

2025 La Paz Women-Only Instructional Sailing Retreat

📍 La Paz, Municipio de La Paz, Baja California Sur, 23020, Mexico



Embark on an Unforgettable Journey

Join us for a remarkable women-only instructional sailing retreat in the stunning Sea of Cortez, where adventure meets empowerment. Whether you're an experienced sailor looking to refine your skills or a newcomer eager to learn, this retreat offers a welcoming and supportive environment for women of all skill levels. Here, you'll not only boost your sailing abilities but also build lasting confidence and forge meaningful friendships. Your retreat package includes comfortable onboard accommodations, expert sailing instruction, all meals on the boat, mooring fees, the yacht, and fuel. While your experience is packed with value, please note that onshore meals, drinks, and activities are not included in the retreat price.

What You Can Expect

Expert Instruction: Under the guidance of seasoned sailors, Instructional Captain Emily Leach and Instructional First Mate Jackie Busch, you'll receive hands-on training tailored to your experience level. Your learning journey begins even before you set sail, with monthly Crew Meetings starting three months prior to the retreat. These sessions are designed to help you prepare by covering trip planning, itinerary building, and provisioning. **Comprehensive Sailing Skills:** This retreat goes beyond the basics. You'll dive into essential aspects of sailing such as maneuvering under power, mastering individual hands-on sailing techniques, sail trim, mooring and anchoring, navigation, and understanding boat systems. Each day on the water will be an opportunity to apply what you've learned and gain real-world experience. **Be With Your People:** This retreat is more than just sailing; it's about connecting with a community of like-minded women who share your passion for the sea. You'll create lasting memories, share stories, and support each other as you navigate both the waters of the Sea of Cortez and your personal sailing journey.

Join us for an experience that will leave you not only a more confident sailor but also with a network of supportive friends and a renewed sense of self. The Sea of Cortez is calling—let's answer together.

Tour Facts

Group Size:

4 Students & 2 Instructors

Duration:

7 Nights and 6 Full

Tour Type:

fixed

Tour Itinerary

Day 1 Saturday : Welcome Aboard!



Arrive in La Paz at 5 PM and step aboard your vessel, your home for the week. After settling in, join your crew for an optional welcome dinner.

Get acquainted with your fellow sailors and discuss the adventure and training ahead. The excitement of the journey begins under the golden hues of a Baja sunset.

Meals Included

Happy Hour,

Duration

1 Hour

Day 2 Sunday : Espiritu Santo's Enchantment & Maneuvering Under Power

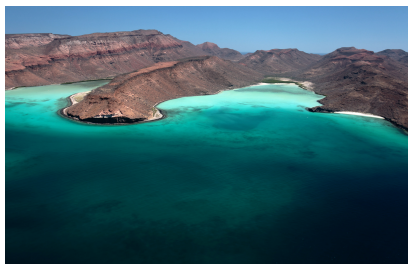


We set sail for the stunning Espiritu Santo Island. Today's focus is on maneuvering under power. You'll get hands-on experience with docking, leaving the dock, and close-quarters handling. After anchoring, take a break to snorkel with sea lions or explore the island's hidden coves. The day wraps up with a beachside BBQ under the stars, where we'll debrief and discuss tomorrow's plan.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner,

Day 3: Monday : Partida & Anchoring Techniques

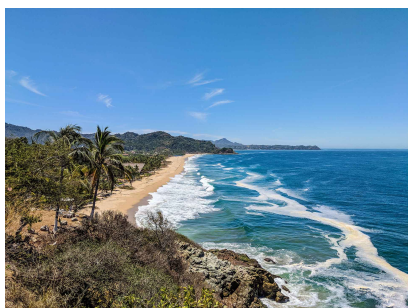


We head to the serene bay of Partida, where the focus will be on perfecting your anchoring techniques. You'll learn how to choose the right spot, set the anchor securely, and how to retrieve it smoothly. The afternoon is yours to kayak through crystal-clear waters or hike to stunning viewpoints. Evening discussions will cover the day's lessons and prepare you for sail trim training.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner,

Day 4: Tuesday : San Francisco's Majestic Shores & Sail Trim Mastery



Today, we cruise toward Isla San Francisco, a prime location for practicing sail trim. You'll learn how to adjust your sails for different wind conditions, maximizing speed and comfort. The crescent-shaped bay offers the perfect backdrop for your training, with vibrant red cliffs and sandy beaches calling for exploration during breaks. Don't miss the sunset from the ridge—a well-earned reward after a day of learning.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner,

Day 5: Wednesday : Fishing Villages and Mangrove Navigation



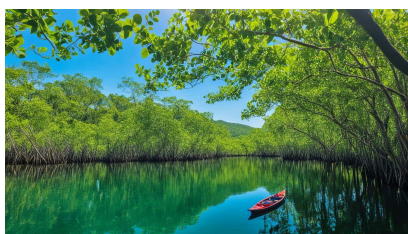
The morning begins with a review of sail trim before we set sail to the quaint fishing village of Coyote. Experience local culture and practice your navigation skills as we chart our course to San Jose's mangrove lagoon. Here, you'll apply your navigation training, learning to pilot through shallow waters and tight spaces. The day concludes with a peaceful evening anchored in the lagoon, where we'll recap and

prepare for tomorrow's journey.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner,

Day 6: Thursday : Espiritu Santo & Partida Revisited: Advanced Techniques



We return to the beauty of Espiritu Santo and Partida, with a focus on honing your newly acquired skills. Today, you'll take the lead on all aspects of sailing—maneuvering, anchoring, sail trim, and navigation. This is your chance to practice what you've learned in a familiar setting, with your instructor offering guidance as needed.

Meals Included

Breakfast, Lunch, Snack Break (i.e. Charcuterie, Fruit), Dinner,

Day 7: Friday : Balandra's Blue Lagoon and Caleta Lobos: The Final Challenge



Our last day of training takes us to Balandra Bay, where you'll have the opportunity to demonstrate your complete sailing proficiency. From anchoring in Balandra's stunning waters to navigating to the secluded Caleta Lobos, today is your final exam. After a peaceful afternoon, we return to La Paz by 4 PM, where we'll celebrate your achievements and the incredible week of sailing.

Meals Included

Breakfast,

Day 8: Saturday : A Fond Farewell



Disembark by 10 AM, but not before one last sunrise on the deck. Say goodbye to your crew and the beautiful Baja coast, taking home not only memories but newfound sailing skills that will last a lifetime.

Meals Included

Breakfast,



At Sails & Grace, we believe in the transformative power of the sea and the strength of women supporting women. Founded by Emily, a passionate sailor with years of experience navigating the world's waters, our mission is to empower women through the art of sailing.



Instructional Captain

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