



Hi There

Thanks for the interest in the Mexico course. 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_holidays-terms.html).

Warm regards

Rob

Here's the low down...

HOLIDAY INFO

TOUR: Puerto Escondido, Mexico

DATES: 2009/2010 dates coming soon

PRICE: 800

ABILITY: Regular bodyboarder to shredder

ITINERARY

Puerto Escondido Mexico has long held a reputation as a bodyboarding paradise. Blessed with one of the most perfect and powerful beach breaks on the planet Playa Zicatela, it combines bath like warm water with prevailing morning offshore winds which sculpt Pacific swells into the perfect bodyboarding playground. The waves tend to be best early in the mornings before the sea breeze kicks in, and then again in the evening when the wind dies off for the sunset session.



ACCOMMODATION

We will be staying in the Aqualuna Hotel. The hotel has been chosen due to its facilities and location. Rooms will be twins, right next to the beach.

EATING

The Ziccatela strip, which is but a short walk from our accommodation has a number of great little restaurants which will suit the tastes and appetites of the most voracious bodyboarder. Or alternatively you can take a slightly longer walk or a cab ride (or ride in a colectivo if you are feeling particularly adventurous) into town and you will be surrounded by restaurants and cantinas offering the finest in traditional Mexican cuisine. Meals start at around 3 or 4 pounds making it cheaper to eat out than in.

TRANSPORT

We will be staying in walking distance of Playa Ziccatela (the main beach break you would have seen in all the bodyboard videos), however when hunting other surf spots locally supplied taxis are available.

OTHER SPOTS

Puerto Escondido is blessed with a variety of surf spots to the north and south of the famous Playa Ziccatela. The set ups range from the sandy left point at La Punta which is 5 minutes by cab, or a 20minute walk along the beach from our accommodation, to Punta Colorada which is famous for its wedging shorebreak. Punta Colorada has also provided the venue for numerous international bodyboarding contests. Carrizalillo located just to the north of the main town is home to one of the few reef breaks in the state of Oaxaca, it provides fun left and rights at opposite ends of a small bay. Carrizalillo is also a great place to enjoy an icy cold corona at sunset. Barra del la Cruz is the other jewel in the Puerto Escondido crown located 2hrs to the south. This picturesque sandy right hand point provided the setting for the 2007 Rip Curl Search Contest, which was heralded with having the best surf ever ridden for a WCT competition.

COACHING

British team coach Rob Barber and qualified coach and lifeguard James 'Crab' Taylor will be coaching with at least one of us (usually both) with the group at all times.

CURRENCY

The currency in Mexico is the Peso. There are numerous cash points in town. There are places to change money on the Ziccatela strip. Alternatively you can take sterling or travellers cheques with you and use the money changers . I would recommend taking at least two cashcards just in case one becomes damaged or lost during your trip.

DOCUMENTS

It is essential that your passport has over 6 months left until it expires (from the date that you return to the UK - preferably much longer!). Other wise you will not be let into Mexico. A tourist visa is supplied on entry to the country at no charge. This is valid for 180 days from entry. You must also have a ticket which shows that you are leaving Mexico (return or ongoing travel ticket) Remember with Guide books and destination info - photocopies are easier to carry.

BAGGAGE AND EQUIPMENT

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

ESSENTIALS

One clothing bag - suitcase or backpack

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

Rash vests, long and short sleeved.

One or two bodyboards in a bag with a leash. I use a Dow core with one stringer but it is a perfect temperature for Polypro core boards if you prefer them. (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).

(All bodyboarding equipment that you need or have to replace can generally be purchased from Punta Colorada bodyboard shop which is now on the main Ziccatela strip).

A short john wetsuit (optional but great for sun and rub protection)

Lycra cycling shorts (boardshorts can rub in the most uncomfortable places!)

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

A pair of flipper slippers or fin socks.

Fin string or tethers.

Warm water wax

Travellers cheques/Currency/Debit/credit card.

Tickets/Travel itinerary.

Driving Licence (Optional)

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.

A beach towel

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

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/board/boardshort 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.

Rehydration sachets (Diaralyte offer different flavours)

CLOTHING

(washing/ironing can be done by the hotel staff for about 2 a load)

2 x pairs of walkshorts

5 x t-shirts

2 x vests

Sunhat

flip flops

Evening shirt

MALARIA

There is no malaria in Puerto Escondido however there are a lot of mosquitoes so make sure you sleep under a net and wear repellent. Hepatitis, MMR, typhoid and tetanus shots are strongly recommended.

SICKNESS/DIET

The radical change in temperature and lifestyle creates different problems for different people. It is essential to maintain good water intake and a healthy diet. Please prepare your medical kit with suitable drugs (Immodium etc). To deal with expected problems.

INSURANCE

It is essential that you take out a comprehensive personal and baggage travel insurance policy. Wickers World (tel: 01637 875255) offer a good package that covers you while you are surfing.

HEALTH, SAFETY AND INOCULATIONS

It is your responsibility to be aware of foreign office advisories about travelling in the region. Keep up to date by checking out

<http://www.fco.gov.uk/servlet/Front?pagename=OpenMarket/Xcelerate/ShowPage&c=Page&cid=1007029390590>

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.

OTHER THAN BODYBOARDING

Recently Puerto Escondido has undergone a change from being a sleepy fishing village to a bustling tourist hot spot, as a result there is a myriad alternatives' to keep you entertained during those rare flat days. There is a turtle sanctuary, kayaking, eco tours, the Olmec/ Zapotec temples of Oaxaca City, horse riding and biking tours, amazing game fishing and some of the most colourful and interesting markets you will see anywhere in the world. All these activities should be organised when you get there as you will generally get a better price that way.



PATIENCE WITH THE LOCALS

As western visitors we will be targeted by street hawkers and salesman for everything from fishing trips to nail hammocks. It is essential to keep your patience and politely smile and say 'no thank you' or better still say no gracias followed by a smile and a shake of the head.- they are only trying to make a living! Don't flash expensive watches and wads of cash or you will be targeted by pick pockets. Don't buy illegal drugs, there are many under cover police waiting to trap you! The police may fine you for anything from riding on the back of a motorbike to putting a surfboard/bodyboard on a roof rack, you must pay any on the spot fines - not bribes. Keep a small amount of money in a separate pocket, not all your money in one bundle to keep the fine low. If you want to keep your bodyboard then say to the local kids that will hassle you for it; I only have one (bodyboard, pair of fins etc) and I need it/ them as I am going on another surf trip on your way home so unfortunately I can't sell it. Don't fornicate on the beach as the federales wait out the front of the clubs and bars for amorous couples to leave then force them to pay extortionate fines for public indecency.

ROADS AND TRAFFIC

The roads are a law unto themselves. When crossing the road, traffic comes from every direction. Be aware.

MUST DO'S

- Get barrelled at Zicatela
- Eat salted grasshoppers (chapulines)
- Sample Oaxaca cheese

Enjoy a cold corona and a Ziccatela sunset
Eat breakfast at Cafe Cito/ Carmen's
Visit the Olmec/ Zapotec ruins in Oaxaca City
Party in Cabo Blanco on a Monday night
Enjoy the roof top bar at Bar Fly
Visit the local market in town
Go to a rodeo



BOOKING AND PAYMENT

The cost of the trip is 800. 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 800 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.

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 or disabilities 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 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 or exposure to the sun.

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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. There
may be group discounts available when hiring vehicles but any contract is
between you and the carrier and no liability is accepted by the company for
any travel.

BELONGINGS

I understand that Rob Barber's Surf and Bodyboard Coaching Ltd and their staff, whilst taking all reasonable care, will not be 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: .

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 Lesley 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

THE DAY THAT YOU TRAVEL

On the day that you travel please keep your mobile phone on (except when flying of course) so that we can stay in touch in case of delays, changes etc. If you could drop me a text (07974729639) from the airport to say that you are on time/delayed/early, that would be a great help.

Rob or one of the other coaches will meet you at the airport.

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.
- Check out Flight prices (booking early means cheaper flights!)

When you have the relevant info you should then forward:

- Completed enrolment form.
- Completed flight details form.
- Read our terms and conditions of booking:

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

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's Surf and Bodyboard Coaching Ltd.
ROB BARBER, Manager