Acapulquito            | 12. Médano Riu Palace Los Cabos |
| 2. Playa El Chileno             | 13. Médano Riu Santa Fe         |
| 3. Playa El Corsario            | 14. Médano Villa del Palmar     |
| 4. Playa Hacienda               | 15. Médano Villa El Arco        |
| 5. Playa Las Viudas             | 16. Médano Villa La Estancia    |
| 6. Médano Breathless            | 17. Playa Palmilla              |
| 7. Médano Casa Dorada           | 18. Playa Santa María           |
| 8. Médano Club Cascadas de Baja | 19. La Ribera                   |
| 9. Médano ME Cabo               | 20. El Monumento                |
| 10. Médano Pueblo Bonito Cabos  | 21. Playa La Gaviota            |
| 11. Médano Pueblo Bonito Rose   | 22. Playa Surgidero             |

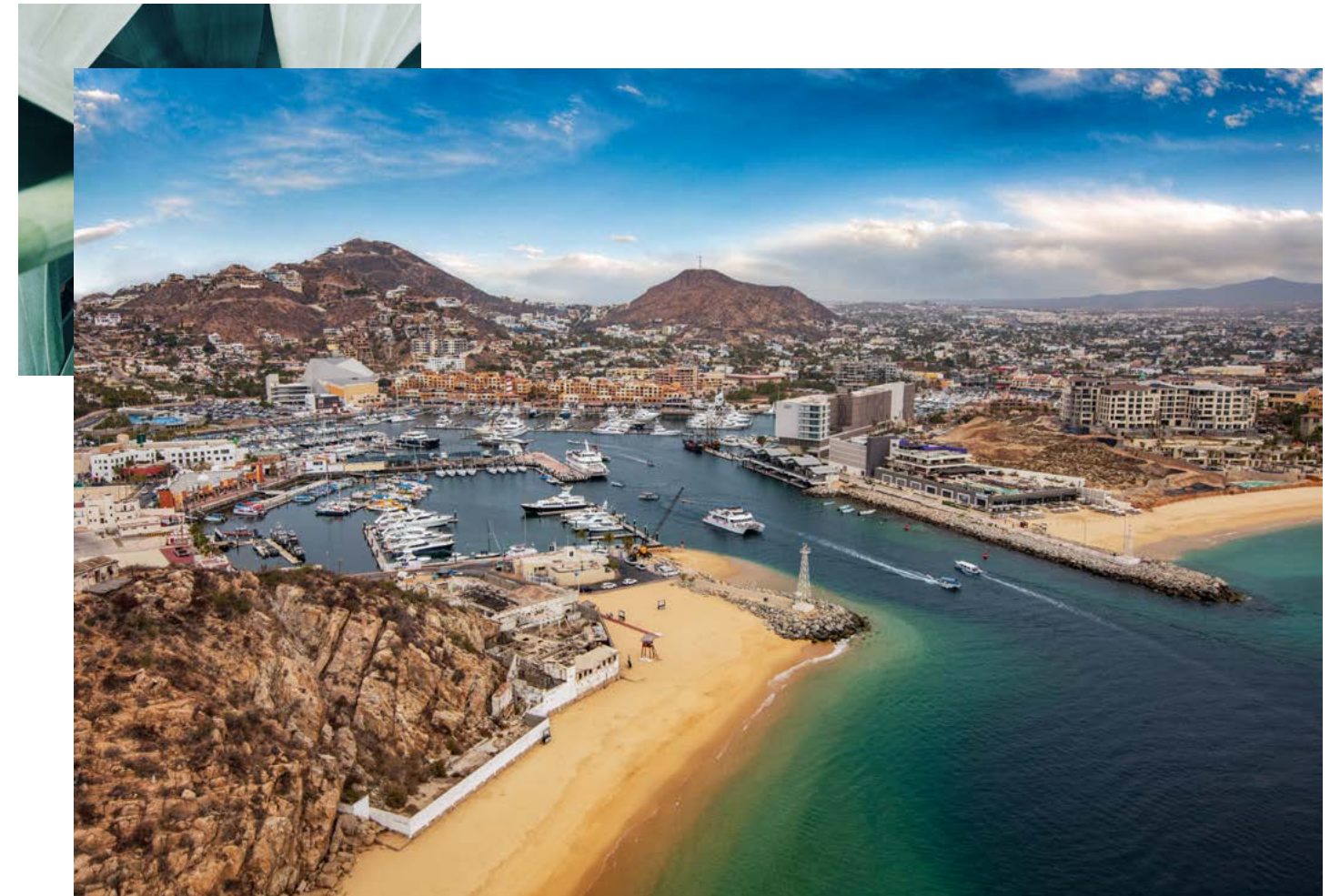


## BLUE FLAG BEACHES

**LOS CABOS: DESTINATION IN MEXICO WITH THE MOST BLUE FLAG CERTIFIED BEACHES.**

The iconic Blue Flag is one of the world’s most recognized voluntary eco-labels awarded to beaches, marinas, and sustainable boating tourism operators. In order to qualify for the Blue Flag, a series of stringent environmental, educational, safety, and accessibility criteria must be met and maintained, including public and swimmable.





# INSIGHTS AND GENERAL INFORMATION

**LOCATION:** Los Cabos refers to two towns— Cabo San Lucas and San José del Cabo — found at the end of Baja California Sur, about 1,000 miles south of San Diego, California, just south of the Tropic of Cancer.

**POPULATION:** Approximately 288,000 people live in Los Cabos.

**CLIMATE:** It's a subtropical desert. During the summer, the highs can reach 90° F with sporadic showers. Winter evenings may drop to 60° F, with daytime highs near 80° F.

**TIME ZONE:** Los Cabos is on Mountain Time (MT), which is one hour later than Pacific Time.

**LANGUAGE:** In Mexico, Spanish is the official language, but English is widely spoken throughout Los Cabos, especially by those within the hospitality industry.

**ELECTRICITY:** 120 volts/60 hertz. Electrical outlets are the same as those used in the U.S.

**BANKS AND CURRENCY:** The official unit of currency is the Mexican peso (MXN), but the U.S. dollar (USD) is widely accepted. All major Mexican national banks are represented here and are usually open weekdays from 8 a.m. to 4 p.m.

Many locations have ATMs that accept U.S. bank cards the same way they do in the U.S. Transaction fees may be higher, and some ATMs can dispense both Mexican pesos and U.S. dollars. While you can exchange dollars for pesos at the airport, many hotels or at any bank, banks usually have the best rates.

Credit cards are welcome at most major restaurants and hotels. When using your credit card, the statement total will appear in pesos at the exchange rate posted on that day.

**EXCHANGE RATE:** Mexican peso equaled .050 U.S. dollar. This rate changes regularly. Check what the rate is when you are ready to travel and once you arrive.

**COMMUNICATION:** Most major wireless carriers offer packages that provide messaging, calling and data services at reasonable rates. Check with your provider and ask about roaming rates in Mexico, international package options and other travel-related services prior to your trip. The Internet works quite well throughout Los Cabos, and Wi-Fi is a standard amenity at a number of businesses and most hotels and resorts, so Skype, FaceTime, Whatsapp and other Wi-Fi-enabled apps are a cost-effective way to stay connected. To call the U.S. from your U.S. cell phone, dial 00 + 1 + area code + phone number. To call locally to landlines, just dial the seven-digit phone number.

To call locally to local cell phones (within the same area code), dial 044 + phone number.

To call Mexico outside of Los Cabos, dial 01 + area code + phone number.

**PUBLIC HOLIDAYS:** Mexico celebrates a number of public holidays annually. Except for banks and government offices being closed, your vacation plans should not be disrupted because of them.

- Jan. 1 New Year's Day
- Feb. 5 Constitution Day
- Feb. 24 Flag Day
- Mar. 21 Benito Juárez Day
- May 1 Labor Day
- May 5 Battle of Puebla (Cinco de Mayo)
- Sept. 16 Independence Day
- Oct. 12 Día de la Raza (Columbus Day)
- Nov. 2 Día de los Muertos
- Nov. 20 Anniversary of the Mexican Revolution
- Dec. 12 Day of the Virgin of Guadalupe
- Dec. 25 Christmas Day

**LOS CABOS TOURISM BOARD**

Contact: Rodrigo Esponda, Managing Director  
 Tel: (624) 143-4342  
 E-mail: info@visitloscabos.org  
 Web site: VisitLosCabos.travel  
 Toll-free: (800) 746-2226  
 Twitter: @LosCabosTourism  
 Facebook: Los Cabos Tourism  
 Instagram: @LosCabosTourism  
 YouTube: youtube.com/loscabostourism  
 Share your experiences with us through social media using the hashtag #LosCabos.

**BAJA CALIFORNIA SUR**

For information about Baja California Sur, call (612) 124-0100 or go to VisitBajaSur.travel.

**CAR RENTAL AT OR NEAR THE AIRPORT**

Alamo ..... (624) 146-1900  
 Avis ..... (624) 146-0046

Budget ..... (800) 002-8343  
 Dollar..... (624) 146-5012  
 E-Z Car Rental ..... (800) 216-7700  
 Fox Rent A Car ..... (800) 225-4369  
 Hertz ..... (800) 405-7000  
 National ..... (877) 222-9058  
 Payless ..... (624) 105-8411  
 TEN Car Rental ..... (624) 172-2402  
 Thrifty ..... (624) 146-5030

**GETTING AROUND**

To get from one town to the other, you can expect to pay between \$50 and \$60. Red and yellow taxi vans operate in San José del Cabo; blue and green vans cruise Cabo San Lucas. They are available 24 hours a day and are never far. Buses run regularly and cost \$2-3, depending on the exchange rate. Accounting for stops at major hotels along The Corridor, the ride takes between both towns can take about an hour. As of 2018, Uber is also available in Los Cabos.

## AIRPORT & TRAVEL DETAILS

To enter Mexico, you need a valid passport. All foreign travelers must pass through immigration and customs. Once you have been cleared by immigration officials, collect your luggage and proceed to customs where you push a button on something that looks a lot like a traffic light; if the light turns red, your luggage has been selected for inspection. After getting through customs and immigration, you may walk past timeshare sales people eager for your attention. Unless you've arranged pickup with your hotel, yellow and white mini shuttles are a good option. They are less expensive than taxis, but they won't depart unless full, so you may find yourself waiting a few minutes.

Cab drivers and other pre-arranged transportation providers have a designated waiting area just outside. Just 20 minutes north of San José del Cabo, the Los Cabos International Airport (SJD), services more than 400 domestic, international and private flights weekly. At press time, the following airlines offered flights to Los Cabos: Aeroméxico, Aero Pacífico, Air Canada, Alaska Airlines, American Airlines, Calafia Airlines, Delta, Frontier, Interjet, Magnicharters, Southwest Airlines, Spirit Airlines, Sun Country Airlines, Sunwing, United Airlines, VivaAerobús, Volaris and WestJet. Nonstop flights and connections to Los Cabos are available from numerous cities across the U.S., including

Atlanta; Charlotte; Chicago; Dallas/Fort Worth; Denver; Detroit; Houston; Kansas City, Mo.; Minneapolis; Newark; Phoenix; Salt Lake City and Seattle. From California, there are flights and connections available from Los Angeles, Orange County, San Diego, San Francisco and San Jose. From Canada, there are flights available from Calgary, Edmonton, Kelowna, Toronto, Vancouver and Winnipeg.

The smaller, less frequented airport Cabo San Lucas International Airport (CSL) services mostly private aircraft. It is located just 10 minutes away from downtown Cabo San Lucas.

## AIRLINE PHONE NUMBERS

Aeroméxico ..... (624) 146-5098  
Air Canada .....(800) 296-3408  
Alaska Airlines .....(800) 252-7522  
American Airlines .....(800) 433-7300  
Calafia Airlines .....(800) 560-3949  
Delta Airlines .....(800) 221-1212  
Frontier .....(800) 432-1359  
Interjet .....(866) 285-9525  
Magnicharters .....(55) 51-41-13-51  
Southwest Airlines .....(800) 435-9792  
Spirit Airlines .....(855) 882-0464  
Sun Country Airlines .....(800) 359-6786  
Sunwing .....(800) 668-4224  
United Airlines .....(800) 864-8331  
VivaAerobús .....(888) 935-9848  
Volaris .....(55) 1102-8000  
WestJet .....(888) 937-8538

## CONSULATES

U.S. Consular Agency  
The Shoppes at Palmilla  
Carr. Transpeninsular, Km. 27.5,  
Local B221. San José del Cabo  
Tel: (624) 143-3566  
E-mail: ConAgencyLosCabos@state.gov

Consular Agency of Canada  
Carr. Transpeninsular, Km. 0.5  
Plaza San Lucas, Local 82  
Col. El Tezal, Cabo San Lucas  
Tel: (624) 142-4333 • (800) 706-2900  
E-mail: lcabo@international.gc.ca

## IMPORTANT PHONE NUMBERS:

Emergency – 911  
  
Federal Highway Patrol  
(624) 122-5735  
(624) 125-3584  
  
Cabo San Lucas Fire Department  
(624) 143-3577  
  
San José del Cabo Fire Department  
(624) 142-2466  
  
Airport – (624) 122-1486

# SURGERY SPECIALIST IN LOS CABOS

## CIFO

### Surgery Specialist in Los Cabos

CIFO is a highly qualified multidisciplinary team, that offer medical, surgical, and rehabilitative care for traumatic injuries and degenerative muscle, tendon, joint, and bone diseases.

They have a unique, ethical, humane, and professional system developed by their medical specialists. It's Medical Director, Dr. Luis A. Cárdenas, has more than 16 years of experience.

[surgeryinloscabos.com](http://surgeryinloscabos.com)

## HOSPITALS

### CABO SAN LUCAS

- 01 | IMSS Cabo San Lucas  
☎ (624) 143 1401
- 02 | IMSS Emergencies  
☎ (624)143 1594
- 03 | Military Hospital  
☎ (624) 122 3488
- 04 | Social Security Hospital  
☎ (624) 143 14 44
- 05 | General CSL Hospital  
☎ (624) 146 4356
- 06 | Clinica de Especialidades  
☎ (624) 143 2919
- 07 | Red Cross  
☎ (624) 143 3300

- 08 | Centro de Salud  
☎ (624) 142 0241
- 09 | AMC Hospital (American Medical Center)  
☎ (624) 143 4911
- 10 | Cabo Medical Center Hospital  
☎ (624) 143 9727
- 11 | Walking Clinic  
☎ (624) 143 5911  
☎ (624) 122 20208
- 12 | Hospiten Cabo San Lucas  
☎ (624) 145 6000
- 13 | Hospital and Ambulance Service  
☎ (624) 143 0102

### TOURIST CORRIDOR

- 14 | BluenetHospitals  
☎ (624) 104 3911
- 15 | H+ Hospital  
☎ (624) 104 9300
- 16 | PRMÉDICA Inc.  
☎ (624) 688 8497

### SAN JOSE DEL CABO

- 17 | Medcare  
☎ (624) 104 9300
- 18 | Hospiten San Jose del Cabo  
☎ (624)105 8550
- 19 | Medica Los Cabos  
☎ (624) 142 1370  
☎ (624) 142 2770
- 20 | San Jose Clinic  
☎ (624) 142 0260
- 21 | IMSS San Jose  
☎ (624) 143 5809



## HEALTH AND SAFETY PROTOCOLS

Now more than ever, the destination's top priority is the health and wellbeing of travelers, their loved ones and the community. Los Cabos has developed its health and safety protocol system, **Los Cabos with Care – A Safer Way to Get Away**, centered on strict standards that facilitate a safer travel environment. Los Cabos continues to work closely with hospitals, care units, airports, ports, hotels, resorts and travel partners to align on the implementation of health and safety guidelines across the destination.

Los Cabos achieved **Sharecare health security verification**, becoming the world's first VERIFIED™ travel destination. This designation signifies that the majority of the hotels and resorts in the destination continue to ensure that their health protocols are in compliance with over 360 expert-validated global standards.



### HEALTH AND SAFETY MEASURES:

- **Los Cabos with Care – A Safer Way to Get Away health and safety protocol system** consistent with health authorities and implemented across the destination in partnership with Intertek Cristal, the highest standard of health and safety protocols in the industry.



- **Developed a layered approach** that reinforces hygiene, cleaning, traveler physical distancing, and the use of personal protective equipment (PPE)

- **Implemented standardized health screening protocols** at the airport and port
- **Enforced a flexible reservation policy for travelers**
- **Streamlined the communication** protocols between hotels, suppliers, and local authorities
- **Partnered with travel providers to obtain a “Clean Point” certification** (Punto Limpio) offered by the Mexico federal government to strictly adhere to hygiene protocols and obtained a **“Safe Travels” stamp of approval certified by the World Tourism & Travel Council (W TTC)** for recognition of safe travel protocols



### INFORMATION ABOUT COVID-19 TESTS IN LOS CABOS

Los Cabos is prepared to accommodate all travelers' needs regarding COVID-19 testing to support visitors' seamless navigation to comply with testing requirements for their return destination, such as the United States and Canada. Travelers will find several testing facilities options available from hospitals, labs, and lodging facilities like hotels, timeshares, and vacation rentals.

For more information visit:

<https://www.visitloscabos.travel/los-cabos-with-care/>

# LOS CABOS SPECIALIST

Los Cabos Specialist educational program will bring you a full-service portal, where in one convenient place you will access everything needed to sell this leading upscale destination.

Our full-service portal includes:

#### Dedicated Website

- Personal account
- Destination updates & resources

#### Loyalty Program

- Benefits
- Exclusive fam trips and webinars
- Access to Los Cabos VIP Summit travel agent virtual trade show



- Download resources from hotels and tourist suppliers
- Interaction with suppliers
- One to one meetings

#### Training

- Graduate as Los Cabos Specialist Agent
- Own a badge and enjoy benefits for you and your clients.



Enroll to Los Cabos Specialist program at [loscabospecialist.com](https://www.visitloscabos.travel/los-cabos-specialist)

## CONNECT WITH LOS CABOS

VISIT OUR WEBSITE FOR DAILY UPDATES

[visitloscabos.travel](https://www.visitloscabos.travel)

SIGN UP FOR OUR NEWSLETTER

[visitloscabos.travel](https://www.visitloscabos.travel)

FOLLOW US ON SOCIAL MEDIA

[Facebook](#) / [Instagram](#) / [Youtube](#) / [LinkedIn](#)



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DOWNLOAD THE OFFICIAL APP OF LOS CABOS

<https://www.visitloscabos.travel/los-cabos-app/>

VIEW THE LOS CABOS OFFICIAL STREAMING PLATFORM

[loscaboswelcome.com](https://www.visitloscabos.travel/los-cabos-welcome)



# LOS CABOS

[visitloscabos.travel](http://visitloscabos.travel)

