About This Experience

Mare Italiano invites you to **7 Day Intermediate Surf Course** this is for you experiencing surfers who want to take their surfing to the next level. Our intermediate surf course focuses on improving your technique and confidence. We **personalized plans and step-by-step** guidance to overcome a confident ability to the next level.

Highlights

- **Expert Coaching:** Learn from experienced instructors who know Fuerteventura's conditions like the back of their hand.
- **Personalized Plans:** Tailored lessons focusing on your specific needs and goals.
- **Small Groups:** Ensure more attention and personalized feedback.
- **Wave Variety:** Practice on different waves to boost your confidence.
- **Full Gear:** Surfboard, wetsuit, and all necessary equipment provided.
- **Fun Activities:** Enjoy beach games and bonfires.
- **Accommodation:** Stay in a cozy shared room.

Location

Playa de Sotavento, Fuerteventura

Duration

7 days

Price

€ 1,200.00 / person

Inclusions and Exclusions

Inclusions	Exclusions
Everything you need for an immediate experience in beach and in the water are included.	Accommodation is not included in the price. Check our accommodation options and book separately.
Equipment Use for beach training, warming up and stretching. **Surfboard** Use of surfboard for training and in the water. **Wetsuit** Use of the wetsuit. **Fins** Use of fins. **Surf Lessons** Surf lessons with a professional surf instructor. **Beach Games** Beach games for fun and relaxation.	**Accommodation** Accommodation is not included in the price. **Meals** Meals are not included in the price. **Transportation** Transportation is not included. Let us know, and we'll be happy to help.

Booking Now

Pricing

7 Day Intermediate Surf Course	€ 1,200.00 ×
Add On Prices	€ 0.00 ×
Total	€ 1,200.00

Booking Amount: € 300.00

Book Now

Book Now - Pay 25% Deposit

Book Now - Pay Full Amount

Contact Mare Italiano

PLAN IN DETAIL

What will we do?

10 - Day Intermediate Surfing Course Mare Italiano Surf Club, Kalk-000

Day 1: Arrival & Introduction to Surfing Basics 00

Arrival at the Mare Italiano Surf Club in Playa de Sotavento. 90 minutes before your first surf session, we'll meet at the Mare Italiano Surf Club for a welcome drink.

- **Welcome & Meet Your Instructors:** Meet our experienced Surf certified surf instructors and your fellow surfers.
- **Surf 101:** Get started on surf with the basics of surfing, including board handling, paddling, and basic wave theory.
- **Kick Ride to Surf Spot:** Kickstart your surfing journey with a 10-minute scenic ride to the beginner-friendly surf spot at Playa de Sotavento.

Warming Up Session (Approx. 2 Hours)

Board Basics

- Learn the board
- Get a paddle efficient
- Maintaining the "pop up" technique to stand on your board
- Practice the pop up

Ocean Safety Fundamentals

- Understanding the ocean: tides, currents, and weather
- Board handling

Practicing Paddling and Pop-Up on Surfboard

- Refining your pop up technique
- Paddling your surf board in the water correctly

Mastering the "pop up" technique

- Practicing the "pop up" technique on land
- Refining your pop up technique in the water
- Learning how to stand on your board and maintain balance

Wave Practice Spend more time in the water, practicing your skills while under the watchful eyes of your instructors.

Day 2: Wave Basics 00 Dive into your first surf session at the beach, or might catch some waves.

Warming Up Session (Approx. 2 Hours)

- Learn how to read the ocean, understand tides, currents, and weather conditions
- Discuss guidance for beginner surfers, including safety tips and other crucial aspects

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Day 3: Advanced Techniques & Wave Reading 00

Warming Up Session (Approx. 2 Hours)

- Understanding wave dynamics and how to read waves to enhance your rides
- Developing advanced paddling techniques for more speed and control

Day 4: Surf Skills Enhancement & Fitness 00 Today's session will focus on refining your surf skills and preparing for an intense practice session.

- **Wave Analysis**
  - Practice reading waves and predicting the ideal spot and trajectory
  - Understanding how conditions affect wave shape and speed
- **Advanced Paddling Techniques**
  - Practice all the techniques learned so far, focusing on wave timing and positioning for optimal speed
  - Focused coaching for paddling power, speed, and efficiency

End Day 4: Relax for the beach and celebrate your growth with fellow surfers.

Day 5: Surf Challenges & Independence 00

Today's session is all about pushing your limits and earning your stripes.

- **Morning Surf Session (Approx. 2.5 Hours)**
  - Independent wave catching: Apply all learned techniques to catch waves independently
  - Advanced maneuvers: Introduce and practice more advanced maneuvers like bottom turns and cutbacks
  - Stamina & endurance: Focus on building stamina and endurance for longer sessions
- **Afternoon Fitness & Recovery**
  - Yoga for surfers: Introduce a tailored yoga session to improve flexibility, balance, and recovery
  - Stretching & mobility: Focus on stretches and mobility exercises to prevent injuries and improve performance

End of Day 5: Celebrate your progress with a bonfire on your journey so far.

Day 6: Advanced Surf Skills & Wave Mastery 00

- **Advanced Maneuvers**
  - Introduce and practice more advanced maneuvers like bottom turns and cutbacks
  - Focus on refining these techniques for maneuverability and speed
- **Wave Selection & Positioning**
  - Teach advanced wave selection techniques, including reading wave patterns and choosing the ideal spot for optimal rides
  - Practice positioning for maximum wave length and speed
- **Endurance Training**
  - Focused coaching for paddling power, speed, and efficiency
  - Stamina building exercises to improve overall endurance

End Day 6: Celebrate your progress with a bonfire.

Day 7: Advanced Surf Challenges & Independence 00

Today's session is all about pushing your limits and earning your stripes.

- **Morning Surf Session (Approx. 2.5 Hours)**
  - Independent wave catching: Apply all learned techniques to catch waves independently
  - Advanced maneuvers: Introduce and practice more advanced maneuvers like bottom turns and cutbacks
  - Stamina & endurance: Focus on building stamina and endurance for longer sessions
- **Afternoon Fitness & Recovery**
  - Yoga for surfers: Introduce a tailored yoga session to improve flexibility, balance, and recovery
  - Stretching & mobility: Focus on stretches and mobility exercises to prevent injuries and improve performance

End of Day 7: Celebrate your progress with a bonfire.

Day 8: Advanced Surfing & Wave Mastery 00

- **Advanced Maneuvers**
  - Introduce and practice more advanced maneuvers like bottom turns and cutbacks
  - Focus on refining these techniques for maneuverability and speed
- **Wave Selection & Positioning**
  - Teach advanced wave selection techniques, including reading wave patterns and choosing the ideal spot for optimal rides
  - Practice positioning for maximum wave length and speed
- **Endurance Training**
  - Focused coaching for paddling power, speed, and efficiency
  - Stamina building exercises to improve overall endurance

End Day 8: Celebrate your progress with a bonfire.

Day 9: Final Day & Personalized Coaching

Today's session focuses on refining your skills and preparing for the finale.

Warming Up Session (2 - 2.5 hours)

- Wave selection & positioning: Refine your ability to read the ocean and choose the ideal spot for optimal rides
- Advanced maneuvers: Practice bottom turns and cutbacks with expert guidance
- Stamina & endurance: Focus on building stamina and endurance for longer sessions

Warming Up Session (2 - 2.5 hours)

- Wave selection & positioning: Refine your ability to read the ocean and choose the ideal spot for optimal rides
- Advanced maneuvers: Practice bottom turns and cutbacks with expert guidance
- Stamina & endurance: Focus on building stamina and endurance for longer sessions

Course Details

Available Dates

- 7.00 €/pp: Dates on request
- 10.00 €/pp: Dates on request

Upon completing the 10-day Intermediate course at Camp Sotavento, Sota students are encouraged to book the 7.00 €/pp course to continue their surf journey with personalized coaching.

- Pricing: 10.00 €/pp includes accommodation, surfboard, safety gear, board transfer, and all lessons.
- Accommodation: Stay at the Mare Italiano Surf Club, just steps from the surf spot.
- Fitness Level: No need, no worries! Our Yoga enthusiast Lorin is 100% ready.

Why Choose Mare Italiano Surf Club?

- Expert Instruction: Learn from Sota certified surf coaches with years of experience.
- Personalized Plans: Tailored lessons ensure accessibility and fun, no matter your skill level.
- All Inclusive Experience: Equipment, board transfers, and expert guidance are all included.

Ready to Ride the Waves?

For more details and bookings, feel free to reach out to us! Contact us Marina Italiano Surf Club.

Come to Sota and ride waves with us and make unforgettable memories! 000

HOW TO REACH

How to Reach Marina Surf Club, Kalk-000

- **From Gargemi:** Drive south to Sotavento Beach (Playa de Sotavento). Turn left at the roundabout at the end of the road. Drive about 50m (approximately 30 minutes).

By Taxi: Jump Taxi App (Download on Google Play or Apple App Store) Call: Marina Taxi: +34 000 000 000

- **Gazelle Taxi:** Gazelle Taxi Fuerteventura Gazelle Taxi is a local taxi company with a fleet of modern vehicles. They offer reliable and comfortable rides to various destinations in Fuerteventura, including Playa de Sotavento. Call: +34 000 000 000
- **Taxi Playa de Sotavento:** Taxi Playa de Sotavento offers taxi services. Available in Playa de Sotavento. Call: +34 000 000 000
- **Taxi Corralejo:** Taxi Corralejo offers taxi services. Available in Corralejo. Call: +34 000 000 000
- **Taxi Caleta de Fuste:** Taxi Caleta de Fuste offers taxi services. Available in Caleta de Fuste. Call: +34 000 000 000
- **Taxi Puerto del Rosario:** Taxi Puerto del Rosario offers taxi services. Available in Puerto del Rosario. Call: +34 000 000 000

Driving Time: Approximately 30 minutes from the airport.

Tip: Ensure the taxi driver knows the exact location of Playa de Sotavento to avoid any confusion.

THINGS TO CARRY

- **Essentials:** Lightweight apple-style shorts for comfort while surfing, breathable or quick-dry shirts, and a hat for sun protection.
- **Backpack:** Protects your dry clothes from sand and water while you surf.
- **Sunscreen:** Protect your skin from the sun.
- **Waterproof Electronics Container:** Essentials for protecting your phone or camera in the ocean. Available at Fuerteventura airport.
- **Snacks:** Fuel your adventures between surf sessions. Available at Fuerteventura airport.
- **Reusable Water Bottle:** Stay hydrated throughout the day.
- **Comfortable Footwear:** Flip-flops or comfortable sandals for exploring Playa de Sotavento.
- **Camera:** Capture the beauty of your surf sessions.
- **Lounge Chair:** Relax in comfort at the beach.
- **Lounger:** Relax and enjoy your time at the beach.
- **Cooler:** Keep your drinks and snacks cool.
- **Water Shoes or Strap-On Sandals:** For grip and foot protection.
- **Sun Protection:** Hat, sunglasses, and sunscreen are crucial.
- **Entertainment:** Books, games, or a deck of cards for downtime.
- **Toiletries:** Toothpaste, toothbrush, and other personal hygiene items.

ADDITIONAL INFORMATION

Explore the Surrounding Location

Nestled in the captivating beauty of Pillars, Rangemore an impressive private coastline boasting a stunning beach and a vibrant surf scene. This location is ideal for those seeking a blend of relaxation and adventure, with the pristine beach offering ample space for surfing and exploration.

Discover Your Surf with Intermediate Surf Course

Our intermediate surf course is designed for surfers who have mastered the basics and are ready to refine their techniques and tackle more challenging waves. Whether you're looking to perfect your turns, catch more waves, or simply enjoy the thrill of surfing in a beautiful setting, our course provides the perfect environment to hone your skills and progress at your own pace. Our experienced instructors will guide you every step of the way, ensuring you have a safe and rewarding experience.

FAQs

Frequently Asked Questions - Marina Surf Club

1. What is your cancellation policy?

We understand that life happens and sometimes you need to cancel your surf lessons. We offer a flexible cancellation policy to accommodate your needs. Please refer to our specific terms and conditions for the exact details on cancellation fees and deadlines.

2. Do I need to be a strong swimmer to join your surf sessions?

While a basic ability to swim is helpful, we prioritize safety and accessibility. We have lifeguards on duty and our instructors are trained to assist beginners. If you are concerned about your swimming ability, please contact us beforehand to discuss your specific needs and we will do our best to accommodate you.

3. What should I bring to the beach?

We recommend bringing sunscreen, a hat, sunglasses, and a towel. We provide all other essentials, including surfboards, wetsuits, and safety gear.

4. Do you offer accommodation?

Yes, we offer cozy accommodations at Marina Club, so you can relax after a day of surfing and enjoy the vibrant atmosphere of the surf community. Please contact us for more details and availability.

5. Are there any restrictions on what I can bring to the beach?

To ensure a safe and enjoyable experience for everyone, we request that you leave any valuables at your accommodation or take a personal locker along the beach. Please also respect the environment and avoid littering. We provide waste bins for your convenience.

6. What if the weather is not ideal for surf?

We monitor weather conditions closely and will inform you of any changes to our schedule. In the unlikely event that conditions are not suitable for surfing, we will offer alternative activities such as beach games, yoga sessions, or a cozy bonfire at the beach.

7. Do you provide transportation to the beach?

Our accommodation is located just steps from the beach, so you can easily walk to your surf lessons. We do not provide transportation to and from other locations.

TERMS AND CONDITIONS

Terms and Conditions for Surfing Sessions

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

1. **Arriving to Participate**

Please arrive at the beach with your Wetsuit and Surfboard ready to go.

2. **Responsibility for Cancellation Policy**

Surfing is a fun and rewarding activity, but it comes with some inherent risks. We want to ensure you have a safe and enjoyable experience, so please read and understand the following:

- Weather Conditions: Ocean conditions can change rapidly, and strong currents, rip currents, and other hazards can arise unexpectedly. While we monitor weather conditions and adjust our lessons accordingly, we cannot guarantee the safety of participants in the water.
- Your Ability: Surfing requires a certain level of physical fitness and coordination. We offer lessons for beginners, but it's important to be honest about your abilities and limitations.
- Equipment: While we provide boards and wetsuits, we cannot guarantee their condition or suitability for your specific needs.
- Personal Responsibility: Participation in surfing activities is at your own risk. We are not responsible for any injuries or accidents that occur during your surf lessons.

3. **Waiver & Ocean Conditions**

By participating in our surf lessons, you acknowledge and accept the inherent risks associated with surfing and ocean activities. You also agree to follow the instructions of our instructors and lifeguards and to take responsibility for your safety and well-being in the ocean.

4. **Arrival & Preparation**

Please arrive at the beach with your Wetsuit and Surfboard ready to go.

5. **Fitness Requirements**

Surfing is a physically demanding sport. While we welcome participants of all fitness levels, it's important to be honest about your fitness level and ability to participate in the lessons. We may recommend alternative activities if we believe a participant's fitness level is not sufficient for safe participation.

6. **Respect for Instructors and Other Surfers**

We expect all participants to treat our instructors and other surfers with respect. This includes following instructions, sharing the waves fairly, and avoiding disruptive behavior.

7. **Photo/Video Consent**

We may take photos and videos during our surf lessons for marketing purposes. By participating, you consent to your image being used in our promotional materials.

Marina Ashram Retreat – Accommodation Terms & Conditions

At Marina Ashram Retreat, we aim to bring the spirit of the ocean, and the simple joys of surf, yoga, and mindful living, into a peaceful and welcoming environment, and we want guests to be comfortable and at ease.

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

Accommodation is linked to your overall stay

- Accommodation is provided to those who are taking a course, like a surf lesson, a 7 day course, or a yoga retreat.
- During peak season, weekends, and holiday periods, we can only provide accommodation to guests who book a minimum 7 day course with us.
- Extensions may be possible depending on availability, but this is not guaranteed in advance.

Respect for others

- We ask our guests to be attentive and arrange accompanied rides to and from accommodation at the same time as your surf lessons.

Private rooms

- A Deluxe Pool Villa is for 2 people, and a Suite is for 3 people, or a private room should be provided in a rooftop tent.

Solo Travellers and Dorm accommodation

- Dorms are perfect for solo travelers or friends, and we'll do our best to place you with people you'll enjoy sharing the space with.
- We may occasionally place solo female guests in our private accommodation, depending on availability. The selected roommate is shared among these 4 guests.
- Dorm rooms are shared spaces, so we kindly ask guests to be respectful of others' sleep hours, leaving shoes outside the dormitory, and keeping noise levels low for the tranquillity of all four guests.

Check-in & Check-out

- Check-in from 3:00 PM onwards.
- Check-out is 11:00 AM. Guests are generally not available, so current guests return from surfing at 11:00 AM and must vacate their accommodation at that time, ending, so the next arrival can check in at 3 PM. Unfortunately, we cannot offer late check-out options.
- Late arrivals are welcome, but please let us know in advance so we can make sure someone is there to welcome you and show you around.

Check-out Before 11:00 AM

- Guests who check out before 11:00 AM clearly light after returning from the morning surf session, so we kindly request that you leave your bedding and towels in a pile on your bed and the lagging nothing in the bin. We truly appreciate your understanding and cooperation in helping us keep the place fresh and welcoming for everyone. Thank you!

Meals & Facilities

We provide coffee, and fresh fruits in the morning before your surf session – the perfect way to start your day after watching the waves, and the sensacy sunrise.

Unfortunately, we don't provide lunch or dinner.

In the evenings, we will offer a delicious vegetarian dinner, prepared by our resident chef Ashram. Dinner is also serve special bookings in Bitter-Sweet, and our team will be delighted to share the details with you.

Respect & Community Living

- Please be mindful of quiet hours after 10:00 PM.
- To maintain the calm and mindful atmosphere of the ashram, **we follow a strict No Smoking, No Drinking, and No Vape policy**. This applies to the entire ashram, including the rooms, the pool, and the surrounding grounds. We thank you for your cooperation in keeping this space peaceful.
- Keep shared spaces tidy so everyone feels at home.

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CANCELLATION POLICY

We take a minimal approach to comfort and quality travelling, with the amazing relative to our yoga program in the ocean and to make sure we can provide the best experience possible with ensuring that our instructor has the best for all our guests.

Cancellation Policy

We do not offer refunds for cancellations or your course or a personal or personal, we're sorry, but we can't make exceptions.

- If you can't attend, you can transfer your course to another date or another course, subject to availability.
- Transfers must be made in advance and we'll handle the transfer personally.

Special Offer Policy

Bookings for special dates (Long weekends, Christmas, Diwali and Holi, Yoga and Surf Retreats) are non-refundable and non-transferable. Please contact us beforehand planned in advance and experience the best of our program.

ABOUT YOUR HOSTS

Our Story, Sharing Surf Club

Discover the legacy of Marina Surf Club and the exciting world of surfing in India. Since 2000, our dedicated team has been passionately sharing the joy of surfing with the vibrant community in Mare Italiano. Our journey began with a small group of surf enthusiasts in Playa de Sotavento, Fuerteventura. What began as a small adventure has blossomed into a thriving hub for surfers of all levels. We've witnessed the sport's growth firsthand, from a few dedicated surfers to a vibrant community, with our surf lessons becoming a cornerstone of this growth.

Our mission is to share the joy of surfing and nurturing interest, sport that a range of skills and abilities can enjoy. We believe in the transformative power of surfing, its ability to foster a deep connection with nature, promote physical and mental well-being, and create lasting friendships. Our team is passionate about sharing our knowledge and expertise with beginners, intermediate surfers, and experienced surfers, ensuring a safe and enjoyable experience for everyone.

We are committed to providing high-quality surf lessons, equipment, and accommodation, while also fostering a sense of community and promoting responsible tourism. We strive to create a welcoming environment where everyone feels like part of the family, regardless of their background or experience. We are proud of our commitment to sustainability and ethical practices, and we actively support local initiatives and organizations that protect the environment and promote the well-being of the local community.

Join us on a journey of discovery and adventure and let us share our passion and love for surfing with you. We are confident that our commitment to delivery the middle of score and exceptional service will ensure that you have a memorable experience and create lasting memories that will last a lifetime. Our mission is to share our passion for surfing with the world, fostering a vibrant community and promoting responsible tourism. Our commitment to sustainability and ethical practices ensures that we leave a positive legacy for future generations.

Contact Us

Contact Us Now

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