

# SURF, YOGA & CAMP

Learn to surf on beautiful beaches and enjoy some restorative yoga in Cornish woodland



19th-20th June

## ITINERARY

### Day 1

You will meet your host at their surf shop in Newquay and then head to Fistral beach, home of some of the best waves in Cornwall, and your first surf lesson. Lessons will be tailored to both the group and you as an individual to make sure you get the best from your time on the water. You'll then head to your woodland wild camp where your yoga instructor will be waiting in an open-sided barn and you'll be guided through stretches and poses that relax and recharge your muscles and mind; if you've never tried yoga before, you'll be a convert for sure. Suitably chilled, it's time for food, drinks and laughs followed by some axe throwing and games before getting cosy in your bell tent.

### Day 2

You will begin your second day with a delicious breakfast, followed by a morning yoga lesson to the sound of birdsong. Energised and focused, you will head back to the beach to build upon yesterday's session as you develop your skills to the next level. Whether you're practising turning, or paddling out back for some bigger waves, today is all about progression whatever your level. You'll be handed your towel at around 13:00 as a great weekend adventure in the woods and on the water comes to an end.

## INCLUDED

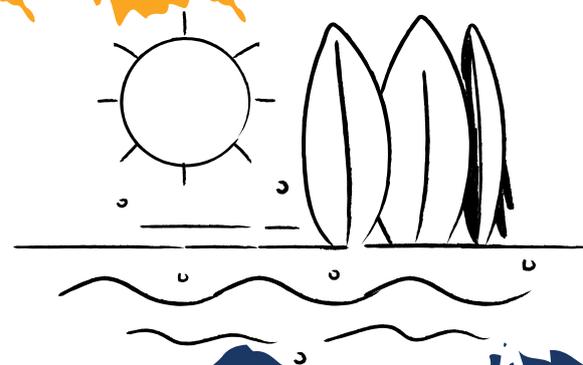
- Guides
- Experienced, certified surf coach
- Qualified yoga instructor
- Accommodation
- Equipment
- All surfing, yoga and camping equipment
- A camp breakfast

## NOT INCLUDED

- Travel to and from the start point
- Other meals
- Personal expenses
- Travel insurance

## COSTS

£150 Registration cost  
£300 Fundraising target



## WHAT'S THE FOOD LIKE?

Newquay has a range of restaurants for any budget, as well as a supermarket across the street from the surf shop. You'll need to buy ingredients for dinner at the camp - simple is best as you will be BBQ'ing and cooking over the camp fire. Given the diversity of food available in town, all dietary requirements can be accommodated including vegetarian and vegan diets. You will be provided with a basic camp breakfast that should be enough to keep you going but please bring some extra snacks if you're an extra hungry morning person.

### KITLIST: WHAT TO BRING

- Swimwear
- Shoes for the beach
- Towel
- Sun protection (hat, sunglasses, suncream)
- 1 litre of water per person
- Rain jacket
- Spare warm clothing and a hat
- Sleeping bag, warm hat, torch
- Suitable footwear for a night in the outdoors (the farm entrance can be very muddy - wellies can be hired on site)
- Toiletries, toothbrush and toothpaste
- Lunches, BBQ food and drinks for dinner (this can all be picked up after your surf session from the supermarket across the road)

## WHAT'S THE ACCOMMODATION LIKE?

You'll wild camp on untouched private land 11 miles outside Newquay. Luxurious bell tents are arranged in a woodland connected by festive banners and twinkle lights. Each bell tent sleeps 4 people. Air mattresses, clean sheets and pillows are provided: all you have to bring is a sleeping bag. There's a composting toilet on site, and fresh water is provided for washing up, but otherwise, you'll be without facilities in the peaceful countryside.



## GETTING THERE

STARTS

ENDS

11:00 on Day 1 13:00 on Day 2

Your adventure begins and ends at your host's base in central Newquay which is easily accessible by car or train. If you arrive by train it's only a 15-minute walk (1.2km) from the station to the start point. Alternatively, you can also travel by air to Newquay Airport, and get a 20 minute taxi to the start point. If you're arriving early or staying on after you trip - feel free to ask your local host for accommodation suggestions in Newquay.

