



Contents

Signature Experiences	6
Culinary	8
Wellness	12
Outdoor Activities	16



The Amanvari Experience

On Baja's untouched East Cape, Amanvari serves as a majestic point of entry to landscapes of desert, sea and estuary. A base for boundless discovery, it blends outdoor adventures in the Sierra de la Laguna mountains with offshore odysseys into the Sea of Cortés – a 700-mile strip of ocean that shelters whales and other migratory marine life over the seasons. Whether drawn here by land, sea or sand, the Amanvari team is on hand to tailor experiences to suit every guest.



Signature Experiences

Estuary Horseback Journey

Duration: 2-3 hours

Availability: Daily at sunset

Location: Amanvari Estuary and surroundings

The East Cape reveals itself differently at sunset. Depart on horseback and encounter an unfolding landscape of beach, estuary and desert. The horseride concludes at the estuary as the sun descends, where Champagne and charcuterie are enjoyed beside an open fire.

Sierra de la Laguna — Cañón de la Zorra Expedition

Duration: 4-5 hours

Availability: Daily, 8am-4pm

Location: Sierra de la Laguna

The Sierra de la Laguna rises sharply from the peninsula's coastal plain, its interior a world apart from the shore. Departing by private off-road vehicle, guests travel upstream through the *arroyo* (canyon). At Cañón de la Zorra, a waterfall feeds crystalline pools - creating a place for wild swimming or sitting with the silence of the mountains.

Mountain Off-Road Cycling Trail

Duration: 2-3 hours

Availability: Morning departures

Location: Mountain trails, East Cape

Elevated desert trails offer a particular kind of clarity. Guided on electric mountain bikes across the ridgelines above the East Cape, guests move through a landscape defined by vastness and stillness — with views that extend to the sea. Electric assistance makes the experience accessible to a range of fitness levels.

Catch of the Day — Fishing & Culinary Experience

Duration: 4 hours

Availability: Daily, 7am-4pm

Location: Sea of Cortés and Beach Club

A private boat departs from Amanvari across the Sea of Cortés for snorkelling and fishing in waters of extraordinary marine richness. On return, the Chef joins guests at the water's edge to prepare the catch, ranging from grilled sardines to delicate raw *crudos*, which is later enjoyed at Luma.



Culinary

Apapacho Chef's Table

Duration: 2.5 hours

Availability: Monday & Tuesday, 12-5pm

Location: Chef's Table or Sesui Bar

In Mexico, the word *apapacho* describes a particular kind of embrace — one that moves through the hands. This is the spirit that guides the Chef's Table: a fluid, intuitive journey through the flavours and memories of Mexican cuisine. Shaped by the season, each dish arrives as an act of presence, and tribute to the connection formed around the table.

Raíces y Brebajes

Duration: 2.5 hours

Availability: Daily, 12-8pm

Location: Amanvari Estuary

Amanvari's 'roots and brews' experience draws from the plants, soils and culinary memory of Mexico. *Raíces y Brebajes* courses, crafted by the Executive Chef, are accompanied by drinks, mixed by the Head Bartender — all are inspired by the same source: the land beneath the peninsula.

La Cosecha

Duration: 3 hours

Availability: Daily, 12-3pm

Location: Nursery or Kitchen Garden

The harvest begins before the meal. Join the Chef in the kitchen garden and curated market setting to select what will be cooked — touching the soil, learning about the season and understanding the distance from root to plate. The cooking that follows is quiet and deliberate.

The Spirit of Raicilla

Duration: 1.5 hours

Availability: Daily, 12-4pm

Location: The Lounge or Nursery

Agave grows slowly — sometimes for decades before it is ready to be harvested. Popular in the state of Jalisco, the distilled spirit of raicilla carries all of that time, sealed into every sip. Guided by the Head Bartender, this session traces the journey from living plant to spirit in the glass. An education in patience, place and the alchemy of transformation.





Coffee Journey

Duration: 1.5 hours
 Availability: Daily, 12-4pm
 Location: Luma

Coffee, at its most considered, is an act of collaboration between farmer, climate and craft. Guided by the Beach Club's Barista, guests explore origin and flavour profile before composing their own blend — then learning the extraction method best suited to what they have made. A quiet, attentive hour spent with a single subject.

Private Dining Experiences

Duration: 2.5 hours
 Availability: Daily, 5-10pm
 Location: Selection of private venues

For those who prefer a table set apart, Amanvari's curated private dining experiences include romantic dinners beneath the stars, sunset aperitifs and tapas by the water's edge and beach barbecues where the evening's catch is cooked over an open flame. Each setting can be curated and arranged exclusively with menus composed in conversation with the kitchen.

Culinary Classes

Duration: 1.5 hours
 Availability: Daily, 11am-4pm
 Location: Selection of venues

Take an immersive approach to understanding Mexico's cuisine with hands-on cooking classes dedicated to mastering the art of pastries, ceviche, guacamole, salsas, tacos and so on. Led by Amanvari's seasoned chefs, classes start with an hour of in-depth knowledge before concluding with a tasting. Sessions focusing on pasta and sushi are also available.

Beverage Classes

Duration: 1.5 hours
 Availability: Daily, 11am-4pm
 Location: The Lounge or Arva

Mexico's liquid traditions are as varied as its cuisine. These tasting sessions on craft cocktails, tequila, mezcal and Mexican wine, as well as natural and biodynamic wines from around the world, aim to explore such traditions. Each is an exercise in understanding what makes a drink specific to its region, all led by expert bartenders.

Wellness

The Sacred Elemental Doors

Duration: 1.5 hours

Location: Temazcal

Guided by a local shaman, this ceremony combines fire-heated stones, medicinal herbs and the four elements, following a set sequence of opening, purification and renewal. Performed at sunset, participants depart with a greater sense of calm and a quiet mind.

Hydrotherapy Journey

Duration: 1 hour

Location: Hydro Facilities

Contrast therapy, the practice of combined hot and cold immersion, is a mechanism for recovery and restoration. At Amanvari, the Spa's hydrotherapy circuit moves through hot zones, cold plunge, steam and rest, in a considered sequence, designed to stimulate circulation, accelerate recovery and return the body to balance.





Hamмам Experience

Duration: 1 hour
Availability: All day
Location: Aman Spa

Honoured across centuries in North Africa and the Middle East, the hammam bathing tradition releases steam in pursuit of relaxation and ritual cleansing. At Amanvari, the ritual is reinterpreted through the lens of the East Cape — reflecting the elemental quality of a landscape where desert meets sea.

Sound Bath

Duration: 1 hour
Availability: Evening
Location: Meditation Pavilion

Vibrational instruments produce frequencies that the nervous system receives as an invitation to rest. Guests lie in stillness as layers of sound move through the body, creating conditions for deep relaxation and a quality of quiet that is rarely found in ordinary life.

Soul Flow Yoga

Duration: 1 hour
Availability: Sunrise
Location: Beach Deck

At sunrise, the estuary holds a particular stillness — a quality that this guided yoga practice is designed to draw on. Over an hour-long session, watch as breath, movement and the light-bathed landscape slowly shift into alignment and the sun rises over the water. Open to all levels, the session is guided with the care this hour of the day deserves.

Meditation Circle

Duration: 1 hour
Availability: Morning / Evening
Location: Temazcal or Yoga Pavilion

The meditation circle is an ancient form of gathering — for reflection, intention and the marking of meaningful moments. Sessions combine breathing practice and meditation to cultivate calm and clarity, equally suited to personal solitude or to honouring a significant occasion.

Personal Training Session

Duration: 1 hour
Availability: Flexible
Location: Fitness Studio

A personal training session shaped around the guest's current state and goals. Following a brief consultation, the trainer designs a programme focused on strength, conditioning, mobility or recovery — whichever is most needed in this moment.

Stretch & Mobility Class

Duration: 1 hour
Availability: Morning
Location: Fitness Studio

Controlled movement, applied with attention. The class focuses on posture, flexibility and functional range of motion. Particularly restorative for guests engaged in more active pursuits and for anyone carrying the tensions of a long journey.

Oceanfront Fitness Session

Duration: 1 hour
Availability: Morning
Location: Beach Deck

Strength and conditioning conducted beside the sea. Fresh air, an open horizon and the steady presence of the water provide a context that makes the work feel different — a natural extension of being in a place.

Personalised Wellness Consultation

Duration: 1 hour
Availability: Flexible
Location: Aman Spa

A one-on-one conversation with a wellness specialist to understand your goals and what would serve you most during your stay. The consultation results in a coherent personalised programme — a considered map of the days ahead.

Outdoor Activities

Paddleboarding Along the Coastline

Duration: 1-1.5 hours

Location: Sea of Cortés

The surface of the Sea of Cortés in the morning has a quality all its own. Guided paddleboarding introduces guests to the waters at Amanvari's edge — calm, clear and alive with marine life visible from above. Instruction provided for those new to the activity.

Snorkelling in the Sea of Cortés

Duration: 1.5 hours

Location: Sea of Cortés

Jacques Cousteau called the Sea of Cortés the “aquarium of the world”. A guided snorkelling excursion from the shore introduces guests to the marine life that justifies that description — reef fish, rays, sea turtles and the particular light that falls through water of this clarity.

Sportfishing Expedition

Duration: 4-6 hours

Location: Sea of Cortés

The East Cape has been known to serious anglers for decades. A private expedition into the Sea of Cortés targets dorado, tuna and marlin — depending on the season — in waters where the concentration of pelagic species remains remarkable.



Guided Desert Hiking

Duration: 2 hours

Availability: Morning / Sunset

Location: Desert trails, East Cape

Despite appearances, deserts are not the empty expanses they may first appear to be. A guided walk through Baja California Sur's sandscape reveals plants adapted to extremes, birds resident and migratory, and an ecosystem alive with soaring cacti and sierras.

Estuary Birdwatching

Duration: 1.5 hours

Availability: Early morning

Location: Estuary

The estuary at Amanvari is a significant habitat supporting an exceptional variety of species across the migratory calendar. A guided morning walk through this estuarine ecosystem reveals its secrets, led by an expert birdwatcher.

Scuba Diving in Cabo Pulmo

Duration: Half day

Availability: Morning

Location: Cabo Pulmo National Marine Park

Cabo Pulmo National Marine Park contains one of the oldest living coral reef systems on the Pacific coast of North America. A guided diving excursion places guests within one of the most ecologically significant marine habitats on this coast — dense with life and carefully protected since 1995.

Sea of Cortés Sunset Yachting Experience

Duration: 2-3 hours

Availability: Sunset

Location: Sea of Cortés

The Sea of Cortés at sunset takes on majestic colours that are difficult to describe. A private yacht sails along the East Cape coastline as the light changes and Champagne is poured. Light bites served, the shoreline of Baja is visible in the glinting golden hour as relaxation ensues.

SEABOB Ocean Exploration

Duration: 45-60 minutes

Availability: Morning

Location: Sea of Cortés

SEABOB propulsion devices allow to move through the water with almost no effort — gliding alongside marine life rather than disturbing it. A guided underwater exploration offers proximity to the ocean, unlike anything experienced from above.

Lift eFoil Flight Experience

Duration: 1 hour

Availability: Morning

Location: Sea of Cortés

The eFoil lifts the board clear of the water's surface, driven by a quiet electric motor. The sensation — hovering above the Sea of Cortés, in near silence, with nothing beneath — lends a unique perspective on the water. Instruction provided before each session.



Golfing at Costa Palmas Golf Club

Availability: From 8.30am (subject to availability)

Location: Costa Palmas Golf Club

Invitation to the Costa Palmas Golf Club is extended to Amanvari guests, subject to availability, for the duration of their stay. Enjoy a round of golf or private lessons across the manicured fairways of the Robert Trent Jones II-designed 18-hole championship golf course. Tee times start at 8.30am. Please connect directly with the Amanvari team to discuss rates and timings.



