

TAILWIND JUNGLE LODGE ACTIVITIES



Stand Up Paddle Boarding



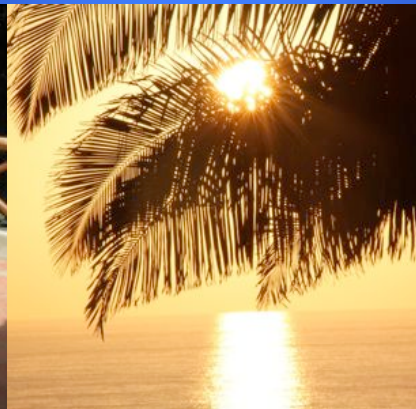
Hiking



Yoga



*SO MUCH TO DO ...
(or not to do!)*





TAILWIND GUIDED TOURS & SERVICES

Sea Kayaking

Hiking

Stand Up Paddle Boarding (SUP)

Holistic Health Services

(Descriptions provided below)

TO DO IN THE JUNGLE

Lounge by the pool

Hike to the beach (5 - 10 minute walk)

*Schedule a massage or reiki treatment**

*Schedule a yoga class (min. of 3 people)**

Relax in the hammock.

*Enjoy a holistic health consultation**

Hike to the Buddha yoga platform.

Hike the avocado loop (see hiking description below)

**Prior reservation required.*



SEA KAYAKING



Explore this spectacular coastline from behind the bow of one of Tailwind's sea kayaks. Our kayaking tour is perfect for paddlers of all levels. Surround yourself with bountiful sea life and view the coastline from offshore—a delightful new perspective and a treat that simply cannot be missed! There are secluded beaches, intimate coves and miles of wild Pacific coastline waiting for you . . . Tailwind's sea kayaking excursion launches out of the town of Los Ayala (20 min. drive north of San Pancho)

Rates: 2 people \$60/person, 3 -5 people \$50/person, 6+ people \$45/person. Group transportation costs are additional (can be arranged through Diva Tours taxi service). Advance reservations are required.

LOS AYALA SEA KAYAKING TOUR



This tour is perfect for paddlers looking to experience a breathtaking stretch of undeveloped coastline. Easy launching in the protected bay of Los Ayala, makes this tour ideal for paddlers of all levels. The drive to Los Ayala is 20 minutes North of San Pancho. After a quick instruction on kayaking 101 (paddling techniques, safety, etc.), we launch the boats and paddle southward along this fantastic, wild coastline. Together we enjoy lively sea life as we paddle to a prominent point and float around a bit to rest while savoring a spectacular coastline vista. On the return paddle, if swell allows we land at the deserted beach of Los Torros. This beach is a kayaker paradise as it is only accessible by boat. The beauty of this beach is unrivaled. This is the perfect spot for swimming, sunbathing and simply enjoying this picturesque Mexican coastline.

Difficulty: Easy to moderately challenge, trips tailored to suit skill levels.

Duration: Departs 9am from San Pancho or the Tailwind headquarters. Returns approx. 2 pm.

Time kayaking: 1.5-2 hours

Includes: All gear and instruction

To Bring: WATER!!! Sunblock, hat, beach stuff, snacks (dry bags provided if you'd like to bring a camera)

TAILWIND HIKING TOURS



Discover deserted white sand beaches and savor breathtaking vistas. Stop to enjoy intriguing wildlife along the way. Hiking around this area is a great way to acquaint oneself with the natural beauties of this coastline. Tailwind guests are provided with maps of the trails.

Depending on scheduling a hiking guide may be available.

Advanced reservation necessary for group hikes.

AVOCADO LOOP

This hike is Tailwind's specialty. Several hours (approximately 5 miles) of slow trekking along a spectacular jungle ridge, through mango and avocado groves and then descending to deserted white sand beaches, this is an experience not to be missed. Bountiful flora and fauna are captivating—there are limes to be collected, giant strangler figs to look at, lion aunts to entertain you and tropical birds to listen to and watch. Some may enjoy a quick stop for cleansing mud treatment or a quick dip in the ocean at a secluded beach along the way. This hike is great exercise and a perfect way to orient oneself in this wild place.

Difficulty: Moderate to strenuous

Bring: Hiking shoes, water, hat, bug spray

STAND UP PADDLE BOARDING (SUP)



Stand up paddle boarding is currently one of the fastest growing sports in the world. The popularity of this amazing sport is certainly no surprise, as it offers something for everyone! In this region of the Mexican Pacific, paddle boarding is great for flat water paddling as well as riding waves. For those wanting a more relaxed experience, flat water paddling is the way to go. Wave riding offers a bit more excitement for those looking for a challenge. Either way, these boards are a ton of fun and easy to balance on. If you've not yet tried paddle boarding then we highly recommend you give this a try.

The Stand Up Paddle boarding tour is out of the town of Anclote, on Punta de Mita. Anclote is a perfect spot for both learning to paddle on calm water, as well as learning to ride waves.

Paddle boarding is \$60/person and includes board rental and instruction.
Discounts may be available for larger groups. Advanced reservations required.
Transportation to Anclote is not included, but can be arranged through Diva Tours taxi service.

SURFING LESSONS & GUIDED TOURS

KEVIN ARNOLD
PHOTOGRAPHY



This coastline is littered with surf breaks that are great for all levels of surfer, including beginners! Glassy waves of all sizes can always be found and thoroughly enjoyed. Surf lessons and guided tours of beautiful, uncrowded surf breaks can be arranged. Begin and end the day with surf sessions and retreat the jungle to relax in between!

The Tailwind jungle lodge, does not currently offer surfing tours, however surfing can be arranged through Wildmex tours. Please let us know if you are interested in surfing.

HOLISTIC HEALTH SERVICES

The Tailwind jungle lodge is now offering personalized health consulting services and workshops.

Make your visit to the jungle an opportunity to discover a new level of health. Between tropical activities, the Tailwind jungle lodge is the ideal place to restore balance to your life and begin to understand what your body needs to be fully nourished and healthy. Health programs at the Tailwind lodge incorporate the following concepts:

*Listening to the body and discovering your
unique bio-individuality*

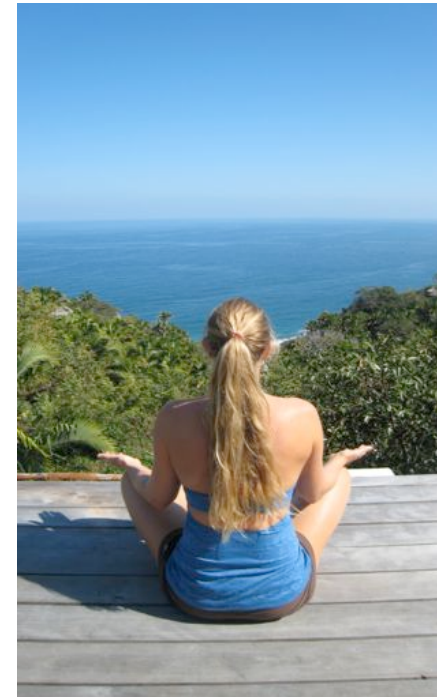
Balancing quality whole foods and quality lifestyle

Nourishing yourself: mind, body & soul

*Deconstructing food cravings:
Your body's most powerful messaging system*

Letting the body heal itself

Feeling and looking your best!



Holistic health programs and group workshops are offered by newly certified holistic health coach, Tamara Jacobi. Read more at her website, www.junglegirlhealth.com.

Holistic health workshops introduce the benefits of whole foods and healthy lifestyle in helping the body heal itself. Workshops help guests gain insight into their own unique bio-individuality and restore balance to their lives. Please make reservations prior to your visit to the lodge. Private consultations are also available by request.

MASSAGE, REIKI, REFLEXOLOGY, AYURVEDA

To unwind with a relaxing massage, reiki, reflexology and ayurvedic treatments in the natural setting of Tailwind jungle lodge is an ultimate experience. Our wellness team looks forward to working on you, complementing your experience at Tailwind and encouraging you to feel relaxed and energized.

OCTAVIA is certified in Therapeutic massage and polarity from the Cypress Institute in Santa Cruz, California. She has practiced in Mexico for 6 years and specializes in a combination of Swedish effleurage and pressure points, while incorporating polarity work. She feels that the body is able to benefit from the connective long strokes while getting individual attention on certain tense points. The polarity helps to promote balance of energy and integrate a restorative feeling in the massage.

ABIGAIL is a local Mexican masseuse who specializes in a combination of Swedish massage and Shiatsu. She has been trained in Thailand, Sweden, Mexico and Switzerland.
Massage Rates: \$60 - \$65 US/hour, \$80 for 1.5 hours

AVA ELLER, CERTIFIED REFLEXOLOGIST. A healing arts practitioner for over 20 years, the Body/Mind connection has always been a source of inspiration for Ava. She received her training at the Omega Institute and became a certified reflexologist five years ago, recognizing that it is a powerful modality for creating wellness. In reflexology, the feet are considered a reflexion of the entire body. By stimulating pressure points and working the whole foot, patterns of stress are interrupted, a profound sense of relaxation is triggered, and balance is restored.

DANA MAXEY, AYURVEDIC CLINICIAN. Specializing in: health consultations and diagnosis to target a new path to wellness; flora marma (acupuncture using flower essences instead of needles on emotional release points); pancha karma programs for rejuvenation. Dana also offers Abyanga (oil) and Shirodhara massage incorporating: quick pulse energy treatments, jin shin energy work and reiki. Please inquire for rates.

TO DO IN THE SAN PANCHO AREA

Bird Watching Tours (www.birdingsanpancho.com)

Visit Entreamigos (San Pancho community center, main street)*

(<http://entreamigos.org.mx/>)

Beach side restaurants (great for sunset)

El Estar Studio: Yoga and massage, <http://www.el-estar.org/classes.htm>

Visit art galleries/gift shops

Watch a polo game (Saturday afternoon)

Explore local beaches*

Deep Sea Fishing (www.DivaTours.net)

Horseback riding (Costa Azul resort)

Sailing, (Anclote or La Cruz de Huanacaxtle)

Zip-lining (Sayulita)

Surfing (San Pancho surf shop or www.wildmex.com)

Visit town of Sayulita (just south of San Pancho)

Sayulita beach giant margaritas (ask about the fishbowl)

La Peñita Market, Thursday only (9 am - 1:30 pm) *

Petroglyphs, Alta Vista

Hot Springs, Cuata

Tour Puerto Vallarta Malecon (boardwalk) and Zona Romantica

Botanical Gardens (south of Puerto Vallarta)

Visit the town of Yelapa (1 hour drive, 30 min. boat ride)

Visit San Blas (3 hours drive north)

*Tailwind favorites

RESTAURANTS IN SAN PANCHO



Local Mexican Fare

*Eva's Tacos * (dinner)*

La Roca (Tuesday nights only) (dinner)*

Baha Taqueria (lunch and dinner)*

Mid Range

San Pancho Café (dinner)

*Maria's (all meals)**

*La Ola Rica (dinner)**

More "swanky"

*Café Del Mar (dinner)**

Hotel Cielo Rojo (all meals)

Mar Plata (dinner)

Polo Club (thurs. & sat.)

**staff choice*



LOCAL BEACHES TO EXPLORE

San Pancho Beach

Punta Negra

Anclote

Sayulita

Punta Raza

Boca de Naranjo

Divisaderos

You likely won't have time to explore all of these beaches during your visit to the jungle. However, if you tell us what you're looking for we'll be happy to point you to the beach you'll most enjoy. Each beach offers something unique. We're also happy to loan you a beach umbrella and some boogie boards ☺.

San Pancho Beach. This is a long beach (about 1 mile) that stretches the length of San Pancho. This is a lovely beach with lots of palm trees and some beach side restaurants. This beach does pick up a lot of swell, so it can be dangerous for swimming.

Beaches South of San Pancho (towards Bahia Banderas)

Anclote Beach (near Punta Mita, approx. 40 min. drive from Tailwind)

This is lovely beach that is protected from larger swells, which makes it great for Stand Up Paddle boarding, swimming and body surfing. Predominately an offshore breeze. Can be very hot and there is little shade, so bring an umbrella.

Take hwy 200 south. Turn off the highway towards Sayulita and take the left fork (do not go through the town) to Litibu/Punta Mita. The road will dead end at Punta Mita hwy. Turn right. After about ¼ km, make your 1st left. Follow this road to the beach.

Punta Negra (towards Punta Mita, approx. 30 min. hour drive)

Beautiful white sand beach (a staff favorite!) Great swimming and body surfing. Can be very windy.

Follow same directions as above (to Litibu). As you pass the Litibu development (large hotel construction on your right, also a golf course) notice a fence on your right. Where the fence ends there is a dirt road that heads toward the beach. Take a right on this road. At the fork in the road, turn left to follow the coastline. Follow this road to a dead end. Park and walk down to the beach on your right.

BEACHES NORTH OF SAN PANCHO

Punta Raza (approx. 45 minute drive). A stunning long, white sand beach. This is the beach you see from the Tailwind roof top deck. Punta Raza is currently deserted, but that could change soon, so enjoy it while you can! 3 miles long, great for walking and running. Also good for advanced body surfers.

Take hwy 200 north from San Pancho. About 15 minutes up the highway turn left into the town of El Monteon. Follow the main street all the way through El Monteon. On the far side of town you'll see an old faded sign pointing to Punta Raza and the Hotel Paraiso. Follow this sign to the right down a rough dirt road. Drive through a small creek and then past an adobe brick plantation. The dirt road will climb to the top of a beautiful ridge (see vistas on the left). At the top of the hill, take the right fork down to the beach. Park by the guarded gates. Enjoy!

Boca de Naranjo. (approx. 1 hr) This beautiful 5.5 mile beach is one of the treasures of this coastline. This beach is largely undeveloped and great for wandering. As the tide goes out the beach is amazingly flat and wide. Can also be great body surfing and wading in the shallow water.

Follow the same directions to Punta Raza beach. Pass the town of el Monteon. Drive through the town of La Peñita. Shortly after La Peñita look for a sign that says Lima de Abajo. At this sign, turn left off the highway onto a smooth paved road. Follow the road into town (turns to cobblestone). Pass a statue, the road then turns to dirt. Follow the main dirt road (several small road will branch off) for 4 miles to a beautiful overlook. Park here (the guards will not let you drive further). Walk down 5 minutes to the beach.

Divisaderos Cove. (1.5 hours drive) This beach is a treat to the adventurer! After the long bumpy dirt road, this sparkling emerald cove is absolutely stunning. White sand, clear water and palm trees in a protected bay makes for idyllic swimming and lounging. (occasionally good snorkeling as well). Can be a bit busy on the weekends, so pick a week day if possible.

See directions to Boca de Naranjo to get to the town of La Peñita. Follow hwy 200 past La Peñita. Shortly past the Lima De Abajo sign, look for a sign that ways Divisaderos. Take a left onto a gravel road. Pass through town of Divisaderos. Road turns to dirt. Wind your way through orchards and beautiful vista points approx. 2 km to a guarded gate. Park here and walk down to the beach (through the gate, down to the left). Approx. a 5 minute walk.

THE JUNGLE LIFE

Blink your eyes slowly and catch a glimpse of the morning light splintering through the palms into your bedroom. Relax and lounge in your sun-dried sheets before stepping out of bed to fully enjoy the view from your jungle abode perched amidst the palms. Watch the colorful birds flutter by and listen to their animated calls as you savor papaya, pineapple and mango from the local San Pancho fruit stand, and some coffee from a nearby organic coffee plantation.

Now, the big decision of the day . . . what will the first activity be? Feeling energetic? Consider maybe a yoga session, a jungle hike to a nearby beach, a kayaking, surfing or stand up paddle board tour. Not so ambitious? Lounge poolside, enjoy some hammock time or explore the taco stands in San Pancho. Looking to improve your health? Treat yourself to a massage or holistic health consultation. Or perhaps a cultural experience might suit your fancy—visit lively local markets, petroglyphs or explore the charming town of San Pancho. Wonderfully tired at the end of the day, get yourself a cold drink and enjoy a jungle and ocean view.

*We look forward to seeing you in the jungle soon!
Please don't hesitate to contact us with any questions at
info@tailwindjunglelodge.com*