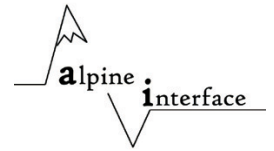


Alpine Interface

- Your connection to any number of hiking and walking adventures in the Alps, Europe, the Himalaya and the Americas – small groups, certified guides.

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## **Active holidays in Baja California, Mexico – kayaking, swimming, snorkeling, sight seeing:**

### ***Weather/Climate in Baja, California, Mexico in spring/early summer, and in fall:***

Most days will be hot, sunny and slightly humid. Evenings can be quite cool. Wintertime (November – January), water temperature will be approximately at 82F (28°C).

### ***Mandatory equipment:***

- 1 Wind-and waterproof/resistant jacket
- 1 warm fleece jacket or long sleeve shirt
- 2 pairs of shorts, one for swimming, one for walking
- 1 pair of light-weight cotton or synthetic trousers
- 2 t-shirts, cotton or synthetic (*synthetic ones are lighter and dry quickly*)
- Socks / underwear
- 1 pair of sturdy trekking shoes, covering the ankles. (*To ensure a proper fit, take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your shoes are too small, if there is more space, your shoes are too big. Also make sure that your heel is not too loose in order to avoid blisters.*)
- 1 pair of sandals (*Teva brand or similar*)
- Bathing costume
- 1 Large beach towel
- Sun protection: Sun hat, wide brimmed is the best with a string to keep in place if windy, sunglasses, and sun cream (*maximum possible SPF 50, unless you will be coming from a month in Aruba*)
- A little rucksack (30l – 35l) for our time 'on land'. (*Big enough to fit up to 2l of water, bathing costume and towel, waterproof/water resistant jacket, lunch, and miscellaneous items.*)

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Alpine Interface – kayaking, walking, swimming, snorkeling in Baja California, Mexico. Small groups, certified guides only. Interested in customized trips, please ask us.

**Optional equipment:**

- Camera and film, polarizing filter is best if using SLR camera since light is very bright
- Sketch- pad, reading material (*time each day to relax after lunch*)
- Small first aid kit, disinfectant spray and insect repellent (*SOME MOSQUITO POPULATIONS LIKE OUR SKIN*)
- Small torch
- Swim goggles. They are nice for exploring small caves just under the surface of the water and getting glimpses of the underwater world
- Snorkeling equipment is provided, if you rather have your own, please bring it
- Kayaking wetsuit and booties, if you have them.