

AUTHENTIC SURF TRIPS, CULTURAL DISCOVERY, AND PERSONAL GROWTH

10°N 84°W

# COSTA RICA

## INFORMATION GUIDE







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Your retreat unfolds in a stunning  
20,000m<sup>2</sup> beachfront property  
nestled along the Golfo Dulce, on the  
pacific coast of Costa Rica.

# Your slice of paradise





From gentle waves for beginners  
to world-class point breaks for  
advanced surfers, our little  
stretch of coast has it all.

# Waves for all levels





Dive into 3 wholesome meals each day, meticulously crafted by chef.

# A culinary adventure





## Fusion cuisine

Our chef can tailor meals to your preferences, be it vegan, vegetarian, dairy-free, gluten-free, or including meat.

Simply inform us of your dietary restrictions when completing the participant forms.







## Personalized Surf Coaching

We teach personalized lessons in small group with a ratio of max. 4 students per coach.

Improve your technique by understanding what to correct with our photos and videos analysis taken during your surf sessions and reviewed every evening with your coach.







## Build your knowledge

- Safety, balance, and board recovery.
  - Maneuvering the board in and out of the water.
  - Pop-ups and paddling techniques.
  - Understanding wave metrics.
  - Timing for catching waves.
  - Surf etiquette and priorities.
  - Wave positioning for unbroken waves.
  - Confidence in the impact zone.
  - Wave direction and speed generation.
  - Turns and cutbacks.
  - Surf forecast interpretation.
  - Equipment understanding.
  - Expanding skills safely.
- And much more!

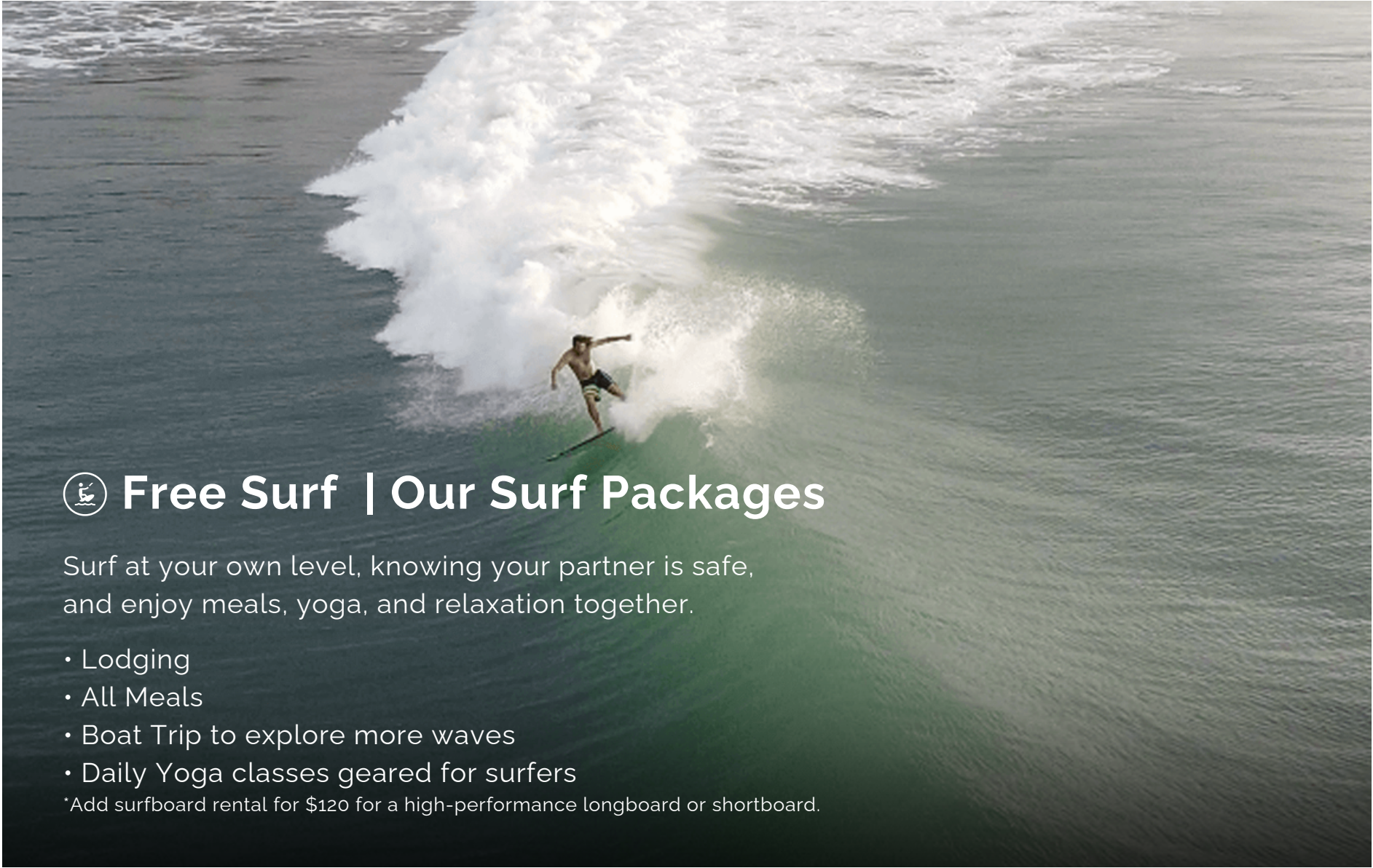


## Learn to surf | Our Surf Packages

Whether you're fresh to the surf scene or looking to level up, our goal is to help you get to that next level.

- 
- 5 surf theory classes
  - 10 in-water surf lessons of 2-2.5h
  - Daily technical video analysis of your surf sessions with your coach 1:1
  - In-water classes of max. 4 guests per coach
  - Boat Trip to explore more waves
  - Daily Yoga classes geared for surfers



A high-angle, wide shot of a surfer riding a large, powerful wave. The surfer is positioned in the lower center of the frame, leaning into the turn. The wave is a massive wall of white, foamy water that has just broken, creating a dramatic backdrop. The surrounding ocean is a deep, dark blue-green color. The overall scene conveys a sense of adventure and the thrill of surfing.

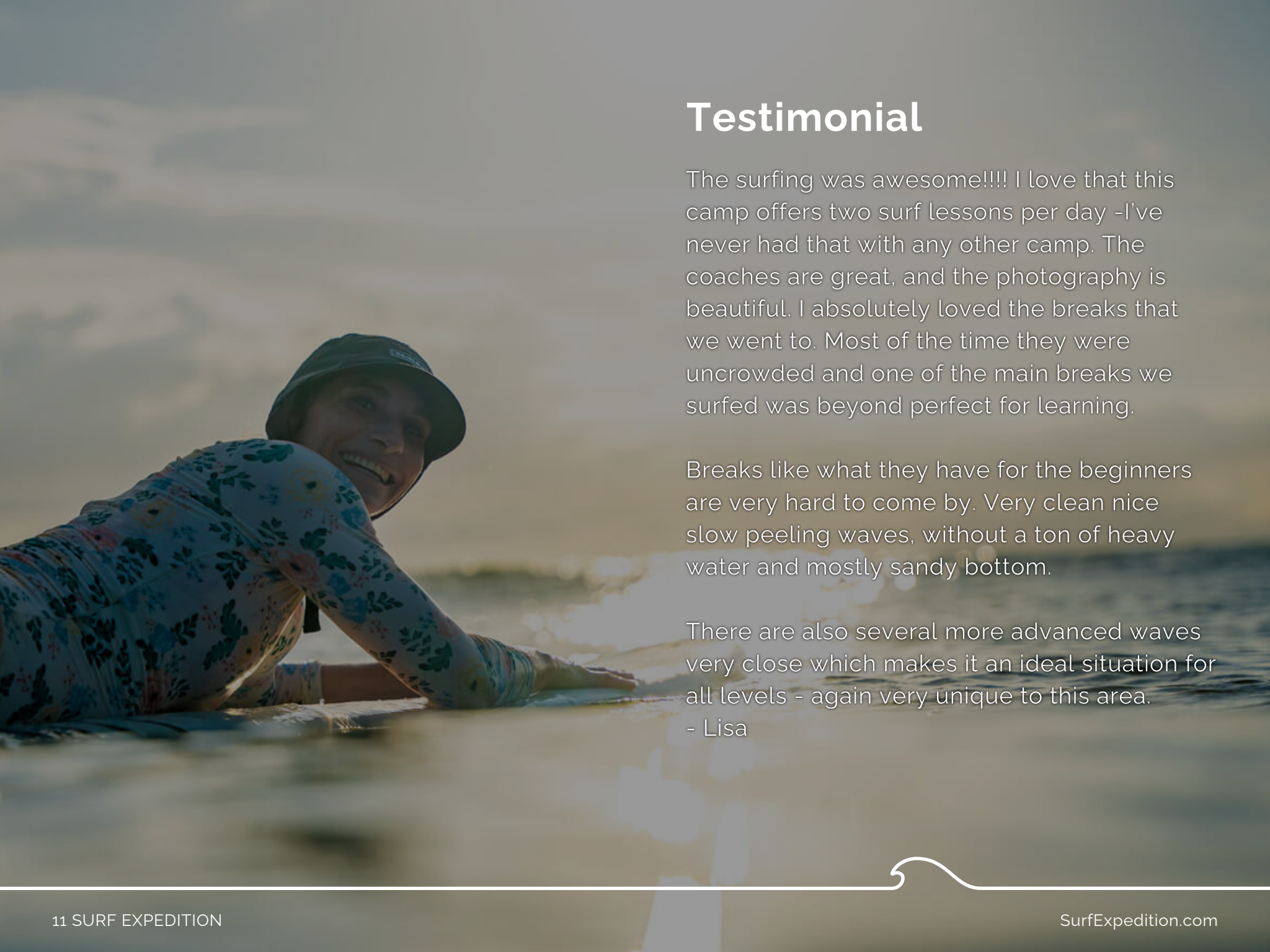
## Free Surf | Our Surf Packages

Surf at your own level, knowing your partner is safe, and enjoy meals, yoga, and relaxation together.

- Lodging
- All Meals
- Boat Trip to explore more waves
- Daily Yoga classes geared for surfers

\*Add surfboard rental for \$120 for a high-performance longboard or shortboard.





## Testimonial

The surfing was awesome!!!! I love that this camp offers two surf lessons per day -I've never had that with any other camp. The coaches are great, and the photography is beautiful. I absolutely loved the breaks that we went to. Most of the time they were uncrowded and one of the main breaks we surfed was beyond perfect for learning.

Breaks like what they have for the beginners are very hard to come by. Very clean nice slow peeling waves, without a ton of heavy water and mostly sandy bottom.

There are also several more advanced waves very close which makes it an ideal situation for all levels - again very unique to this area.  
- Lisa



BEACHFRONT LOCATION

## Beach front living

Feel the ocean breeze on a private 20,000m<sup>2</sup> beachfront property surrounded by tropical birds, macaws, parrots and iguanas.







### Small private room

exterior bathroom. For 1-2 people (+\$200)



### Large private room

interior bathroom. For 2-4 people (+\$400)



### Private ensuite

interior bathroom, For 1 person | couple (+\$500)



### Private bungalow

private interior bathroom, For 1-5 people (+\$500)



## Daily Yoga

Enjoy daily rejuvenating yoga and stretching sessions tailored to maintaining your body's flexibility, promoting post-surf recovery, and preventing injuries.





## Boat trip

As our week concludes, we will explore the Golfo Dulce and the Osa Peninsula for a day of surfing turquoise waves, a beach picnic, a jungle hike to a waterfall, spotting monkeys 🐒 and parrots, and fishing.

We often see dolphins in this biodiversity heaven (even whales from June-August).



# Boat trip

This surf expedition lets you apply all the surf skills you've learned during the week into a new environment.

This adventure will help you to expend your comfort zone and to become a more confident and independent surfer.



OPTIONAL ACTIVITIES



Horseback Riding



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Chocolate Workshop



Sport Fishing



16 SURF EXPEDITION



Massage

SurfExpedition.com



# Participant Safety and Health Guidelines

Please inform us of allergies, injuries, or medical conditions in the forms we'll send before the trip.

- Our ISA-certified surf instructors are also lifeguard and first aid certified.
- Upon arrival, we'll conduct a thorough safety meeting.
- Coaches accompany you in the water, ensuring you're in the right spot and staying safe.
- With a maximum ratio of 4 students per coach, we prioritize individual attention.
- We have direct contact with a private clinic located 40 minutes away.





## Arriving to Costa Rica

We've spent a lot of time researching the best surf spots for you to learn on and progress.

Our location is off the beaten path, to let you truly disconnect, embrace the beautiful nature around you and surf uncrowded waves.

For this reason, we recommend arriving a day before in Costa Rica to plan to get to our part of the country.

The code for the international airport to fly to is SJO.

Our driver will pick you up from Golfito regional airport and Paso Canoas bus terminal.





From SJO you have 4 options:

1. Direct bus to Paso Canoas, \$18 each way. Departs 7:30 AM, 40 min lunch stop, arrives at 2:15 PM.
2. 50-minute flight to Golfito regional airport with transfer. Book at [flysansa.com](http://flysansa.com), plan 3.5h between intl arrival and Golfito flight.
3. Rent a car in San José and explore Costa Rica en route. Drop off at our location.
4. Direct private shuttle to our location, cost \$350 each way. Ideal for groups of 5+.



## Entry Requirements

- 📄 Passport valid for 3 months before your entry date.
- ✈️ Return flight or an ongoing flight ticket within 180 days of your entry date in Costa Rica to show a proof of exit.
- 📷 No Entrance fee into Costa Rica
- 📋 No visas required or mandatory vaccines

\*If you have spent time in Brazil or Ecuador before arriving to Costa Rica, a proof of yellow fever vaccine will be required.







## What to bring?

- Footwear: Old running shoes, crocs/hiking sandals (for hiking, optional for horseback riding), beach sandals.
- Essentials: Reusable water bottle, swimsuits, beach towel.
- Skin Protection: Rash guard or tight t-shirt, girls: yoga pants / leggings for skin protection
- Sun Care: Waterproof sunscreen (SPF 45+), after-sun cream, surf hat with a strap (available on location), zinc sunscreen for your face (available on location).
- Surfing Gear: Neoprene reef boots (not mandatory but recommended for beginners with sensitive feet to prevent cuts and provide comfort walking on rocks).





- Light clothing (shorts, t-shirts, light pants for mosquito protection around sunset)
- Sunglasses, hat for sun protection
- Personal first-aid kit (antihistamine, ibuprofen, band-aids, Imodium, electrolyte tablets.
- Travel insurance with emergency numbers
- Earplugs for better plane sleep. Padlock for luggage
- Medication and EpiPen if needed
- Insect repellent with DEET
- Flashlight/headlamp
- A good book

Positive attitude for learning a new sport ☺



## What not to bring?

- Limit jewelry and valuables to a minimum
- Limit the number of electronic devices you bring (they don't mix well with sand, water and humidity)
- Alcohol from outside is now allowed
- We supply yoga mats and blocks so no need to bring your own, unless you want to.

Wifi: We recommend unplugging to immerse fully in nature. If you must stay reachable, you can get a local SIM card at the airport if needed (Claro stand near baggage exit).

ATM: Get extra cash at the airport; no nearby ATMs. USD widely accepted.

Bring some extra cash for souvenirs, surf equipment (surf hats & zinc sunscreen), optional activities, massages, tips & drinks.





## Tipping Etiquette

Activities behind the scenes ensure a seamless and pleasant stay, involving both our kitchen staff and groundskeepers, as well as our front-line team of surf instructors, yoga teachers, drivers, captains, local guides, and hosts.

Our team aims to maximize your holiday experience by taking you surfing to the best spots as much as possible and providing you with the finest, freshest ingredients in every meal.

If you've had a wonderful experience during your stay and feel we've fulfilled our promise, a suggested 10% tip of your stay's value is appreciated and will be shared among our dedicated staff members.



## Stay Safe and Secure

Participants must obtain travel medical insurance when trip confirmation is sent. Proof covering medical emergencies is due 21 days before arrival with the participant's forms. The coverage should include protection for surfing-related incidents, medical expenses, and personal liability up to \$100,000.

Adding a 'Cancel for Any Reason' protection is always a good idea, but has to be done within 15 days of the initial trip deposit.

Explore Global Rescue for travel insurance:  
<https://partner.globalrescue.com/surfexpedition/index.html>





## Planning your trip

Costa Rica, known for its strong education and social systems, is a top choice for solo travelers seeking a safe destination in Central America. Here are a few extra safety tips:

When traveling to San José's Tracopa Bus station, consider using a taxi or Uber instead of walking. Avoid flagging any taxi on the street, instead ask your hotel to arrange an official taxi/Uber for you. Avoid displaying cash and minimize jewelry for added security.

Pack a small carry-on for your flight with essentials like a toothbrush, shorts, and a spare t-shirt in case your luggage is delayed. Keep valuable items in your carry-on. To save space and protect your clothes from rain, use large Ziplock bags for packing. This will help keep your clothing dry and maximize space.





## 60-Day Preparation Plan

If you would like to optimize your learning curve and your energy level during your stay, we recommend lightly training 60 days before your departure.

Ideally, swimming about 18-20 lengths in the pool 2-3 times a week is the best workout you could do:

1. 2 sprint lengths followed by 4 relaxed lengths to resume your normal breathing rhythm then a 2-minute rest course. Repeat 3 sets in total. Ideally in front crawl, but if it's too difficult you can alternate with breaststroke.
2. Take 30 seconds to completely relax and slow down your breath, then practice keeping your breath effortlessly underwater for as long as possible x3 tries resting 2 minutes between each try. After the 3rd try, rest another 2 minutes then, swim 1 length, staying underwater as long as possible and keeping your breath.



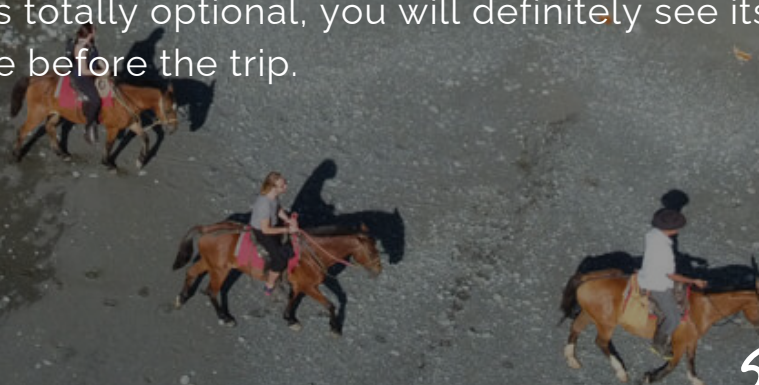


**If you are unable to access a swimming pool:**

1. Cardio run: 10-15 minutes at the start of training.
2. Legs: 30-50 squats with a straight back.
3. Leg & Balance: 15 lunges on each leg x 3 sets. If you are able to, reach hands diagonally behind your back while doing lunges. Switch hands sides with other leg.
4. Upper Body: 10 close-hand push-ups, 10 regular push-ups, 10 Japanese push-ups. If too difficult, 3 x plank for as long as you can hold.
5. Back Endurance: 30-50 rows with light weight, maintaining proper form.

Remember to stretch well after training to avoid injuries and to drink plenty of water.

While pre-trip training is totally optional, you will definitely see its benefits if you have been able to train a little before the trip.





LET THE ADVENTURE BEGIN

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### Contact information

✉ [info@surfexpedition.com](mailto:info@surfexpedition.com)

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