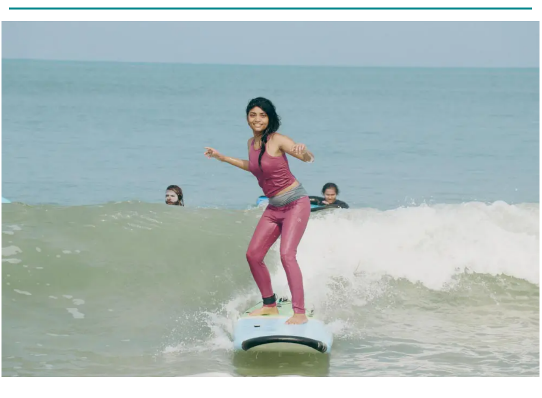
3 Day Basic Surfing Course



About This Experience

Dive into the world of surfing with our signature **'Surfing for Beginners'** course. Over just three days, you'll gain invaluable skills that lay the foundation for your surfing adventure. Our highly skilled **ISA-certified instructors** will guide you through each step of the process, ensuring your safety and success. From learning how to paddle and stand up to riding whitewater waves, you'll experience the thrill of riding the ocean's waves like a true surfer.
In just 3 days, with our 'Surfing for Beginners Course,' you will learn to surf with concise and easy-to-learn surf lessons. You will learn:

- **how to Paddle**
- **how to Stand up**
- **how to ride whitewater waves**

Highlights

Discover the Perfect Surfing Destination:
Nestled along Karnataka's stunning West Coast lies Mulki, a hidden gem known for its pristine beaches and perfect waves. Our surf school offers an idyllic location for beginners to embark on an unforgettable surfing journey. With its natural beauty and inviting waves, Mulki, Mangalore is the ideal place to catch your first wave.
Learn surfing in just 3 days at India's First Surf School in the Serene Paradise of Mulki, Mangalore!

Get ready to ride the waves of adventure and discover the art of surfing in the picturesque coastal haven of Mulki, Mangalore. Our surf school offers an extraordinary experience for beginners, where you'll learn to catch waves and embrace the thrill of riding them all the way to the shore. With our carefully crafted 'Surfing for Beginners' courses, spanning 3 or 5 days, you'll be guided by experienced ISA-certified instructors through the fundamental skills of paddling, standing up, and mastering the waves. No matter your swimming prowess, our courses ensure safety, confidence, and a life-changing connection with the ocean. Embark on this transformative journey with us and dive into the world of surfing like never before.

Duration : 3 Days

Location :
Mantra Surf Club
Tap To Get Directions

Min. Age:
6 years

INCLUSIONS AND EXCLUSIONS

INCLUSIONS

Everything you need for an incredible experience is taken care of. Here's what you get:

- ***Equipment rental.*** No need to bring anything—just show up.
- ***Surf lessons.*** Learn from **ISA-certified instructors** who know their stuff.
- ***Life jackets.*** Can't swim? Don't worry. We've got you.
- ***Boat ride.*** Explore a remote beach for that perfect wave.
- ***Showers.*** Freshen up after you're done.

EXCLUSIONS

- **Accommodation is not included** in the above price, Please check out our accommodation options over here - ***https://surfingindia.net/ashram-surf-retreat/***
- Surf photos
- Meals
- Any additional activities

These can be arranged separately if needed. Let us know, and we'll be happy to assist!

BOOK NOW

Pricing

3 Day Basic Surfing Course	₹ 7000 /-

Add On Prices

Surf Photos	₹ 1500 /-

Booking Amount	GST
₹ 2000 /-	18.00%

Book Now

Oct. 20, 2026 - Oct. 22, 2026	₹ 7000 /- TAP TO BOOK NOW
Oct. 20, 2026 - Oct. 22, 2026	₹ 7000 /- TAP TO BOOK NOW
Oct. 21, 2026 - Oct. 23, 2026	₹ 7000 /- TAP TO BOOK NOW
Oct. 22, 2026 - Oct. 24, 2026	₹ 7000 /- TAP TO BOOK NOW
Oct. 23, 2026 - Oct. 25, 2026	₹ 7000 /- TAP TO BOOK NOW

Check More Dates

PLAN IN DETAIL

What will we do?

3-Day Surfing Course for Beginners at Mantra Surf Club, Mulki

Day 1: Arrival & Introduction to Surfing Basics
- **Arrival**: Please arrive at Mantra Surf Club at least 15 minutes before your session starts. Our friendly staff will greet you and ensure a smooth check-in.
- **Welcome & Meet Your Instructors**: Meet our experienced, ISA-certified surf coaches who will guide you throughout the course.
- **Gear Up**: Get suited up with all the necessary surfing equipment, including surfboards, safety gear, and a quick safety briefing.
- **Boat Ride to Surf Spot**: Kickstart your surfing journey with a 15-minute scenic boat ride to a beautiful beach, perfect for beginners.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- **Board Basics:**
 - How to get on the board
 - How to paddle efficiently
 - Mastering the "pop-up" technique to stand on your board
- **Safety First:**
 - How to dismount the board safely
 - Understanding post-fall safety tips in the water
- **Board Handling:**
 - How to carry and control your surfboard
 - Entering the surf zone like a pro
 - Tying the leash securely to your ankle for a worry-free ride
End of Day 1: Enjoy some free time to explore Mulki, relax by the beach, or ask your instructors any surfing-related questions.

Day 2: Surf Skills Enhancement & Pop-Up Perfection
- Arrival & Quick Warm-Up: Start your day with a short warm-up to get your body ready for another exciting day of surfing.
- Review of Day 1: Quick revision of all the techniques you learned on the first day.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- Focus Areas:
 - Perfecting your pop-up timing for better wave-catching
 - Improving your paddle strokes for efficient movement in the water
- More Practice: You'll get more time in the water to practice and hone your skills under the watchful eyes of your instructors.
End of Day 2: Feel free to relax, enjoy a scenic sunset at the beach, or mingle with fellow surfers.

Day 3: Surf Theory & Independent Surfing
- Arrival & Warm-Up: Start your final day with a refreshing warm-up session.
Morning Surf Session (Approx. 2 - 2.5 Hours):
- Surf Theory Class:
 - Understanding tides and how they affect surfing
 - Basics of reading waves to find the perfect one to ride
- Catch the Waves:
 - Apply everything you've learned and try catching the whitewash waves on your own!
 - Personal guidance to help you stand up and ride the waves independently
End of Day 3: Celebrate your new surfing skills with a photo session, certificate of completion, and, of course, a high-five from your instructors!

Course Details
- Available Time Slots:
 - 7:30 AM: Open to all participants.
 - 11:00 AM & 3:00 PM: Requires a minimum of 2 participants. Solo travelers are encouraged to book the 7:30 AM slot or contact us to confirm availability for other times.
- Pricing: ₹7,000 per person (includes surfboard, safety gear, boat transfer, and expert instruction).
- No Swimming Skills Required: We provide life jackets for your safety.
- Fitness Level: Be ready to carry a 15 kg surfboard over a 300-metre walk.

Why Choose Mantra Surf Club?
- Expert Instructors: Learn from ISA-certified surf coaches with years of experience.
- Stunning Location: Surf on beautiful beaches accessible only by boat, away from the crowds.
- All-Inclusive Experience: Equipment, boat transfers, and expert guidance are all included in the package.
Ready to Ride the Waves?
For more details and bookings, feel free to reach out to us!
Come ride the waves with us and make unforgettable memories!

HOW TO REACH

How to Reach Mantra Surf Club, Mulki

By Road

- **From Mangalore**: Drive north on NH66 for about 30 km (approximately 40 minutes).
- **From Udupi**: Drive south on NH66 for about 25 km (approximately 30 minutes).

Tip: You can easily find the club on Google Maps by searching "Mantra Surf Club, Mulki."

By Train

- **Nearest Railway Station**: Mulki Railway Station (MULK), about 4 km from the club. Get off at Mulki and take an auto to the club.
- **Alternative**: Mangalore Central (MAQ), around 30 km away. You can take a local bus or taxi to Mulki.

By Bus

- **From Mangalore/Udupi**: Board a bus heading on NH66 in the direction of Mulki. Get off at Mulki and take an auto to the club.
- **From Bangalore**: Daily overnight buses are available to Mulki, making it a convenient option for out-of-town travelers. Get off at Mulki and take an auto to the club.

By Air

- **Nearest Airport**: Mangalore International Airport (IXE), about 25 km from Mulki.
- **Airport Pickup/Drop**: We can arrange airport pickup or drop-off at an additional cost of 1200 INR, making it a hassle-free option.

Getting Around Mulki

- The **best way to explore Mulki** is on **two wheels** by renting a two-wheeler.
- OnnBikes is the **only vehicle rental option in Mulki**, so make sure to **book your vehicles beforehand**.

Book here: https://www.onnbikes.com/bike-rental-mulki

Tap To Go To Google Maps

THINGS TO CARRY

1. **Boardshorts** : Lightweight, quick-dry shorts for comfort while surfing. (Available at ThunderMonkey store)
2. **Rashguard** : Protects your skin from sun and rashes caused by the surfboard. (Available at ThunderMonkey store)
3. **Waterproof Zinc Sunscreen** : Essential for protecting your skin from UV rays while in the water. (Available at ThunderMonkey store)
4. **Water Bottle** : Stay hydrated throughout your surf sessions. (Available at ThunderMonkey store)
5. **Sunglas**ses : Protect your eyes from glare and UV rays.
6. **Contact Lenses / Powered Swimming Goggles**: Necessary if you need sight correction while surfing.
7. **Energy Food**: Bring dates, dried fruits, or energy bars to keep your energy up.
8. **Leggings** : Helps protect your legs from tanning and rashes.
9. **Basic Toiletries** : Include items like toothbrush, toothpaste, and moisturisers for personal care.
10. **Water Shoes or Strap-On Sandals** - For grip and foot protection.
11. **Small Waterproof Bag** - For personal items you want to keep dry.

For premium quality surf clothing, check out our in-house brand, ThunderMonkey, featuring rashguards, boardshorts, surf tees, and more!

ADDITIONAL INFORMATION

Your safety is our top priority.

Our team of ISA-certified instructors brings over a decade of experience to the table, ensuring you receive expert guidance throughout your journey. Whether you're a seasoned swimmer or setting foot in the ocean for the first time, our instructors guarantee a safe and enjoyable experience for everyone.

Surfing for All: No Swimming Required

Worried about not being a proficient swimmer? Don't be! Our courses are designed to accommodate all skill levels, including those who can't swim. With the use of life jackets and the expert supervision of our instructors, you can learn to surf with confidence regardless of your swimming ability.

Embrace a Life-Changing Experience: Embarking on a beginner surf course with India's First Surf School is more than just learning a new skill – it's a life-changing experience. As you conquer the waves, you'll also conquer your fears and limitations, unlocking a newfound sense of accomplishment and self-assurance. The rush of riding a wave and the connection with the ocean will stay with you forever, shaping your perspective and filling you with a sense of adventure that extends beyond the waves.

FAQs

Frequently Asked Questions – Mantra Surf Club

1. What's the best time to surf?
Anytime is a great time to surf here! We're open all year round, but the best waves are usually from September to April. The monsoon season (June to August) also offers some exciting surfing for experienced riders.

2. Do I need to be a strong swimmer?
Not at all! We welcome all skill levels, even if you're not confident in the water. Our expert instructors will guide you step-by-step, ensuring your safety and comfort.

3. What should I bring?
Just bring your excitement! We'll provide everything else — surfboards, rash guards, and even sunscreen. We recommend bringing swimwear, a towel, and a change of clothes.

4. Can beginners join?
Absolutely! We love introducing newcomers to the joy of surfing. Our lessons are tailored for all levels, especially beginners.

5. How do I get to Mantra Surf Club?
We're located in the beautiful town of Mulki, Karnataka. If you're flying in, we can arrange a convenient airport pickup for you from Mangalore Airport (just let us know in advance!).

6. Are accommodations available?
Yes, we offer cosy accommodations at the surf club, so you can relax after a day of catching waves. Enjoy delicious meals, refreshing drinks, and plenty of good vibes.

7. Is there more than just surfing?
Definitely! We offer a range of water activities like stand-up paddling (SUP) and kayaking. Plus, you can explore the serene backwaters or take a peaceful walk along the beach.

8. What's the booking process?
Booking is easy! Just use our website or hit us up on WhatsApp. We recommend booking in advance, especially during peak season, to secure your spot.

9. Do you offer group or private lessons?
Yes, we cater to both! Whether you're looking for a private one-on-one session or a fun group lesson with friends or family, we've got you covered.

10. What's the vibe like?
We're all about positive energy, community, and fun! Expect lots of laughter, support, and an unforgettable experience both in and out of the water.

We're here to make your surfing adventure as smooth as the waves we ride. If you have any other questions, don't hesitate to reach out!

TERMS AND CONDITIONS

Terms and Conditions for Surfing Sessions

We aim to give you the best possible experience on the water! Please keep the following in mind:
1. Bookings & Payments:
 - Full payment confirms your spot. Prices cover all surfing gear and instructor guidance.
2. Rescheduling & No-Cancellation Policy:
 - Once booked, you can reschedule your session to any future date (subject to availability) or transfer it to someone else.
 - We have a strict no-cancellation policy. Please book only if sure about your plans.
 - Rescheduling is free unless it involves special dates (e.g., Christmas, Diwali, New Year), which are non-refundable.
3. Weather & Ocean Conditions:
 - Surf sessions depend on nature's mood. If high winds, rain, or changing tides affect safety, our instructors may adjust timings to ensure the best experience.
4. Tide & Group Dynamics:
 - We plan sessions around optimal tides and match groups by skill level. Adjustments may occur to enhance safety and enjoyment.
5. Instructor Availability:
 - To ensure personalised attention, timing may shift during busy periods.
6. Communication:
 - We'll inform you of any timing changes via phone or email as early as possible.
7. Arrival & Preparation:
 - Arrive at least 15 minutes before your session to check in and get ready for a smooth start.
8. Fitness Requirements:
 - Be prepared to carry a 15 kg surfboard over a 300-metre walk to the surf point. A basic level of fitness, flexibility, and ocean comfort is required.
9. Safety First:
 - Please follow all safety instructions from our experienced guides. We prioritise your safety above all else.
We're excited to see you ride the waves with us! For any questions, reach out to us!

Mantra Ashram Retreat – Accommodation Terms & Conditions

At Mantra Ashram Retreat, our joy is sharing the surf, the ocean, and the simple comforts of ashram-style living. **We are a surf school with limited accommodation, and reserved primarily for surfers joining our courses**.

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

Accommodation is linked to your course

- Accommodation is provided in line with the surfing course you book. For example, a 3-day course = up to 3 nights stay.
- During peak season, long weekends, and holiday periods, we can only provide accommodation to guests who book a minimum 3-day course with us.
- Extensions may be possible depending on availability, but priority will always go to surfing students.
- Since our space is very limited, we strongly encourage you to book your accommodation at the same time as your surfing course.

Private rooms

- To keep the surfing spirit alive, at least 50% of the guests in a private room should be enrolled in a surfing course.

Solo Travellers and Dorm accommodation

- Dorms are perfect for solo travelers or those happy to share.
- A great way to connect with fellow surfers and share the experience.
- All dorms are separate for male and female guests, with each room accommodating up to 4 people. The attached washroom is shared among these 4 guests.
- If a solo traveller prefers a private room, we can usually arrange this during non-peak times; however, during long weekends and holiday periods, private rooms for solo travellers will not be possible.

Check-in & Check-out

- **Check-in: Post 2:00 PM** only
  Please note that early check-in is generally not available, as current guests return from surfing at 11:30 AM and rooms are prepared after that. While waiting, you're welcome to freshen up in our changing rooms, enjoy complimentary tea, coffee, and fruits, or even join the 7:30 AM surf session on your arrival day. That said, early check-in may be accommodated if we have availability.
- **Check-out: Before 11:00** AM
  Check-out is strictly before 11:00 AM, ideally right after returning from the morning surf session, as our team needs time to prepare the rooms for new guests who will be eagerly waiting to check in. We truly appreciate your understanding and cooperation in helping us keep everything running smoothly for everyone. That said, late check-out may be accommodated if we have availability.

Meals & Facilities

We provide tea, coffee, and fresh fruits in the morning before your surf session — the perfect way to start your day. After returning from the waves, you'll be served a wholesome satvik vegetarian brunch to refuel and recharge.

In the evenings, our café offers snacks and dinner options. If you'd like to explore beyond the ashram, there are also some decent local eateries in Mulki town, and our team will be happy to guide you with recommendations.

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 Non-Vegetarian policy**. This helps us keep the space peaceful, healthy, and aligned with the spirit of our retreat. We kindly ask all guests to respect this during their stay.
- Keep shared spaces tidy so everyone feels at home.

About Mulki & Getting Around

Mulki is a small, peaceful town located about 30 km from both Mangalore and Udupi. Our retreat is set slightly away from the bustle — around 2 km from the main road — giving you a quiet space to rest and recharge.

The nearest general and medical stores, hotels and bus stops are on the main road. The easiest way to get there is by calling an auto-rickshaw, or you may find it convenient to rent a self-drive vehicle beforehand for your stay.

This little bit of planning goes a long way in making your experience here smooth and enjoyable.

We're here to make your stay smooth, simple, and memorable. Thank you for choosing to surf, rest, and grow with us at Mantra Ashram Retreat.

CANCELLATION POLICY

We take an advance payment to confirm your booking, with the remaining balance to be paid upon check-in. Our goal is to make your experience smooth and enjoyable while ensuring that we can deliver the best for all our guests.

Rescheduling Policy

We get it—life happens! If your plans change, you can reschedule your session to any future date free of charge (subject to availability).

Cancellation Policy

While we don't offer refunds for cancellations (as your slot is reserved in advance), we're here to help you make the most of your booking:

- *If you can't attend, you're welcome to transfer your booking to a friend or family member.*
- *Let us know at least 48 hours in advance, and we'll handle the transfer seamlessly!*

Special Date Policy

Bookings for special dates (Long weekends, Christmas, Diwali, and New Year) are final and cannot be rescheduled, transferred, or refunded. These dates are meticulously planned to provide an exceptional experience for all our guests.

ABOUT YOUR HOSTS

Our Story : Mantra Surf Club

Discover the legacy of Mantra Surf Club and the exciting world of surfing in India. Since 2004, we've been leading the surf culture, establishing India's first surf camp on the peaceful west coast of Karnataka in Mulki, near Mangalore, Udupi, and Manipal. What began as a bold adventure into the unknown has become a hub for thrilling water sports. Whether you want surf lessons, SUP surfing, revitalizing yoga sessions, or various other activities, we're your one-stop destination for both on-water and off-water adventures.
At the heart of India's original yoga and surfing retreat, you'll find a range of experiences. From riding the waves to peaceful yoga meditations and serene backwater riverboat tours, every thrill is within your reach. Our peaceful haven offers clean, comfy rooms, high-speed Wi-Fi, delicious home-cooked vegetarian meals, and top-notch equipment for all your adventures.
What sets us apart is our team of who are motivated by pure passion and love for what they do. Their selfless commitment is driven by the motto of room and board, while any surplus from our surf endeavors supports the maintenance of the surf ashram and contributes to the noble initiatives of the Surfing Swami Foundation. Dive into the extraordinary at Mantra Surf Club, where surfing is not just a sport but a way of life.

Helpdesk : + 91 8310384842
Go To Website
WhatsApp Us : + 91 8310384842
Go To Instagram
booking@surfingindia.net

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