

Travel plan INTENSIVE SURFCOACHING

ARRIVAL: Zondag 6 april 2025

LAST DAY: Zondag 13 april 2025

☆ **1** 7:36 u ↓ 20:18 u



DAY 1: SUNDAY

Welkom! You'll be picked up from the airport! ₹

Relax Depending on your arrival time, you'll either head

straight to the villa (a 30-40 minute drive) or make a quick stop at the beach to chill and

unwind! 🏖

Diner You'll meet the group during dinner. We'll go over

the weekly plan together and fill you in on all the

practical details!



DAY 2: MONDAY

Surf 1

Breakfast time! And then it's off to your first surf coaching session of the week in Fuerteventura,

the 'Hawaii of Europe'! 🖾

Lunch

Na de surfcoaching kun je zelf bepalen waar en

met wie je gaat lunchen

Hike 1 After surf coaching, you're free to choose where

and with whom you want to grab lunch! 🕮 🍴





DAY #: TUESDAY

Surf 2 Surfcoaching continues! With Angie from @nombsurf

Lunch Chill afternoon by the pool, or do you feel like

doing something else? 🏖

Yoga 1 Before dinner, enjoy a relaxing yoga session in the

villa to stretch your body and reset your mind.



DAY 4: WEDNESDAY

Surf 3 After breakfast, we'll head out to the surf spot of the day for your coaching session!

Lunch Hungry? Where and with who are you grabbing

lunch today?

Surprise Workshop... it's a surprise!



DAY 5: THURSDAY

Surf 4 Coaching sesh 4! You really making progress now!

Lunch If you're up for it, join us for a fun craft market,

and we'll grab a bite nearby!

Massage Today, you can treat yourself to a massage!





DAY 6: FRIDAY

Surf 5

Surfcoaching continues! with Angie from

@nombsurf

Lunch

Fuel up with those nutrients because you've got

another adventure ahead today! 🐠 💪

Hike 2

Off on an adventure! Wieneke will take you to the village where she lives. From there, we'll hike to a

magical spot, light a fire, and enjoy a delicious

tapas dinner!



DAY 7: SATURDAY

Surf 6

Aww, boohoo, it's the last surf coaching session

of the week! **?** Let's make it count!

Lunch

There's a cute little market in the village today -

why not combine a visit with your lunch?

Yoga 2

Treat your muscles to a restorative yoga class and

unwind! 1



DAY 8: SUNDAY

Laatste dag Breakfast

Vliegveld

Time to say goodbye! You'll be dropped off at the

airport. 🛪 👏

Afscheid

Luckily, we still have the photos to relive the

memories!



Who is this week for? **LEVEL 2 & 3**

WiWe use the following levels:

- Beginner = You've never surfed or have surfed a maximum of 10 times. You haven't paddled to the lineup yet and haven't caught unbroken waves.
- Beginner-Intermediate = Somewhere between beginner and intermediate still getting the hang of it, but starting to feel more confident.
- Intermediate = You're comfortable in the water, fit, and have surfed for 50+ hours. You can paddle to the lineup on your own and catch unbroken waves, even though those green waves can still be a bit intimidating... You pretty much know what to do and even manage some turns when you're feeling it and have time to ride the wave out!

✓ INCLUDED



Villa & transfer 7 nights in a shared double room, with breakfast included + airport transfers (to and from the

airport). 🛌 🍳 🏋

Surf

6 surf coaching sessions, including some cool photos of you in action & 1 video analysis 🙈 + Transport from the villa to the surf spots 🚗 + Board & wetsuit rental (feel free to bring your

own gear if you prefer!) 🏄 🕻

Hike & yoga 2x hike & 2x yoga (all levels)

Tapas diner after hike 2

X NOT INCLUDED



Lunch & diner

Each day, we'll decide who's eating what and where. There are options at the villa, the bakery, in local restaurants, and more.

Extra surf

If you want to surf more or rent different gear, we can arrange that for you, but it's not included in

the price. 🖾

Massage

Not included in the price, but options will be

available upon arrival.

Single room

NeeContact us for availability

and pricing details.

Questions or BOOK: oceanearthnl@gmail.com DM @oceanearthnl App Wien +316 51417067

