



Pembrokeshire, Wales

Where?

Based in Newgale – a central location close to several great surf spots.

What do you do?

Surf morning and afternoon sessions every day, using our local surf knowledge to choose the best breaks to suit your ability and that sea conditions allow.

Accommodation

There are a number of places to stay in and around Newgale to suit a wide range of budgets. Most people will stay at the local bunk house. This can be booked for you at an additional cost. Contact us for more details.

What to bring?

- One surf kayak and paddle (these can be hired at an additional cost of £10 per day).
- Helmet, buoyancy aid and spray deck (available to borrow if you need to)
- Appropriate kayaking clothing (we have wetsuits for all shapes and sizes – but it is nice to wear your own kit).
- Wetsuit (not a necessity, but easy to get in and out of for kayaking, plus keeps you warm. (We have wetsuits for all shapes and sizes – but it is nice to wear your own kit).
- Waterproof sun cream.
- Warm clothing for after surf / evenings.

Apres surf?

Newgale has a local pub and cafe, and nearby St David's has a number of restaurants, take aways, bars, traditional pubs plus a supermarket and surf shop.

Cost?

2 days - £155

5 days - £325

Plus £15 for video footage to take home

How to book?

Call **07845 204040** or email annette@surfkayakcoaching.com for more info OR complete the Course Booking Form and return to the same email or post to 5 Forth an Ula, Hayle, TR27 4QF. Payments can be made by card over the phone or by BACS.