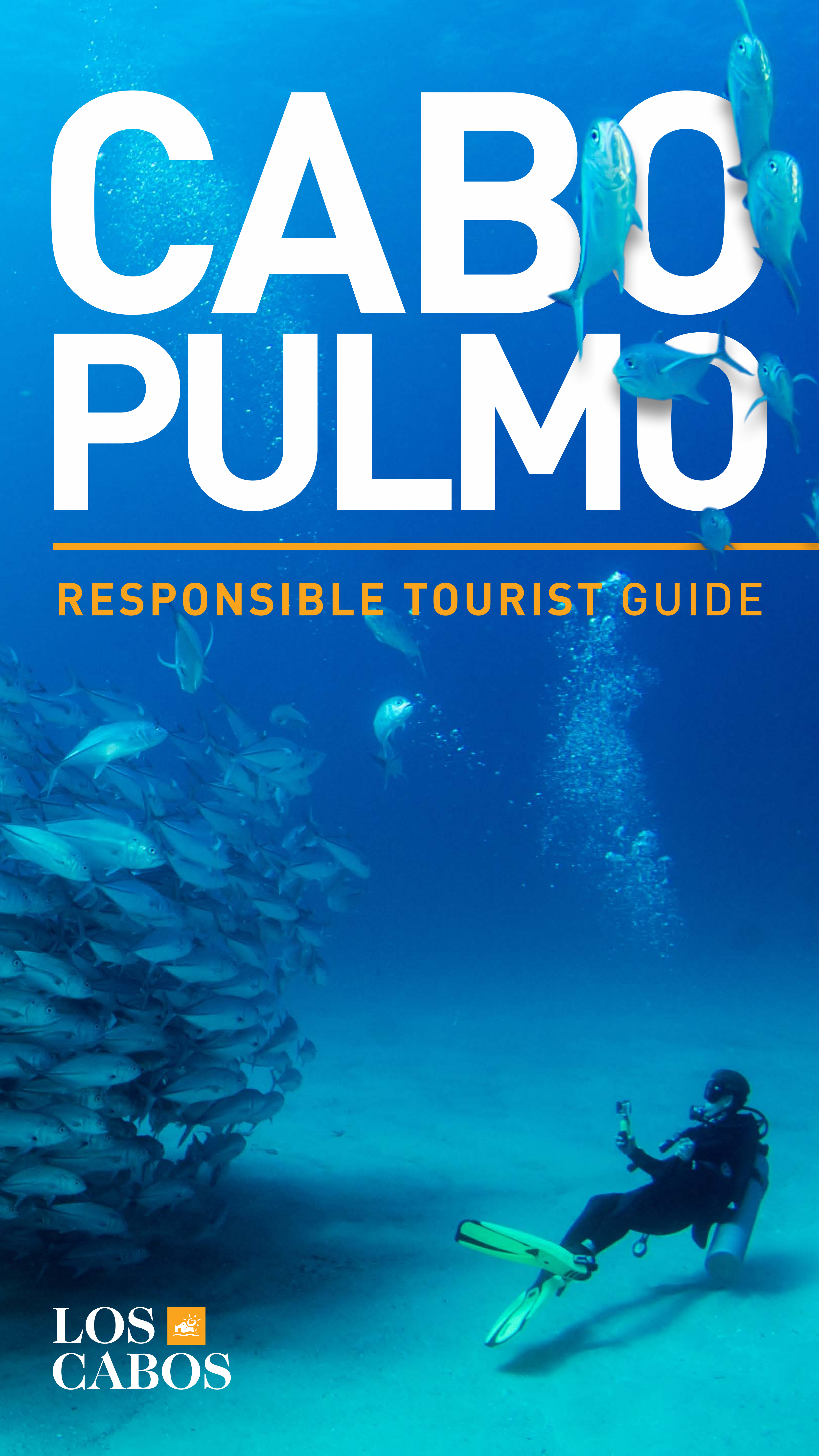


# CABO PUJLMO

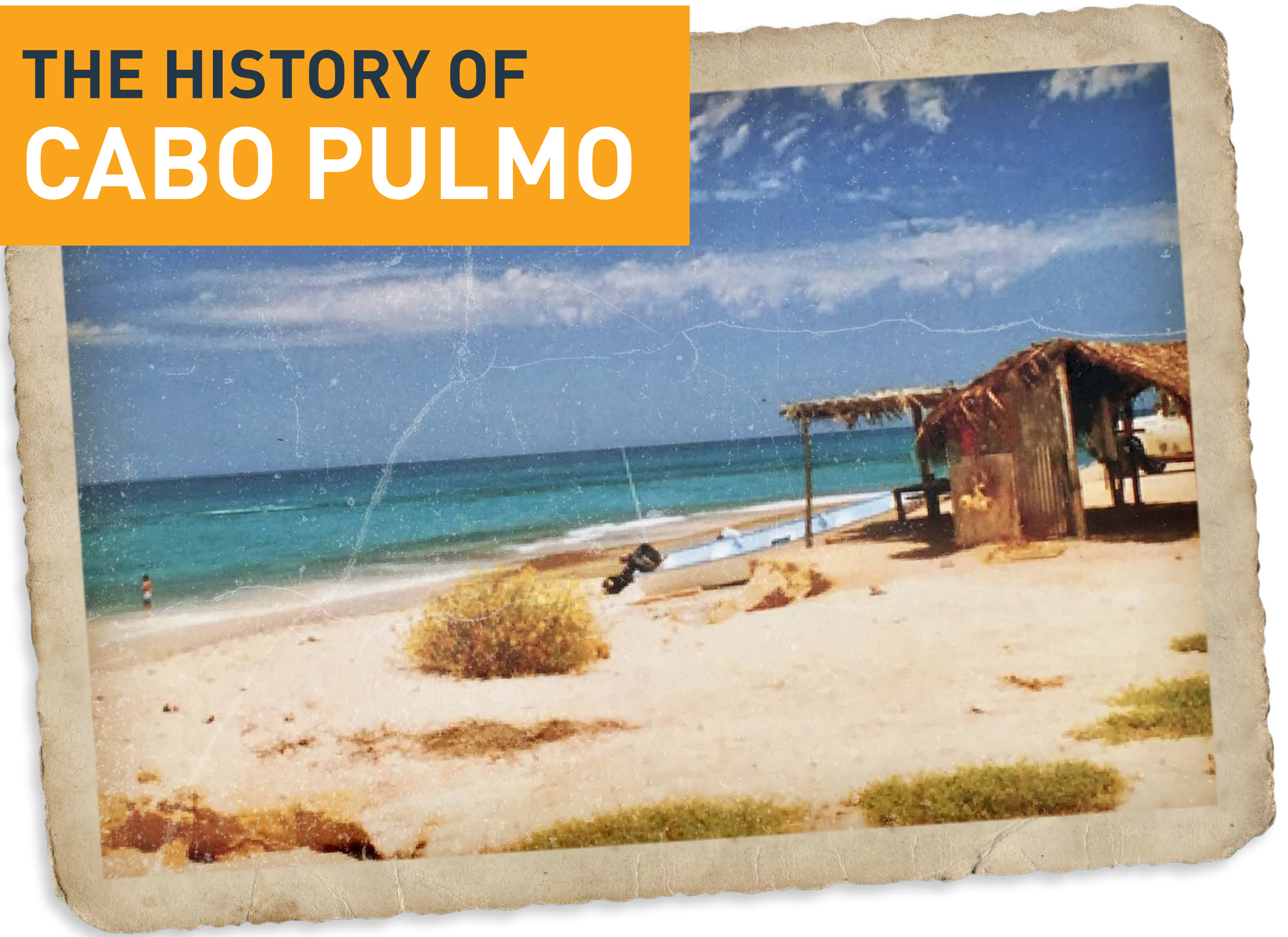
RESPONSIBLE TOURIST GUIDE



 LOS FRAILES BEACH



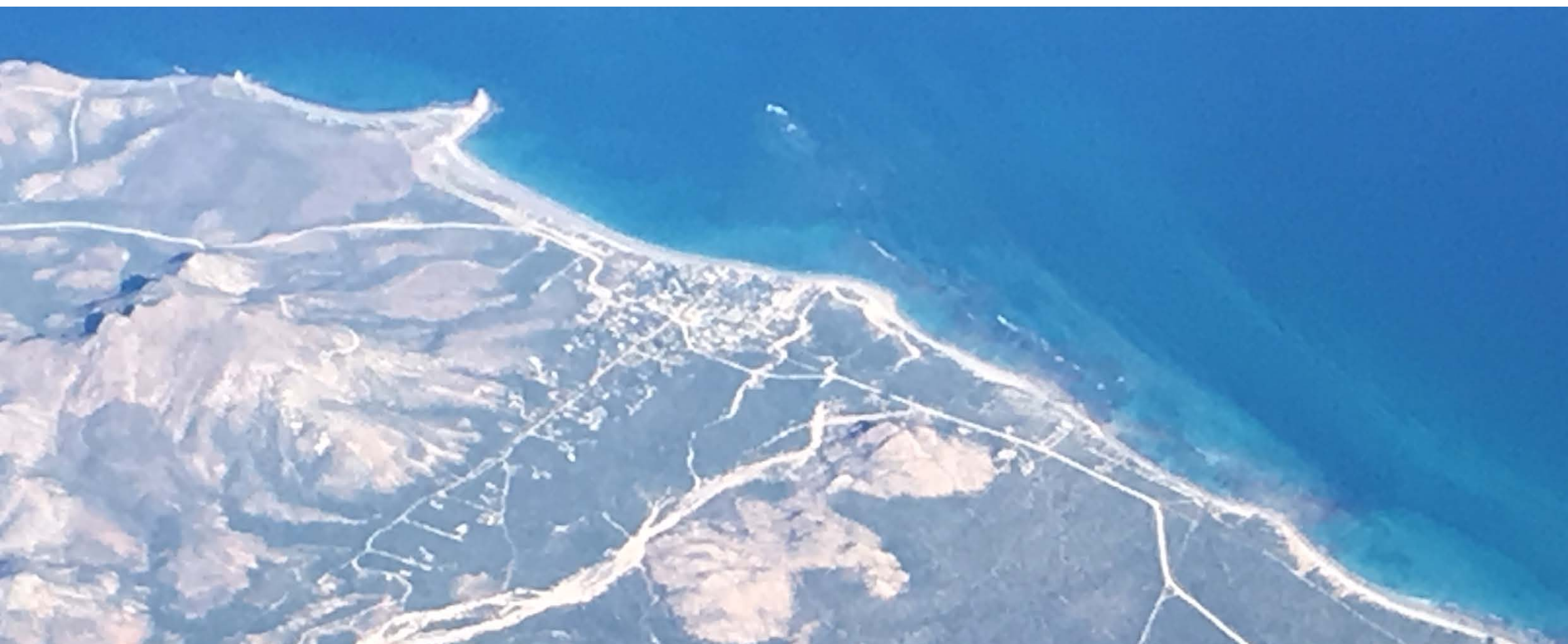
# THE HISTORY OF CABO PULMO



## MORE THAN 25 YEARS AGO...

THIS AREA OF GREAT NATURAL BEAUTY WAS THREATENED BY OVERFISHING, UNTIL THE LOCAL COMMUNITY CAME TOGETHER TO CHANGE THIS SITUATION FOR THE BENEFIT OF THE PEOPLE AND THE ENVIRONMENT.

Thanks to this initiative, **this marine protected area was created on June 6, 1995**. Ten years later, UNESCO recognized it as a Natural World Heritage Site and in 2008 it was recognized as a RAMSAR site due to its global importance as a wetland.



**Cabo Pulmo is a perfect example of ecotourism,** ideal for those looking for the quieter, natural side of Los Cabos. Water activities in this area provide a closer look at its incredible underwater ecosystem.



**THIS IS A REMOTE, RUSTIC ECO-DESTINATION, PERFECT FOR THOSE LOOKING FOR EXTRAORDINARY ADVENTURES.**



When at Cabo Pulmo, **Speak with locals and learn about the great conservation, training and commitment efforts** that exist in this tourist destination located within a protected natural area.



# HOW TO GET CABO PULMO?



## POINT OF DEPARTURE

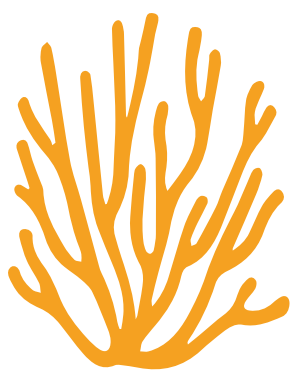
## APPROX. TIME (Hours)

## DISTANCE (Km - Mi)

<b>A.</b> Todos Santos	2:39	182 - 113
<b>B.</b> Pacifico	2:13	144 - 89
<b>C.</b> Cabo San Lucas	2:10	132 - 82
<b>D.</b> Tourist Corridor	2:02	118 - 73
<b>E.</b> San Jose del Cabo	1:49	98 - 61
<b>F.</b> Los Cabos Airport	1:31	90 - 55
<b>G.</b> Cabo del Este	0:45	28 - 17
<b>H.</b> La Paz Airport	2:46	165 - 102



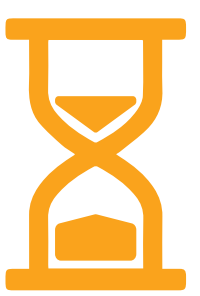
## THE CABO PULMO NATIONAL PARK REEF IS CONSIDERED A TREASURE OF BAJA CALIFORNIA SUR



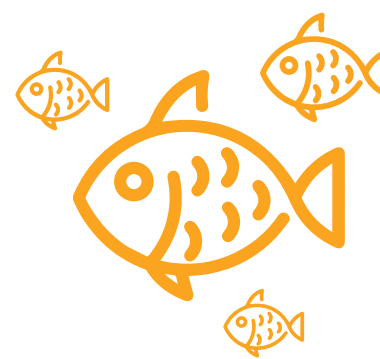
It is North America's **largest, most diverse coral reef.**



It provides a safe haven for **more than 800 sealife** species in the Gulf of California.



It is around **20,000 years old.**



**+300 fish** species.



Located within the **"Aquarium of the World."**



It has become a world-famous diving and snorkeling **location**, with top-level instructors.



Cabo Pulmo is home to **5 out of the 7 endangered sea turtle species** in the world.



As well as **one of the largest shark aggregations**, including the sand tiger shark, tiger shark, great hammerhead, blacktip reef shark, and great white shark.

# 10 RULES FOR RESPONSIBLE TOURISTS

LOS CABOS ENCOURAGES VISITORS TO MAKE **AN EFFORT TO TAKE CARE OF THE ENVIRONMENT IN VARIOUS WAYS** WHILE EXPERIMENTING AND EXPLORING CABO PULMO:



**Take care of water, it is our most fragile resource.**



**Learn and follow the rules** of Cabo Pulmo National Park.



**Do previous research** on the destination you are going to visit and book your activities in advance.



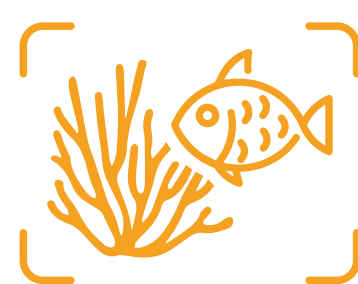
Manage your solid waste **responsibly.**



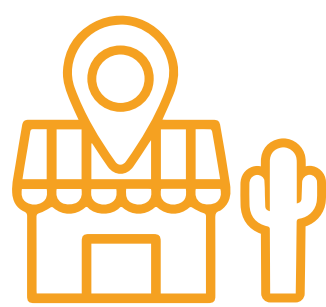
**Learn and respect** the community's customs and its people.



Visit Cabo Pulmo National Park **with an accredited, preferably local guide.**



Respect and learn about land and marine flora and fauna. **Don't take them as souvenirs, take photographs instead.**



Shop at local businesses and **don't encourage bargaining.**



**Respect** other visitors.



For your safety, identify information desks, **emergency contacts and health safety protocols.**

# ACTIVITIES AND RULES

The main tourist activities at Cabo Pulmo National Park are **diving and snorkeling**. Most stores that offer these services have rental equipment, but you can use yours if you prefer so.



Other activities include bike rides, camping, kayaking, etc.

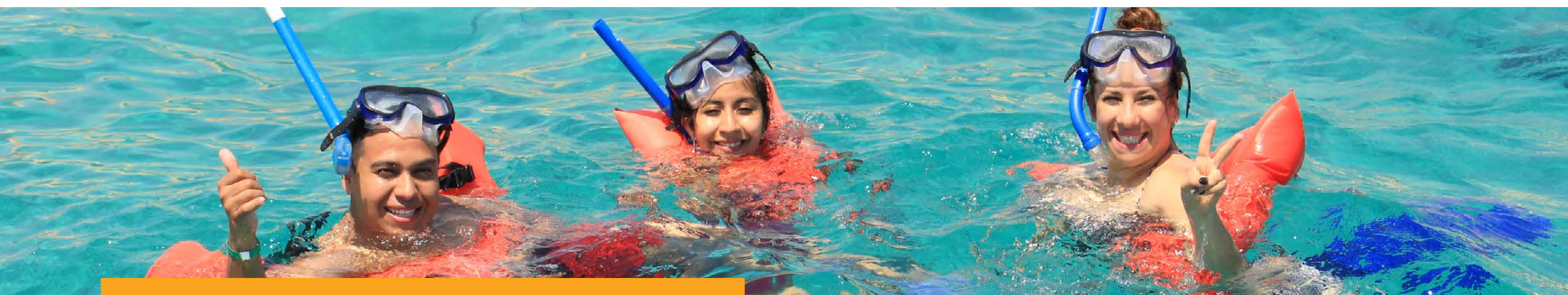






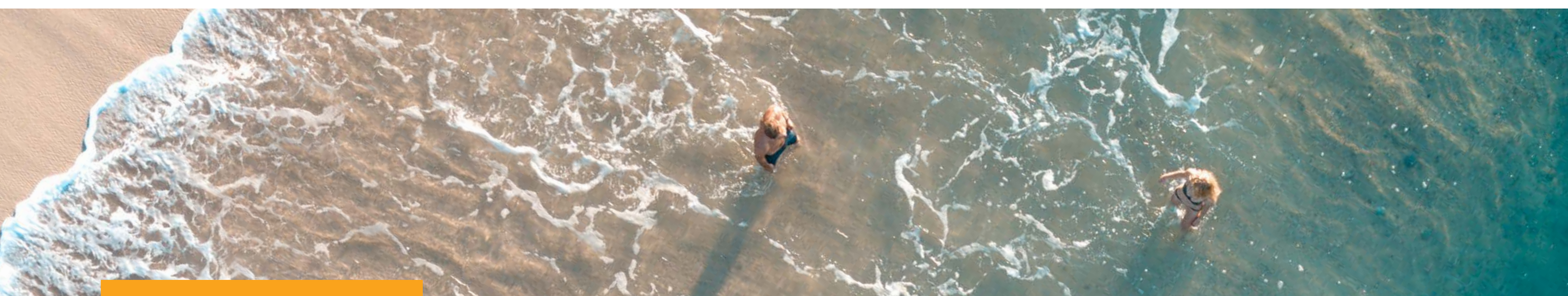
## **DIVING** (AUTONOMOUS DIVING)

- The activity requires an **accredited guide**.
- **Maximum 6 tourists per guide**.
- **PADI, FMAS, NAUI**, etc. certification required.
- **Maximum 3 vessels per site** (20 minutes between groups).
- **Maximum 50 minute** immersion per group.
- **Minimum 2.5 m (8.2 ft.)** distance from corals.



## **SNORKELING** (FREE DIVING)

- Opening hours **6:00 a.m. to 6:59 p.m.**
- The activity requires an **accredited guide**.
- **Maximum two vessels per site**.
- Mandatory use of **life jacket**.
- **Maximum eight tourists per guide**.
- **Maximum 30 minutes per group** per site.



## **SWIMMING**

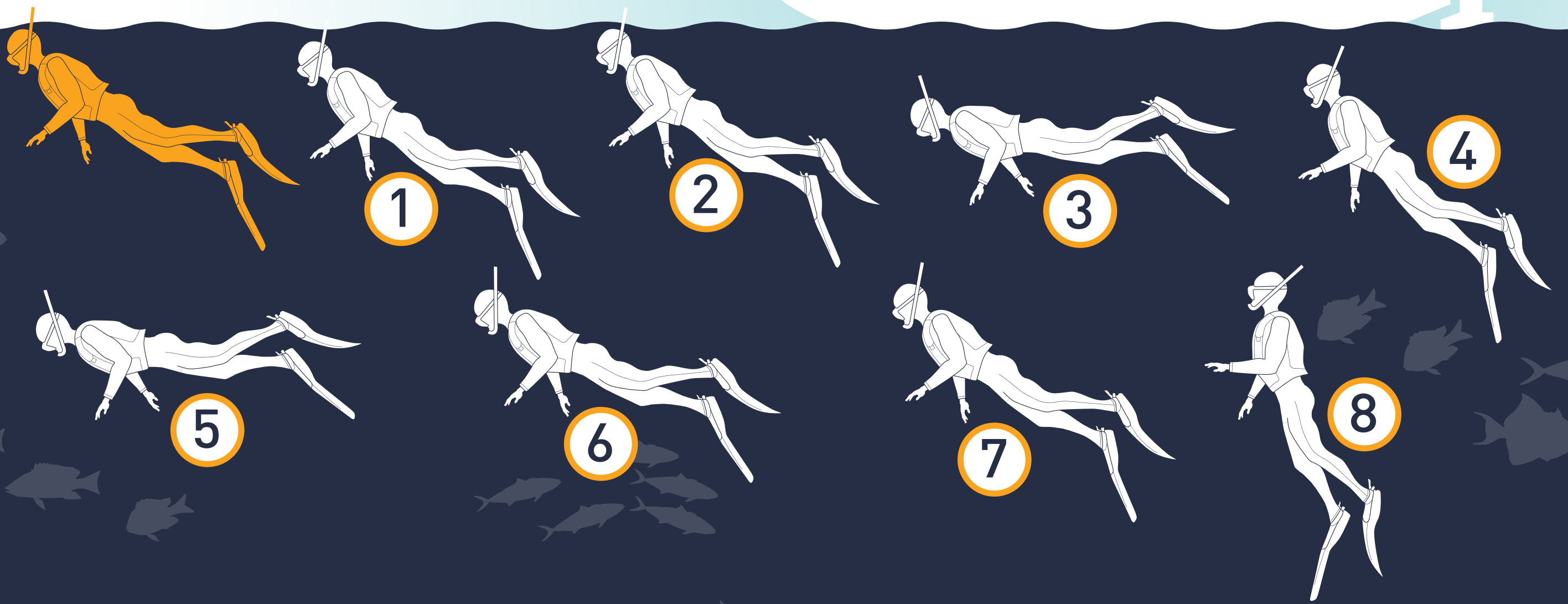
- This activity can be carried out at a maximum distance of 20 meters from the coast and in the sandy areas of the beaches: **Miramar Norte, Cabo Pulmo, El Arbolito and Los Frailes**.
- **Swimming with sharks is prohibited**, neither on tour nor from the shore.

# MAIN RULES FOR SNORKELING AND DIVING



HIRING TOURIST SERVICE PROVIDERS AUTHORIZED BY THE PARK.

1 CAPTAIN AUTHORIZED BY THE PARK.



**1 SNORKELING GUIDE**  
AUTHORIZED BY THE PARK



**MANDATORY**  
BIODEGRADABLE  
SUN BLOCK



**8 SWIMMERS**  
MAXIMUM PER GUIDE



**MAXIMUM**  
30 MINUTES OF  
SNORKELING



**MANDATORY**  
LIFE JACKET

**DO NOT** CHASE,  
HARASS OR FEED  
MARINE WILDLIFE



**DO NOT**  
WEAR GLOVES



**6 CERTIFIED  
DIVERS**  
MAXIMUM PER GUIDE



**1 DIVING GUIDE**  
AUTHORIZED BY  
THE PARK



**DO NOT USE FLASH**  
DURING SHARK SIGHTING

**DON'T** GET THE  
ATTENTION OF SHARKS  
WITH SOUNDS OR BAIT



**20 MINUTES**  
MINIMUM IN BETWEEN  
DIVING OR SNORKELING  
GROUPS



**DO NOT TOUCH**  
MARINE FLORA  
AND FAUNA

**2.5 m (8.2 ft.)**

MINIMUM DISTANCE BETWEEN  
DIVER AND ROCK OR CORAL  
FORMATIONS, PRIMARILY WHEN  
SHOOTING PHOTOS OR VIDEO



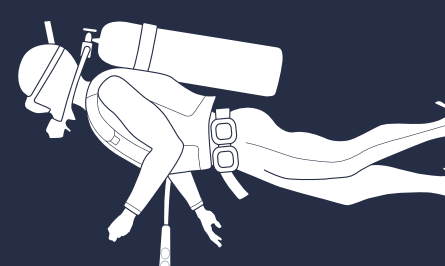
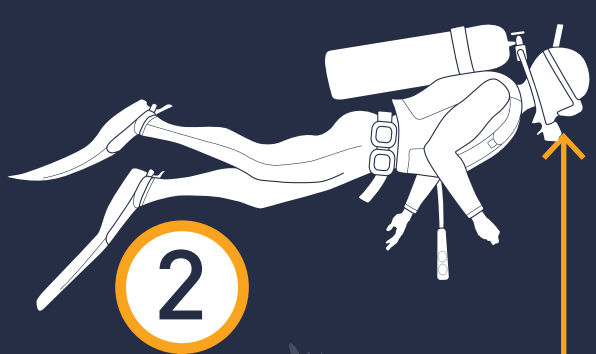
**50-MINUTE**  
MAXIMUM DIVING

**DIVE IN  
SANDY AREAS**  
DESIGNATED FOR  
SHARK SIGHTINGS



**DO NOT REMOVE**  
LIVING OR DEAD  
ORGANISMS

**KNEEL IN  
SANDY AREAS**  
AND AVOID MAKING ABRUPT  
MOVEMENTS DURING  
SHARK SIGHTINGS



# SPECIES CALENDAR

**YOU ARE IN ONE OF THE MOST SUCCESSFUL PROTECTED AREAS OF MEXICO AND THE WORLD**

In 1995, this community decided to trade its fishing nets for tourism and this commitment to conservation has paid off. Today, thanks to the authorities, researchers, civil society organizations and neighboring communities, this Park is one of the best preserved sites in the Gulf of California.

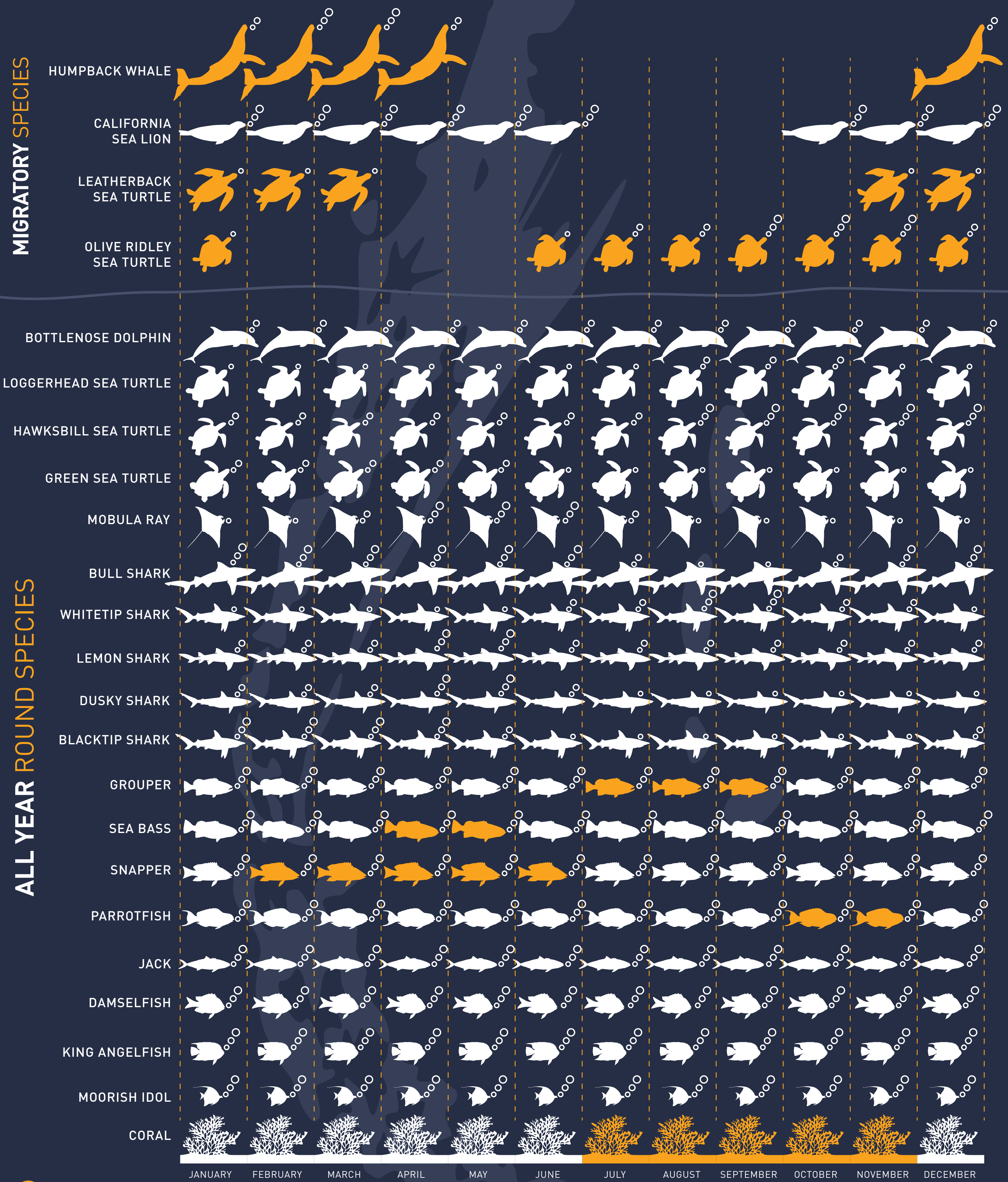
The Cabo Pulmo reef is 5,000 years old and is the only living coral reef in the Gulf of California. In many

ways, visiting Cabo Pulmo is like diving into the past. Here you can observe several species that belong to history in other sites.

Here you can see groupers, sea bass, sharks, turtles and many other species. If you are lucky, you can find groupers that are over 60 years old and 2 meters in length.

Cabo Pulmo National Park is recognized by **UNESCO as World Heritage** and **Ramsar site**. We invite you to enjoy the beauty of this place and respect the regulations.

The payment of your bracelet funds the proper management of this site. Patronizing local community businesses helps make conservation a viable livelihood option.



● REPRODUCTION  
○ FEEDING / SHELTER

SIGHTING PROBABILITY  
○ HIGH ○ MEDIUM ○ LOW

Image courtesy of Niparajá / Conanp



## FREE DIVING

- At least **level 1 certification** guests.
- Maximum **6 tourists per instructor**.
- **Vessel with white and blue flag** with park logo.
- Maximum **2 vessels** per site.
- Maximum **50-minute immersion** per site.



## SWIM WITH SHARKS

### DIVE SIGHTING

- **Open-water** certification.
- Minimum of **25 traceable dives**.
- Diving in **pairs and small groups**.
- Diving in **designated sandy areas**.
- Diving **silently, stealthily**.
- **Staying at the bottom** most of the dive.
- **Avoid touching or getting** in the way of sharks.
- **Avoid snorkeling or free diving** in the presence of sharks.
- Avoid using **flash**.



## CRANX

- For more information click [here](#).



## BEACH, CAMPING AND KAYAKING

For those who want to spend **time on the beach, camping or taking a kayak tour**, a recommended place for these activities is **Playa El Arbolito**. There, you can find a local store offering these services, where you can get to know another part of Cabo Pulmo National Park. Its access hours vary according to weather conditions. It also has limited capacity.



## 📍 LOS FRAILES BEACH



### BEACHES

- **Avoid** leaving trash behind.
- **Motor vehicle traffic** on the beach is prohibited.
- **Do not take or remove** flora, fauna and elements of nature.
- **Respect** the established load capacity.

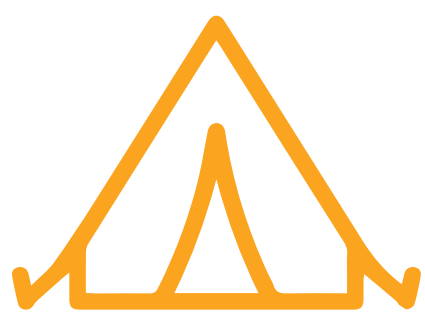


### KAYAK, PADDLE BOARD, KITE and WINDSURF

- **Life jacket** is mandatory.
- **An accredited guide** is required for this activity.
- Maximum **5 tourists** per guide.



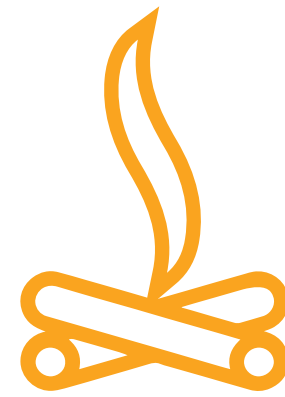
## CAMPING



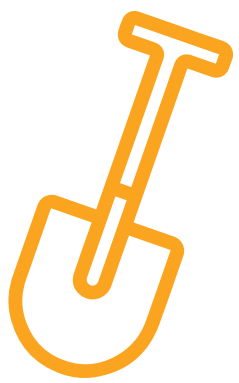
CAMPING BEACHES	MAXIMUM CAPACITY (CAMPAIGN HOUSES)		
<b>Miramar</b>	NORTH 19	SUR 13	- -
<b>Arbolito</b>	NORTH 13	SUR 8	- -
<b>Los Frailes</b>	NORTH 23	CENTRE 15	SOUTH 23



**Light campfires within designated areas** and with materials that are external to the park.



**Extinguish the fire completely**, without leaving ash or coal residue.



**Do not dig, level, cut or dismount** vegetation from the camping land.



**Do not leave any organic or inorganic waste.**



**Do not put up permanent** camping facilities.



**Do not make noises** that may disturb visitors or the natural behavior of wildlife.



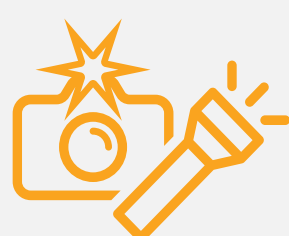
Please note that there are certain restrictions during the sea turtle **spawning and nesting season** (june to february).



Do not light **campfires**.



Do not make excessive noises.



Do not use any type of lights (flashlights, photo flash, video lighting, etc.).


















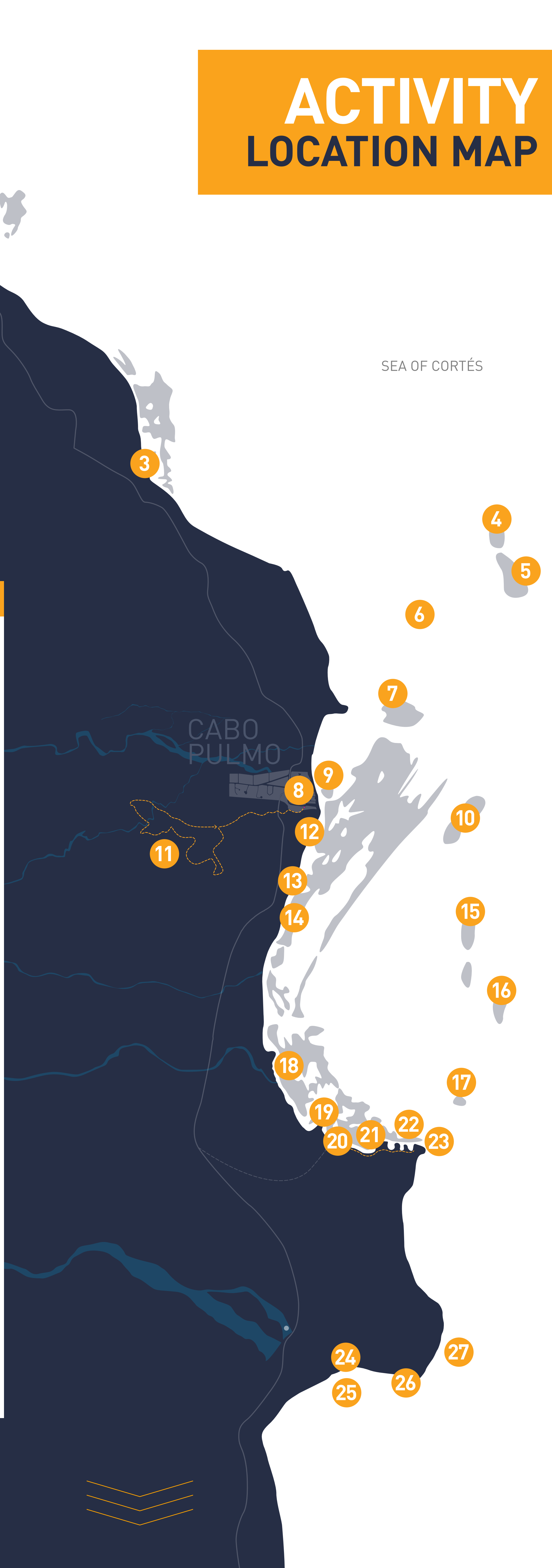
Do not swim in the nesting areas from 7:00 p.m. to 7:00 a.m.

# ACTIVITY LOCATION MAP

SEA OF CORTÉS

## SÍMBOLOS

-  INFORMATION POINT
-  CAMPING
-  TRAIL
-  SCUBA DIVING
-  SNORKELING
-  KAYAKING
-  SWIMMING
-  SHARK WATCHING
-  PEDDLE BOARD
-  KITE SURFING
-  BEACH'S DAY
-  FREEDIVING
-  MAIN DIRT ROAD
-  DIRT ROAD STREET
-  TRAIL TRACKING





1 Miramar Norte Beach



2 Miramar Sur Beach



3 Las Barracas Beach



4 Los Morros



5 El Bajo



6 Sunken Ship El Vencedor



7 Las Navajas



8 Information



9 La Barrita



10 El Cantil



11 Hiking



12 Cabo Pulmo Beach



13 Tinajitas Beach



14 Las Tinajitas



15 La Esperanza



16 El Cien



17 El Islote



18 El Almirante



19 El Arbolito



20 El Arbolito Beach



21 El Carrizalito



22 Los Chopitos



23 Las Casitas



24 Los Frailes Beach



25 El Rinconcito



26 El Rincon



27 La Lobera



**GET READY FOR  
YOUR TRIP**





## CLOTHING

In the Spring, Summer and Fall seasons, to protect yourself from the sun, we recommend wearing a long-sleeved t-shirt for the water, a cap and/or hat, **and, preferably, not wearing sunscreen. Even if it is biodegradable, it damages the ecosystem.** In the winter season, in addition to the above, we recommend a windbreaker or sweatshirt and wetsuit.



## THE ROAD

**To get here, you will have to go through a road of terraces of approximately 10 Km (6.2 mi.),** which becomes dangerous during the rainy season (September). We recommend using a suitable vehicle, and carrying basic tools in case of any mishap. Being in a rural area near a mountain range, phone signal may be lost in some sections. **The closest gas station to the community is 27 km (16.77 mi.) away, in La Ribera community, and has restricted opening hours.**



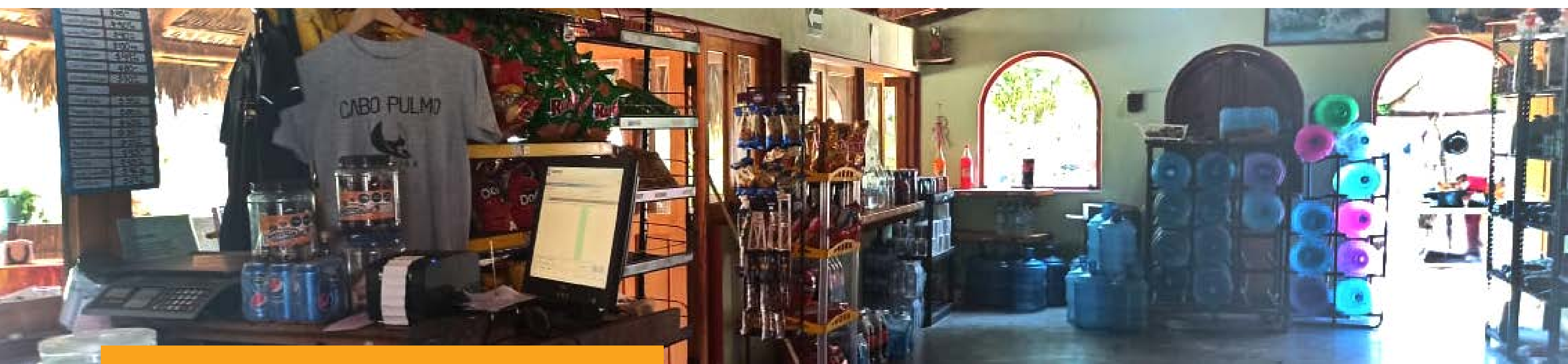
## MONEY

**The community does not have ATMs,** the nearest one is 27 km (16.77 mi.) away and several businesses do not accept electronic payments or do not have a terminal, so it is best to carry sufficient cash with you.



## COMMUNICATION

**Although the town has telephone signal, it can fail from time to time.** Internet is slow and limited, so businesses do not provide this service. In bad weather, telephone signal is completely lost.



## COMMUNITY STORE

**In the community, the stores that offer groceries are very small and have limited products.** If you need groceries for your trip, such as water, hygiene products, etc., make sure to bring them with you.



## MEDICINE CABINET

The community has no health services or pharmacy, so **we suggest traveling with a first-aid medication kit.** In rainy seasons, there are often a lot of mosquitoes, so we recommend that you wear eco-repellent and some ointment to relieve the bites.



## PETS

**Pets, such as dogs and cats, are allowed in.** However, it is ideal to avoid bringing them. There are several stray dogs in the community that do not respond well to the presence of other pets so, to prevent an unpleasant incident, we recommend you consider this.



## PERMISSIONS FOR UNDERWATER CAMERAS, DRONES OR FILMS

The notice for the use of underwater cameras by tourists for personal purposes shall be made by means of a written letter. This applies to both autonomous diving and free diving tourists. You will need to provide the following details:

- » Location and date
- » Addressed to director
- » Camera and accessories data
- » Photographer's name and photocopy of ID
- » Immersion dates
- » Activity sites
- » Vessel data (NAME OF CERTIFICATION, CAPTAIN AND GUIDES)

Send documents to [abigail.reynoso@conanp.gob.mx](mailto:abigail.reynoso@conanp.gob.mx)

Permissions to carry out filming and photography activities in Natural Protected Areas (ANP, Áreas Naturales Protegidas) for commercial purposes, the procedure must be done in advance.

More information can be found in this [link](#).

# EMERGENCY CONTACTS



## EMERGENCIAS

911

DAN

+1 (919) 684 9111

LOS CABOS CIVIL PROTECTION

+1 (624) 160 1311

LOS CABOS SEARCH AND RESCUE  
(SEMAR)

+1 (624) 105 1110

LOS CABOS HOSPITAL  
HYPERBARIC CHAMBER

+1 (624) 143 3666

CABO PULMO  
NATIONAL PARK OFFICE

+1 (624) 130 0195  
*(Mon.-Fri.: 9 a.m. to 5 p.m.)*

STATE CIVIL PROTECTION

+1 (612) 105 1110

LA PAZ SEARCH AND RESCUE  
(SEMAR)

+1 (612) 122 6513

MARINE RADIO BAND

VHF CANAL 16



We would like to thank  
the entire team of:

**SUSTENTUR**

**NIPARAJÁ**

**ACCP**

