



Here's the low down on our adventure trip to the hippest destination in world bodyboarding at the moment; Cape Verde. Please check out the info below and follow the instructions to book up. (Our terms and conditions of booking are here http://www.robbarber.com/coaching_temsandconditions.html)

HOLIDAY INFO

Tour: One Week Course

Dates: 2009/2010 dates coming soon

Price: £460

Flights: Check out thomsonfly.com (they run the only flighter to Sal each week, book fast as there are only limited places!)

Ability: Complete beginner to competing hot rat.

THE PLAN

To hit the tropical island of Sal and check out what it has to offer us as bodyboarders. Under the direction of our guide and using the daily swell forecasts and wind conditions we will surfari to the best locations on the island each day. Unlike many destinations the spots are relatively close together so the car time will be no longer than half an hour for the longest journey. When we find a suitable break we will aim to develop every aspect of your bodyboarding working on everything from walking in flippers to boosting big airs. Each pupil on the course is taught on a one to one basis so that no one is put under pressure or held back.

TEMPERATURE

The temperature of the island can be described as constantly a few degrees warmer than the Canary Islands. Day time temperatures in the 25°C — 30°C and the evening between 15°C and 19°C. The sea is consistently in the early 20°C's.

WAVES



There are beachbreaks, sandy bottoms with partial rocks, lots of reef breaks and plenty of pointbreaks.

All are on the west coast bar one. NE trade winds mean they are guaranteed to be offshore/cross off during December. There are many point breaks, just to the left of the main beaches, a 5 min walk, 2 min drive are a number of points, mainly left hander's around Leme Bedge that can be fast and hollow breaking over rock and sand. They work on southerly swells that aren't massively consistent but can be great when they are on; fast and hollow.

Ponton is the next beach along and directly off the main beach in the heart of Santa Maria town, it never really gets that big, but clean shapely waves are common and it works well when the wind is strong and other spots are blown out. It has an easy paddle out, breaking on a sandy bottom, a few rocks but very safe, ideal for beginners to intermediates, can get crowded (although only 10 – 15 people max!)...but good vibes on the water. Works in summer and winter. Offshore on predominant wind direction

Next along is Ponta Sino, 15 minute walk from Ponton, 5 min drive from town center nice right hand point /beach break, quite punchy, offshore on predominant wind direction and offers quite long rides that hug and wrap around the beach. Can get reasonably hollow on the inside section. Good for practicing manoeuvres. Sandy bottom, sometimes a strong current, but not out to sea, just along the beach. Works best throughout winter.



Then comes the infamous Ponta Preta. 5-10 min drive from Santa Maria and is one of the best waves on the islands. On a westerly swell, Ponta Preta will be the biggest wave on the island, Can get huge, 4-5 meters no probs but hell of a wave, very quick and sometimes you have to gun it to make the sections — Great to check out. It's a right hand point break, incredible to watch and would be a highlight on a big day just to see it working, let alone trying to ride it! On a smaller day it can be good fun and hollow on the inside. Definitely not a wave for beginners, although depending on the size of the swell. Very long rides peeling over reef and boulders.

Monte Leao is next along, a 15-20 min drive, a lovely spot, incredibly scenic with a lion shaped mountain behind, hence: Monte leao (lion mountain) extremely long right hander's and sheltered from the wind. Works on a big NW swell or a south westerly swell.

There are a shed load more as well and that's before we even begin to talk about the secret spots!...

ACCOMMODATION

You'll share self catering apartments with all the comforts that you could need (an email with pictures etc of your accom can be supplied on request). We surf, eat and hang out with you, making sure your stay is safe.

ITINERARY

The weeks (flexible) itinerary will (conditions permitting!) be as follows:

Mon - Arrivals day, pick ups and settle into apartments. Welcome meeting in the evening.

Tue - Surfari and Bodyboarding tuition *

Wed - Surfari and Bodyboarding tuition

Thur - Surfari and Bodyboarding tuition

Fri - Surfari and Bodyboarding tuition

Sat - Surfari and Bodyboarding tuition

Sun - Surfari and Bodyboarding tuition

Mon - Crew change day, Airport departures.

* Each evening when bodyboarding footage has been shot (daily when conditions are suitable!) video footage is reviewed.

BOOKING AND PAYMENT

The cost of the trip is £460. Payment can be made in full immediately or by a £100 deposit immediately with the balance paid 30 days prior to your departure. Call us with your card details (card payment incurs additional 2% charge) or post a cheque for £460 made payable to 'M Searle Bodyboarding Holidays Trustee A/c' We will let you know when we receive this. (Please call us if you would like to arrange instalment payments). Postal address (for cheques): Orca Publications, Berry Road Studios, Berry Road, NEWQUAY, TR7 1AT ENGLAND.

THE DAY THAT YOU TRAVEL

We will all be flying out on the same (the only!) flight to Sal so we will meet in the airport prior to departure.

COURSE ENROLMENT FORM

YOUR DETAILS

Full Name:

Home Address:

:

:

: Age

Date:.....

Telephone numbers - Land:

.....Mobile:.....

Email

Address:.....

.....

PERSONAL INSURANCE COVER

Personal Insurance cover telephone contact details.....

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Personal Insurance company name and cover policy number.....

NEXT OF KIN

Name and contact numbers (and address) of parent / guardian / partner

(please specify) next of kin:..... Land:.....

Mobile:.....Address:.....

MEDICAL CONDITIONS

If you suffer from any medical condition that may affect your safety, or the safety of other water users, please give details in the space below AND bring it to the attention of your instructor. All medical information will be treated in confidence and will not be disclosed to anyone other than bodyboarding school staff dealing with you. Conditions which should be disclosed include: heart problems; epilepsy; allergies; medication being taken and any condition likely to be made worse by participating in a surfing/bodyboarding course.

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TRANSPORT

I understand that transport to and from the beach has not been included within the price of the package holiday, payment has been received for beach and in water coaching sessions, video analysis and accommodation. At the proprietors expense the group will be hiring vehicles. Although vehicle insurance's will be taken out, no indemnity will be accepted for clients own road risks.

BELONGINGS

I understand that Rob Barber's Bodyboarding Holidays and their staff, whilst taking all reasonable care, cannot be held responsible for any loss of, or damage to, their clients personal belongings or valuables.

SWIMMING ABILITY

I am able to swim 50 metres in open water.

TERMS AND CONDITIONS

I have read and agree to the terms and conditions.

(http://www.robbarber.com/coaching_holidays-terms.html)

DATES

Dates of chosen coaching holiday,

from:.....till:.....

.....

Signed:

NB: Parent or guardian to sign if the student is under 18 years of age.

Where did you hear about the holidays?

Do you mind being added to our mailing list so that you are made aware of upcoming coaching events, trips and offers? (please circle) Yes please. No

Thanks.

Flights

You need to book your own flight. We use Dan at Wickers World Travel (01637 875255). Make sure that when you are hunting for the best deal your supplier is ABTA or ATOL bonded.

When your flight is booked (the earlier the better!), I need you to fill in the following info and return to me.

Please complete:

Name of Airline.....

OUTBOUND

Departure date.....

Where are you flying from?.....

Departure time.....

Flight number.....

Arrival time.....

INBOUND

Name of

Airline.....

Departure date.....

Departure time.....

Flight number.....

Arrival time.....

BAGGAGE AND EQUIPMENT

PLEASE CHECK YOUR BAGGAGE SIZE, NUMBER AND WEIGHT ALLOWANCE WITH YOUR AIRLINE.

ESSENTIALS

One clothing bag - suitcase or backpack

One summer weight (3/2mm) wetsuit. A 'shorty' wetsuit will be fine.

A couple of pairs of well fitting boardshorts/ bikini/swimming costume.

A lycra rash vest.

One or two bodyboards in a bag with a leash. (Pack in a protective, padded board bag. Write fragile and Top Load Only on it in permanent marker, If you're travelling with a wetsuit, wrap it around your board inside your board bag, then wrap towels around as well for added protection).

One pair of swim fins (plus spares if you have them).

A pair of flipper slippers or fin socks.

Wax

Travellers cheques/Euro's/Debit/credit card.

Tickets/Travel itinerary.

Driving Licence (Please bring as you may have the option to drive during the trip)

Make sure that you pack any medication needed during the coaching week. Make sure that you advise Rob and his coaching staff of any medical complaints/conditions prior to the trip.

(Bedding is supplied, sleeping bags are not required).

(No Jabs are required for the Canary Islands)

OPTIONAL (But recommended)

TOILETRIES AND FIRST AID

First aid kit containing: Scissors, bandages, plasters, antiseptic, sting cream, burn cream, steri-strips, Betadine, pain killers, Compeed pads for fin rubs (available from the chemist).

Sun protection - cream, hat, after sun etc.

Toiletries - including Vaseline for wetsuit rubs and talcum powder for sweat rash.

Place shampoo etc in a separate sealed carrier in case of leakage.

Ear plugs / Blue Tac (if required).

Bottle or flask to carry water at all times.

DOCUMENTATION

Passport

Guide Book/destination info - photocopies are easier to carry.

HEALTH AND SAFETY

Online medical advice for travellers can be found at www.doh.gov.uk. Otherwise, for medical advice regarding your journey, please contact your GP or the Department of Health, Health Literature Help Line on freephone 0800 555777. The Foreign and Commonwealth Office (FCO) issues up to date information on safety issues for many countries world-wide. Contact the FCO. Travel Advice line on 020 7238 4503/4504, BBC Ceefax or www.fco.gov.uk/travel.

RANDOMS

Travelling entertainment - Mini Disk player/iPod, books, copy of ThreeSixty (!) etc.
Travel bag, locks and luggage labels.

Swiss Army knife - Ensure all sharp objects are put in your main luggage bag that is to be placed in the hull.

Alarm clock.

Camera, film/memory card and journal.

Mobile phone: change answer phone message on your mobile to say that you're away so text message if possible. Also ring up your service provider and make sure that your phone will work abroad (if you require it).

Pack a couple of bin bags. Often not available in foreign countries, they're handy for transporting wet gear around or protecting your dry kit from the rain.

FREQUENTLY ASKED QUESTIONS;

The crowd factor at that time of the year?

This will be the busiest time for crowds, but the waves really aren't that busy at all. The only small worry regarding crowds is if you get windsurfers and kitesurfers on the waves because they nab a good majority of them but that mainly only happens at Ponta Preta, but it usually has to be very good and windy for them to be about in large numbers, wouldn't say it's a concern though, we would always surf away from the crowds for our own space. There are plenty of spots to score alone!

What can we expect the wind to be like?

North easterly the whole time, moderate to strong. Fairly windy at this time of the year, but it is a trade wind blowing from the NE meaning all the waves on the west coast (which all the spots are on, apart from kitebeach) are offshore.

What will we do for lunch each day - a packed lunch or are there cafes near the breaks that we could use?

There are cafes near some of the breaks, but a packed lunch or snacks would be a good idea if we venture off to some of the more remote spots, where if you want to surf, then snack and then jump in again it is no hassles...but you are only 10 minutes drive from somewhere to stop and eat wherever you are on the island.

Do Brit mobiles work there ok?

Some do if you have roaming facilities, but it is probably a good bet to suggest they won't. Cape Verde SIM cards can be bought for around ten pounds so if you wanted your own it would be possible to buy one. There are plenty of cheap internet cafes, and internet phones.

Activities for non surfers or things to do to chill?

Walking, fishing, snorkelling. Also little day trips over to the salt mines; Pedra de Lume is the name; quite a good day out, quite cool. Lay in the salt mines which you float on, much like a natural spa day in a way.



Plenty of sun bathing, swimming, quad biking, boat trips etc.

Check list...

The next thing to do is choose the week/s that you want to spend with us, print out this email, then:

- Arrange your booking by calling or emailing Rob (to check availability),
- Check out Flight prices (booking early means cheaper flights!)
- Read our terms and conditions of booking:
http://www.robbarber.com/coaching_holidays-terms.html
- Pay your deposit or the whole amount in order to reserve your place.

When you have the relevant info you should then forward:

- Completed enrolment form.
- Completed flight details form.

A final enrolment form will be sent out to you before departure which also needs signing.

Please post to: Rob Barber, Orca Publications, Berry Road Studios, Berry road, Newquay, Cornwall, TR7 1AT.

E: Rob@orcasurf.co.uk

M: 07974729639

Feel free to contact me with any questions.

Catch up with you soon!

Regards

Rob

ROB BARBER, Manager

ROB BARBER'S Bodyboarding Coaching Holiday's