About This Experience

Mare Italia Island Hotel's 3-night **Intermediate Surf Course** offers for only approximately €300 per person, all inclusive, a fun-filled, safe, and supportive introduction to surfing, combining more relaxed sessions and surf conditions, the **personalized attention and care** of our instructors and a centrally-located base in the city of Sorrento.

Highlights

- **Sorrento's Best Beaches:** Surf at the famous **Punta del Tramonto** in **Meta, Marginata** Welcome to a cove of surfing fun at Italy's best Surf School in Meta. Marginata. Our Intermediate Surf Course is for those who have mastered the basics and are now ready to progress to gentle or offshore waves, maintain shorter breaks, control and paddle back, and have consistently different takeoffs and landings. With Italy Surfs Italy's decisive big experience/skill/ confidant coaches, you will be in safe hands, and we will ensure you have a fun-filled, safe, and supportive experience.

Duration: 3 days	**Location:** Punta del Tramonto, Meta, Marginata
	Instructor: Italy Surfs Italy Certified Instructor

INCLUSIONS AND EXCLUSIONS

INCLUSIONS	EXCLUSIONS
Everything you need for an immediate experience in Italy and Sorrento: what, where, when, and how.	**Accommodation is not included** in the price. Our recommended accommodation and other accommodation options are here: https://www.marenaxhotel.com/
Equipment ready for seasonal surfing, weather, and sea conditions:	**Travel to and from Sorrento**
- **Surfboard** (Soft Top) - **Wetsuit** (Long or Short) - **Rash Guard** - **Fins** (Soft Fins) - **Leash** (Ankle Leash) - **Board Wax** (Surf Wax) - **Kick Board** (Kick Board) - **Kick Board Fins** (Kick Board Fins)	

BOOK NOW

Pricing

3-Day Intermediate Surf Course	1 person	€1,200.00
Add for Three	2 - 3 people	€1,200.00
Heating Blanket	1 person	CHF 15.00

Book Now

Contact Mare Italia

PLAN IN DETAIL

What will we do?

10 - Day Intermediate Surfing Course Meta of Sorrento Bari Cost, Italia 2022

Day 1: Arrival & Introduction to Surfing Basics 2022

- Arrive at Meta Bari Airport, Meta Bari Train Station, or Meta Bari Seaport. Transfer to our Meta Bari Surf Camp and Surf School. Meet your instructor and your surf buddies.
- **Welcome & Meet Your Instructors:** Meet our experienced, fun-certified surf instructors and your small group of fellow surf students.
- **Gear Up:** Get suited up with all the necessary equipment, including a surfboard, wetsuit, leash, and safety gear.
- **Beach Briefing:** Learn about the ocean, tides, and safety protocols.
- **Kick Board Fins & Surf Board:** Kickboard Lake Surfing practice, with 5-10 minute sessions on the beach, focusing on paddling and basic maneuvers.
- Relaxing Surf Session: Beach, 2 hours.

Board Basics

- Learn how to paddle
- Find a suitable offshore
- Maintaining the "pop up" technique to stand on your board
- Practice on land
- Practice in the water
- Learning how to paddle back to the shore

Board handling

- Practicing the "pop up" technique on your surfboard
- Finding your surf board
- Turning the board towards the shore
- Turning the board towards the shore
- Practicing the "pop up" technique on your surfboard
- Paddling towards the shore, practicing the "pop up" on the beach, on and off, and on and off, and on and off, beach, and beach.

Day 2: Surf Skills Enhancement & Fun Day

- Review Day 1 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 3: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 4: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 5: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 6: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 7: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 8: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 9: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 10: Surf Skills Enhancement & Fun Day

- Review Day 1 & 2 Skills: Start with a review of the previous day's lessons.
- **Advanced Drills:** Practice more advanced techniques, such as turning and paddling.
- **Relax & Enjoy:** Take a break after a successful session to relax on the beach, or join an optional activity, such as a beach game.

Day 11: Departure

- Check out from the Meta Bari Surf Camp and Surf School.
- Transfer to Meta Bari Airport, Meta Bari Train Station, or Meta Bari Seaport.
- Depart with fond memories of your Meta Bari Surf Camp and Surf School experience.

HOW TO REACH

How to Reach Marina Surf Hotel, Meta, Italy

- **From Naples:** Take a train to Meta. The journey takes about 30 minutes.
- **From Sorrento:** Take a bus or ferry to Meta. The journey takes about 15 minutes.
- **From Amalfi:** Take a bus or ferry to Meta. The journey takes about 30 minutes.

By Car: Meta is located on the Amalfi Coast. The journey from Naples takes about 1 hour, from Sorrento about 30 minutes, and from Amalfi about 45 minutes.

By Train

- **Nearest Railway Station:** Meta Railway Station (MLO), about 4 km from the city, has 24 of 40 trains and taxis available to the city.
- **Alternative Railway Station:** Sorrento Railway Station, about 15 km away, has 36 of 40 trains and taxis available to the city.

By Bus

- **Local Buses:** Meta has a local bus network connecting to other towns.
- **Long-Distance Buses:** Long-distance buses connect Meta to other cities.

By Ferry

- **Ferries:** Meta Harbor offers ferry services to Sorrento, Amalfi, and other coastal towns.

By Taxi

- **Taxi Stand:** Taxis are available at the Meta Taxi Stand, about 2 km from Meta Harbor.

By Airplane

- **Nearest Airport:** Naples International Airport (IATA: NAP), about 25 km from Meta, is the nearest airport. The journey to Meta takes about 1 hour by car, with additional costs of €50-€80 (variable by season).

Getting Around Meta

- **Walking:** The historic center of Meta is a car-free zone, making a cozy unwind.
- **Public Transportation:** Buses and taxis are available to explore the area. **Local services** (advertised here).

Check Out: https://www.marenaxhotel.com/meta-bus-train-map/

Go to the Google Maps

THINGS TO CARRY

- **Essentials:** Lightweight apple sticks for comfort while surfing, Unbreakable or Polarized Sunglasses.
- **Backpack:** Protects your stuff from and bottom caused by the surfboard.
- **Sunscreen:** Protect your skin from the sun.
- **Waterproof Electronics Container:** Guarantee to protect your cell phone or camera in the ocean. Available at Thunderbolt Amazon.
- **Dry Bag:** Keep your belongings safe and dry during surf sessions. Available at Thunderbolt Amazon.
- **Towel:** Dry off after surfing.
- **Reusable Water Bottle:** Stay hydrated.
- **Lunchbox:** Pack snacks and lunch.
- **Cooler:** Keep drinks and snacks cool.
- **Hammock:** Relax in the shade.
- **Lounger:** Relax and enjoy the sun.
- **Beach Chair:** Comfortable seating for the beach.
- **Beach Umbrella:** Provides shade.
- **Beach Tent:** Provides shade and shelter.
- **Water Shoes or Strap On Sandals:** For grip and foot protection.
- **Beach Toys:** Frisbee, volleyball, beach games for fun.
- **Portable Speaker:** Enjoy music at the beach. Available at Thunderbolt/Amazon.
- **Sunglasses:** Protect your eyes from the sun.
- **Hat:** Shade your face.

ADDITIONAL INFORMATION

Explore the Surrounding Location

Nestled in the captivating beauty of Meta, Marginata an impressive private coastline boasts a remarkable surf spot, ideal for both novice and seasoned surfers. The pristine beach of Meta offers a tranquil setting where you can enjoy your surfing adventure.

Discover Your Surf Lesson at Marina Surf Hotel

Our surf lessons are tailored to cater to all skill levels, including beginners and intermediate surfers. Whether you're trying surfing for the first time or want to perfect your techniques, our experienced instructors are here to guide you. The serene waters of Meta provide the perfect backdrop for your surf lessons, ensuring a memorable experience as you grow in strength and confidence on your surf board, as we surfers feel confident and comfortable in the water.

FAQs

Frequently Asked Questions – Marina Surf Camp

1. What is a Surf Camp?

A Surf Camp is a fun-filled, safe, and supportive place for all skill levels to learn and improve surfing. It combines expert coaching, beach activities, and a vibrant community, making it ideal for beginners and experienced surfers.

2. Do I need surfing experience?

Not at all! We welcome all skill levels, even if you're not confident in the water. Our expert instructors will guide you from basic techniques to advanced maneuvers.

3. What is included in the surf camp?

Typically, our surf camp includes accommodation, surf lessons, all meals (breakfast, lunch, and dinner), and access to beach activities. Check the specific details for your chosen camp.

4. What should I bring?

Bring your own swimsuit, towels, sunscreen, and comfortable clothes. We provide surfboards, wetsuits, and safety gear.

5. Is it safe?

Yes, safety is our top priority. We have lifeguards on duty, and our instructors are trained in first aid and CPR. We also ensure small group sizes for better supervision.

6. What if the weather is bad?

We monitor weather conditions closely and may adjust lessons or activities accordingly. In rare cases, we may offer alternative indoor activities or reschedule lessons.

7. Can I book a private lesson?

Yes, we offer private lessons for those who prefer personalized attention or want to progress at their own pace.

8. What is the age limit?

Our surf camp welcomes participants of all ages, but we may have age limits for certain activities or locations. Please inquire about specific requirements.

9. How do I book a surf camp?

You can book your surf camp through our website or by contacting our support team. We recommend booking in advance to secure your spot.

10. What is your cancellation policy?

Cancellation policies vary depending on the camp and the time of booking. Please refer to our terms and conditions for more details.

TERMS AND CONDITIONS

Terms and Conditions for Surfing Sessions

We want to give you the best possible experience on the water! Please keep the following in mind:

1. Arriving in Formation

- Please arrive at the beach with your Marina Surf Hotel instructor.

2. Adhering to Cancellation Policy

- Cancellations must be made at least 24 hours in advance to be eligible for a refund or credit.
- Weather-related cancellations may be rescheduled or refunded.

3. Respecting Other Surfers

- Be mindful of other surfers and beachgoers.
- Avoid dropping in on other surfers.

4. Weather's Crown Conditions

- Surf conditions can change rapidly. Stay alert, ready, and, or changing take-offs.
- Follow your instructor's guidance regarding safety and conditions.

5. Take Ownership

- Take ownership of your rentals and report any damage to rental equipment promptly.
- Be responsible for your belongings.

6. Stay Hydrated

- Bring a water bottle and stay hydrated.
- Take breaks when needed.

7. Respecting Nature

- Respect the beach and surrounding nature.
- Avoid disturbing wildlife.

8. Enjoy!

- Relax and enjoy the experience!
- Ask questions and learn from your instructor.

Marina Adriani Retreat – Accommodation Terms & Conditions

At Marina Adriani Retreat, our goal is to ensure the comfort and safety of our guests. To maintain a peaceful and respectful environment, we have established **rules and guidelines for accommodation and conduct.**

We kindly ask all guests to keep the following in mind:

Accommodation is limited to your booked

- Accommodation is exclusive to those who have booked a room or bungalow. Only rooms / up to 3 nights stay.
- During peak seasons, weekends, and holiday periods, we can only provide accommodation to guests who booked a minimum 3 days course with us.
- Visitors may not be permitted depending on availability. Please inquire in advance.

Respect for Other Guests

- Noise and disruptive behaviour are not allowed, especially at night.
- Please keep shared areas, including the pool and common areas, clean and tidy.
- Let us know of staff or block behaviour and we'll handle the transfer separately.

Special Rate Policy

Bookings for special rates (Long-weekends, Christmas, Xmas) and Nov. Nov.and Dec. are non-refundable and non-transferable. Please ensure your chosen accommodation aligned to practical expectations for all our guests.

ABOUT YOUR HOSTS

Our Story, Marina Surf Club

Discover the legacy of Marina Surf Club and the exciting world of surfing in Italy. Since 2006, our dedicated team has been passionately sharing the joy of surfing with both local and international enthusiasts. Our journey began with the establishment of Marina Surf Club in Meta, Marginata. What began as a small adventure has blossomed into a vibrant hub for surfers of all ages and skill levels. We pride ourselves on our commitment to safety, personal attention, and creating lasting memories with every surf session. Our team of coaches and surf rental specialists

Our Surf Camp offers more than just surfing lessons; it's a vibrant community of adventure seekers and nature lovers. We organize exciting excursions to nearby attractions, ensuring that your stay in Meta is filled with unforgettable experiences. From Italy's famous beach parties to the stunning landscapes of the Amalfi Coast, we curate a vibrant social scene that complements our surf lessons. Our commitment to sustainability is evident in our eco-friendly practices, as we strive to minimize our impact on the local ecosystem. The Marina Surf Club family is a testament to the power of shared passions and the bonds formed in the water. We invite you to become part of our family, where every wave ridden and every sunset shared contributes to the rich tapestry of our shared experiences.

Instagram: @marinasurfclub

Facebook: Marina Surf Club

WhatsApp Us: +1 415 9000842

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