



ENCHANTED
GALAPAGOS LODGE

EXPLORE SANTA CRUZ & NEARBY ISLANDS

8 DAY YOGA HOLIDAY RETREAT
LEAD BY TAMARA COLE





INDEX

| | |
|-------------------------|----|
| Itinerary Summary | 01 |
| About Tamara | 02 |
| The Lodge | 03 |
| Itinerary Day 1 | 04 |
| Itinerary Day 2 | 05 |
| Itinerary Day 3 | 06 |
| Itinerary Day 4 | 07 |
| Itinerary Day 5 | 08 |
| Itinerary Day 6 | 09 |
| Itinerary Day 7 | 10 |
| Itinerary Day 8 | 11 |
| Contact Us | 12 |

ITINERARY SUMMARY

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| LOCATION | Galapagos Islands Santa Cruz Island |
| DATES | January 24 - 31, 2026 |
| DURATION | 8 Days / 7 Nights |
| PRICE | \$4800 USD Double Occupancy \$5800 USD Single Occupancy |
| ACTIVITIES | Yoga, Pranayama, Myofascial release using yoga tune-up balls (tune-up balls are included in your package to take home), wildlife viewing, walking, biking, snorkeling, boat rides, sightseeing |
| HIGHLIGHTS | Daily yoga sessions, volcanic sinkholes, tortoise reserve, day tours to uninhabited islands, snorkelling in renowned marine reserve, stunning beaches, Charles Darwin Research Station, wildlife viewing and more! |
| INCLUDED | Accommodation, all transfers, excursions, meals and activities mentioned in itinerary, snorkelling gear (on snorkelling days) |
| NOT INCLUDED | Flights to and from Galapagos, Galapagos National Park Entrance Fee, Migratory Card Fee, extra beverages, wetsuit rentals, personal expenses, tips |





“**BREATH DEEP,
MOVE MINDFULLY AND IMMERSE
YOURSELF IN THE WILD HEART OF
GALAPAGOS.**

Tamara Lynn Cole has been teaching yoga for over 15 years, with training in Hot Yoga, Vinyasa, Ashtanga, Yoga Tune-Up®, and pranayama. She weaves mindful alignment, creative flow, and grounding adjustments with the deeper roots of yoga, drawing on her studies in Comparative Religions and Sanskrit at the University of Hawai‘i.

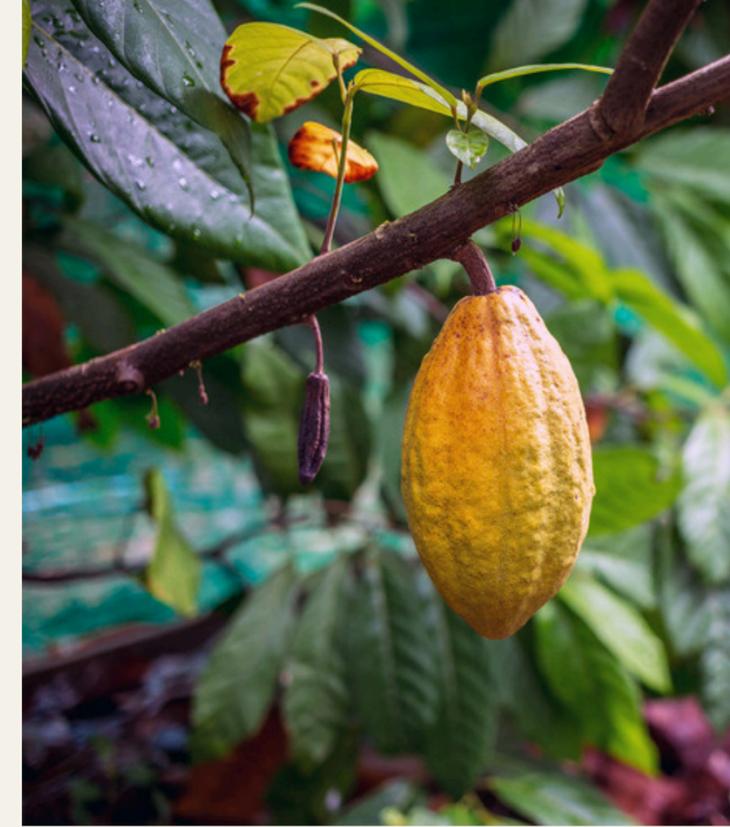
An avid traveler and explorer, Tamara has lived in the Galápagos for over four years, immersed in its wild beauty and daily rhythms. She believes that connecting with nature deepens our connection to ourselves—a theme woven through every practice and experience she offers.

Her retreats combine daily yoga with island adventures—snorkeling with sea lions, walking ancient lava fields, meeting giant tortoises, and connecting with local artisans. Staying at a woman-owned, sustainable retreat center, you’ll experience the Galápagos through an insider’s lens, supporting eco-friendly enterprises while immersing yourself in the heart of these extraordinary islands.



THE ENCHANTED GALAPAGOS LODGE

Nestled in the highlands of Santa Cruz, approximately 15 minutes from Puerto Ayora's city centre, Enchanted Galapagos Lodge stands as a serene and charming boutique hotel. The lodge, ensconced in tranquility, provides an ideal retreat for those seeking relaxation amid its lush expansive grounds. Guests can bask in the beauty of a spacious pool and hot tub, unwind in hammocks, meander through gardens and forest trails, or explore the country roads. Alternatively, indulge in a soothing massage or partake in a tour of our artisanal on-site cheese factory, followed by a cheese tasting, or a chocolate-making workshop with beans sourced for our farm. Delight in our farm-to-table experience with organic produce and coffee sourced directly from our farm down the road. Yoga sessions are conducted on our covered platform, conveniently located beside the pool. Enchanted Galapagos Lodge offers a diverse range of activities to ensure a delightful and rejuvenating stay.





DAY 1

ARRIVAL & VISIT TO LOS GEMELOS SINKHOLES & TORTOISE RESERVE

Upon arrival at Baltra Airport, you'll complete Galápagos immigration by presenting your passport, Migratory Card, and pay the Galápagos National Park fee of US \$200 (cash only). Once you've retrieved your bags, your local naturalist guide will meet you and accompany you on the transfer. En route, you'll stop at the mesmerizing Los Gemelos sinkholes before continuing to El Manzanillo Tortoise Reserve, where you'll stroll the trails and likely encounter giant tortoises in their natural habitat. Next, you'll head to Enchanted Galapagos Lodge, your home for the next seven nights. The afternoon is yours to unwind on the lodge's serene grounds, with options for a massage (pre-booking required, + \$), or lounging by the pool. Then unwind after your long journey with a yoga session then nourishing dinner.



Place(s): Baltra & Santa Cruz Island



Sights: Los Gemelos sink holes, El Manzanillo Tortoise reserve



Activities: Walking (easy-moderate), wildlife viewing, yoga, relax, swim or book a massage (\$) at the lodge



Wildlife: Tortoises, endemic birds



Meals included: Lunch, dinner (vegetarian only)



DAY 2

NAVIGABLE TOUR TO BARTOLOMÉ

At 7:00 a.m., you'll depart the lodge and head to the canal for your boat trip to Bartolomé Island. This volcanic islet is famous for its iconic Pinnacle Rock and lunar-like terrain. You'll hike up a 600-meter trail, featuring a planked boardwalk and staircase, to reach a summit offering a breathtaking 360 view. After the hike, a dinghy along the coastline may bring you face-to-face with the Galápagos penguin, often seen near Pinnacle Rock or while snorkeling in the clear waters. Next, return to the boat for a short ride to Sullivan Bay on the northeastern side of James Island, where the dramatic pahoehoe lava flows, formed during a late 19th-century eruption. Here, you can enjoy a peaceful snorkel amid the volcanic formations. Finally, you'll return to the lodge for a relaxing yoga session followed by dinner.



Place(s): Santa Cruz Island, Bartolomé, Sullivan Bay



Sights: Scenic boat ride, wildlife watching



Activities: Walking/ hiking (easy-moderate), snorkeling, yoga, wildlife viewing



Wildlife: Various endemic birds, marine iguanas, penguins, sea lions, tropical fish, sharks, rays, sea turtles



Meals included: Breakfast / Lunch (on board) / Dinner (vegetarian only)



DAY 3

PRIVATE TOUR TO EL GARRAPATERO BEACH & COLUMPIO MAGICO & CERRO MESA

At 7:30 AM, meet your guide at the lodge and gear up for biking, embark on a scenic 8 km bike ride to El Garrapatero Beach. Upon arrival, enjoy a serene walk to the beach where you can swim, relax, and view wildlife. After a brief interpretive walk, kayak around the bay, then return via the trailhead. On the return journey, visit Columpio Mágico to explore a lava tunnel and enjoy panoramic views. Lunch follows at the lodge. Post-lunch, head to Cerro Mesa Reserve, renowned for its vast crater and 360° island vistas. Explore trails leading into the crater or around the reserve, keeping an eye out for Galápagos tortoises. Conclude the day by returning to the lodge for yoga and dinner, or taxi to Puerto Ayora to explore and dine independently.



Place(s): Garrapatero Beach, Columpio Magico, Cerro Mesa



Sights: Garrapatero Beach, Columpio Magico grounds and lava tunnels, Cerro Mesa



Activities: Biking (moderate), yoga, walking (easy-moderate), relaxing, swimming or kayaking



Wildlife: Tortoises, marine iguanas, tropical fish, endemic birds, flamingos, rays, reef sharks



Meals included: Breakfast, lunch, dinner (not included this day)



DAY 4

NAVIGABLE TOUR TO SANTA FE ISLAND

At 7:30 AM, depart the lodge for the dock to board your boat to Santa Fe Island. This 24 km² island is one of the oldest in the Galápagos, offering a rich tapestry of endemic wildlife and unique landscapes. Upon arrival at the northeast end of the island, embark on a guided walk through a giant cactus forest. Keep an eye out for the pale-hued Santa Fe land iguana, a species unique to this island. Other notable species include the Galápagos hawk, mockingbirds, and marine iguanas. Next, enjoy snorkeling in the crystal-clear waters of Fisherman Bay. Here, you might encounter sea turtles, rays, sea lions, tropical fish, and even Galápagos sharks. After a fulfilling day, return to the lodge for a yoga session and delicious dinner.



Place(s): Santa Cruz Island, Santa Fe Island, Fisherman Bay



Sights: Scenic boat ride, wildlife watching



Activities: Walking (easy-moderate), snorkeling, yoga



Wildlife: Various endemic birds, pelican nesting, mockingbirds, land iguanas, marine iguanas, sea lions, tropical fish, sharks, rays, sea turtles



Meals included: Breakfast / Lunch (on board) / Dinner (vegetarian only)



DAY 5

PRIVATE TOUR TO TORTUGA BAY & VIP VISIT TO CHARLES DARWIN STATION

At 8:00 AM, you'll be transferred to the Tortuga Bay trailhead, where your guide will meet you. Enjoy a 30-minute scenic walk along the path leading to the stunning Tortuga Bay beach. Arrive at the stunning Tortuga beach where you can observe marine iguanas, swim with sea turtles, or simply relax and enjoy the beauty. At 11:30 AM, take a boat back to town, arriving directly at a local restaurant for lunch. Afterward, embark on a VIP tour of the Charles Darwin Research Station at 2:30 PM. Enjoy free time to explore Puerto Ayora then a bus will take you back to the lodge at 6:00pm. Conclude the day with a rejuvenating yoga session and nourishing dinner at the lodge.



Place(s): Puerto Ayora, Charles Darwin Station, Tortuga Bay



Sights: Spectacular views of Tortuga Bay Beach, Darwin Station, Puerto Ayora, National Park trail



Activities: Yoga, walking (moderate), swimming, relaxing



Wildlife: marine iguanas, sea turtles, marine life, sharks, tropical fish, endemic birds, tortoises



Meals included: Breakfast (boxed) / Lunch (in town) / Dinner (vegetarian only)



DAY 6

NAVIGABLE TOUR TO NORTH SEYMOUR

Between 7/7:30 AM, you'll be transferred to the canal to board your boat for a day tour to North Seymour Island. This small island, formed by a seismic uplift is home to diverse wildlife. Upon arrival, embark on a guided walk through a Palo Santo forest. Along the trail, observe nesting blue-footed boobies and encounter colonies of magnificent and great frigatebirds. After the hike, head to Las Bachas Beach on the northern shore of Santa Cruz Island for snorkeling. This sheltered beach is ideal for swimming and snorkeling, with opportunities to spot green sea turtles, rays, and various fish species in the rocky reefs. Nearby brackish lagoons serve as feeding grounds for flamingos and other wading birds. After, make your way back to the lodge for a yoga session and dinner.



Place(s): Santa Cruz Island, North Seymour, Las Bachas Beach



Sights: Scenic boat ride, wildlife watching



Activities: Yoga, walking (easy-moderate), snorkeling



Wildlife: Blue footed boobies, great and magnificent frigate birds, flamingos, sea lions, marine iguanas, tropical fish, sharks, rays, sea turtles



Meals included: Breakfast / Lunch (on board) / Dinner (vegetarian only)



DAY 7

FREE DAY

After a wholesome breakfast, the day is yours to enjoy at your own pace, with a variety of activities to choose from. Immerse yourself in the art of chocolate-making, where you'll discover the traditional process of crafting chocolate using beans harvested from our farm. Visit our on-site artisanal cheese factory, where you'll learn the time-honored techniques of creating European-style cheeses. For a more leisurely experience, unwind by the pool, soak in the sun, explore the scenic trails that wind through our expansive property, offering a peaceful escape, or treat yourself to a soothing massage. If you're in the mood for something more vibrant, venture into the charming town of Puerto Ayora, where you can visit local shops, sights, and eateries.



Place(s): Santa Cruz Island



Sights: Various sights depending on your choice of activity



Activities: Yoga | Options: walking , swimming, biking, relaxing, visiting town, massage, chocolate making experience, cheese factory & tasting (\$)



Wildlife: Various wildlife depending on your choice of activity



Meals included: Breakfast / Lunch / Dinner (vegetarian only)



DAY 8

DEPARTURE

As your adventure comes to a close, we bid farewell to an unforgettable journey. On your last day, a seamless transition awaits as we arrange for your morning pick-up from the lodge at 7:30am, ensuring a comfortable journey to the airport for your departure back to mainland Ecuador, where you may continue your adventure or make your way back home. Though it may be a bittersweet farewell, the memories and experiences created during your time here will remain cherished forever.



Place(s): Santa Cruz Island, Mainland Ecuador



Sights: Scenic boat ride through the canal to airport



Activities: N/A



Wildlife: Sea birds, tropical fish at canal



Meals included: Breakfast (vegetarian only)



BOOK NOW

YOUR ADVENTURE AWAITS

CONTACT

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[BOOK HERE](#)

