



Golf, outdoor sports, diving, snorkeling, health clubs, horseback riding and exercise

Want to get out of the house, get some exercise and have some fun? San Carlos gives you lots of options!

Beyond fishing, sailing and kayaking, our year-round outdoor-lifestyle climate encourages healthy activities and exercise, including SCUBA diving, snorkeling, golf, horse back riding, hiking, mountain biking and more.

San Carlos also has two fine health clubs with both indoor and outdoor facilities -- and both have lovely swimming pools!

Athletic Club of San Carlos

San Carlos Health Club

On the paved road to Ranchitos, turn inland at Hotel Fiesta Real

Telephone (011 52) 622 226 0700

athleticclubsancarlos.com

This modern health club offers a well equipped gymnasium, tennis courts, pool, spinning classes, pilates, zumba, yoga, a cafeteria and a child care center.

El Mar Diving Center

San Carlos Dive Shop and PADI and SSI Certified SCUBA Center

Boulevard Manlio Fabio Beltrones 263, Sector Creston

Telephone (011 52) 622 226 0404

USA / Canada Toll Free 877 365 0251

elmar.com

The El Mar Diving Center in San Carlos provides SCUBA diving instruction, equipment rental, snorkeling, fishing and kayaking.

Mexico (011 52) 622 226 2066 / Cell (011 521) 622 109 6629 / USA and Canada (520) 407 6550

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Founded in 1988, El Mar is a very experienced dive shop that is both PADI and SSI certified, and that can provide advanced instruction including Nitrox and mixed-gas diving, dry suit certification, D.A.N. training and solo diving instruction. Dives and fishing charters are conducted from the Piesquita, a beautiful 2007 36' Newton dive boat.

El Mar Diving Center in San Carlos is open every day from 7am to 6:30pm from March - October, 7:30am to 5:30pm every day except Tuesday from November - February. Credit cards accepted.

El Rancho Del Desierto

San Carlos Beachfront Horse Back Rides and Desert Trail Tours
Boulevard Beltrones Km 20 at Playa Algodones in the Paradiso Resort
Telephone (011 52) 622 227 0267
Cell (011 521) 622 855 5930
astridranch.com

El Rancho Del Desierto -- often referred to as Astrid Ranch -- is located on the grounds of the Paradiso Resort in San Carlos. With over a dozen healthy well-loved horses, El Rancho Del Desierto provides visitors guided desert horseback trail rides, beachfront excursions and thrilling day trips. Horses and rides for all levels of rider, helmets, riding boots and English saddles available on request.

Gary's Dive Shop

San Carlos PADI Certified SCUBA Center
Boulevard Manlio Fabio Beltrones Km 10
Telephone (011 52) 622 226 0049
USA / Canada 866 356 1236 (Toll Free)
garysdivemexico.com

Gary's Dive Shop is a full-service PADI certified SCUBA diving facility in continuous operation in San Carlos since 1971! Gary's offers a full range of recreational dives and instruction, including Discover SCUBA classes; open water certification; advanced open water certification and specialty courses including Nitrox certification.

If you want to stay dry for a day -- or need to off-gas! -- Gary's in San Carlos also offer desert eco-tours!



Ocean Sports and Desert Divers

San Carlos SSI and DAN Certified SCUBA Center
Marina San Carlos, Local 7
Telephone (011 52) 622 226 0696
Telephone Toll-free in USA / Canada 800 830 3483
desertdivers.com

Ocean Sports in San Carlos is a full-service dive shop affiliated with Desert Divers in Tucson.

For over 30 years Ocean Sports has offered divers in San Carlos some of the best diving and dive training anywhere in Mexico. Certified by SSI and DAN, Ocean Sports offers everything from Discover Diving and basic open water certification to advanced certifications.

Ocean Sports located at Marina San Carlos, and their operation was designed with the traveling diver and fisherman in mind. Don't worry when you dive San Carlos that you may have forgotten something at home, or lost something on a previous dive trip.

Ocean Sports has all the dive equipment and accessories you may need in stock, including batteries for your dive computer, disposable cameras, and film.

Ocean Sports also has a complete SCUBA repair department on site with manufacturer-trained repair technicians.

For the non-divers in the family they offer a full range of vacation activities including sport fishing, snorkeling, jet skis rentals, kayaking, sunset cruises, horseback riding, ATV rentals, mountain biking, jeep tours and more!

San Carlos Country Club

San Carlos Sonora Golf Course and Pool
Off Boulevard Manlio Fabio Beltrones at Km 11 in central San Carlos
Telephone (011 52) 622 226 1020
sancarloscountryclub.net

Nestled at the bottom of the foothills in the heart of San Carlos, the San Carlos Country Club offers a variety of sports, recreation, dining and social activities in a friendly, family-oriented atmosphere. Several types of memberships are available to both residents and non-residents of the San Carlos / Guaymas community.



The 5800+ yard Roy Dye-designed 18-hole golf course and practice facilities are set beautifully among the native flora of the Sonoran Desert and beside the calm waters of the Sea of Cortez. Picturesque ocean and mountain views enhance the natural beauty of the course, and golfers of all ages and abilities enjoy its challenges.