



## SURFING DAY at the West Coast 2009/2010

Pick up by jeep or minibus in your accommodation at the combined time. Then we drive to the Sagres west coast where we will join the surf instructors from the "Future Surf School". After choose the beach with better surf conditions for the day we will pass the day surfing the best waves from the south of Portugal.

Beginners will be introduced in small groups and coached in easy surf conditions after a warm up with Yog movements. The more advanced will receive coaching from the surf instructors to reach their personal goals. At late afternoon we drop you off at your accommodation.

Surf -Day Trip includes:

- Pick up at your hotel and transfer back to back by jeep or minibus;
- 2 hours of Surfing lessons by multi-lingual + 2 hours practice on your own with coachs supervision;
- Instructors of the Future Surfing School;
- All equipment for the activity ( surfboard+wetsuit+wax )
- Insurance

PRICES: Surfer: 85 euros \* Friend or partner (non surfer) : 30 euros

OPERATION DAYS: Saturdays & Sundays

MINIMAL AMOUNT OF PARTICIPANTS: 6

Meal not included.

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