

Bitácora

04.10 - 08.10

II Edition
Women's Surf
Retreat



With Lucía Martiño

SCHEDULE

II Edition
Women Surf
Retreat

04.10 - 08.10

Bitácora

After the success of the first edition, the best Surf Camp for women returns with Lucía Martiño. Enjoy all the comforts and services offered by a great hotel located a few meters from the best surf spots in Tenerife South.





Wednesday 04.10

Presentation of Lucia for all attendees at the Fun Bar (16:00)

Equipment Rentals in Palm Beach (16:30)

Activation and training in the water with Lucia (17:00)

Return to the hotel and video analysis in our Coworking space

Dinner at Buffet Restaurant (18:30 - 21:30)



Thursday 05.10

Mindful Fitness in our UP zone! (08:00 - 08:45)

Healthy breakfast in our UP zone! (09:00)

Activation and training in water with Lucía (10:00 - 12:30)

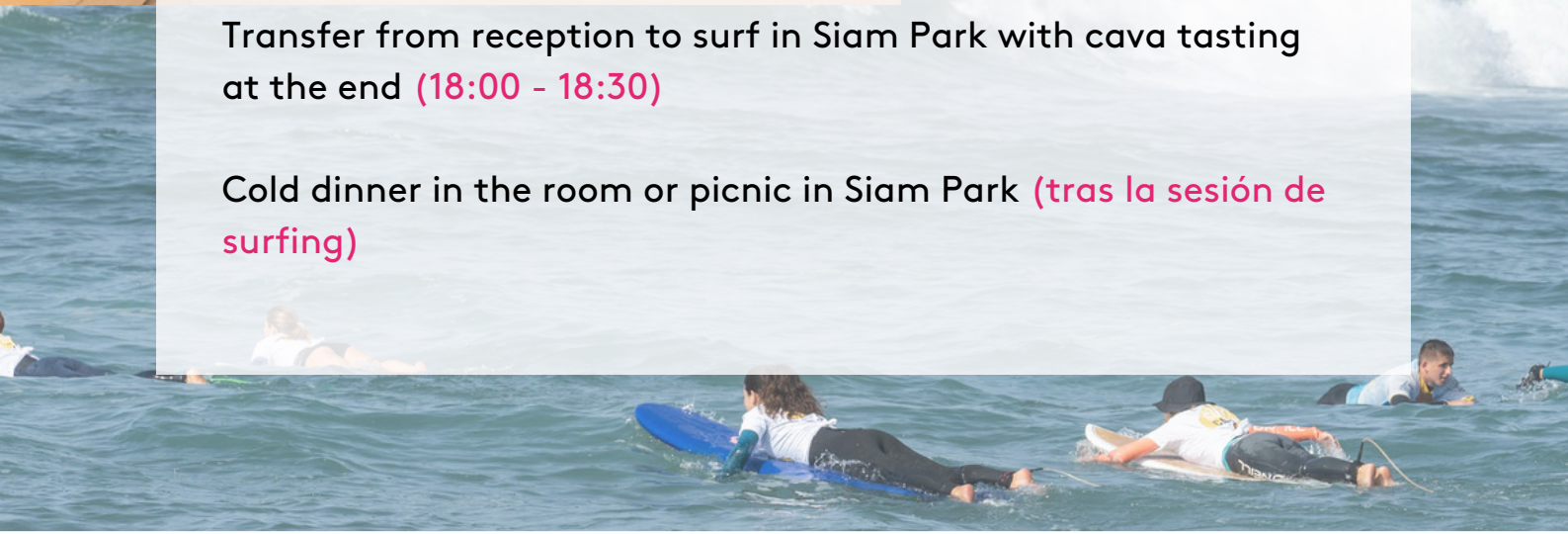
Buffet lunch after training (13:00 - 15:00)

FREE TIME

Return to the hotel and video analysis in our Coworking space
(17:00)

Transfer from reception to surf in Siam Park with cava tasting
at the end (18:00 - 18:30)

Cold dinner in the room or picnic in Siam Park (tras la sesión de
surfing)



Friday 06.10

Breakfast buffet (7:30 - 10:00)

Activation and training in water with Lucía (9:30 - 11:30)

Return to the hotel and video analysis at Fun Bar (12:30)

Buffet lunch after video analysis (13:00 - 15:00)

Apnea training initiation (17:00 - 19:00)

Buffet dinner (18:30 - 21:30)

FREE TIME

Saturday 07.10

Mindful Fitness in our UP zone! (08:00 - 08:45)

Healthy breakfast in our UP zone! (9:00)

Activation and training in water with Lucía (10:30 - 12:30)

Return to the hotel and video analysis of Friday and Saturday

Buffet lunch (13:00-15:00)

Spa session in two groups (16:00 y 17:00, we will also have the option to book at your leisure)

FREE TIME

Farewell in the up!

Demonstration and tasting of cocktails.

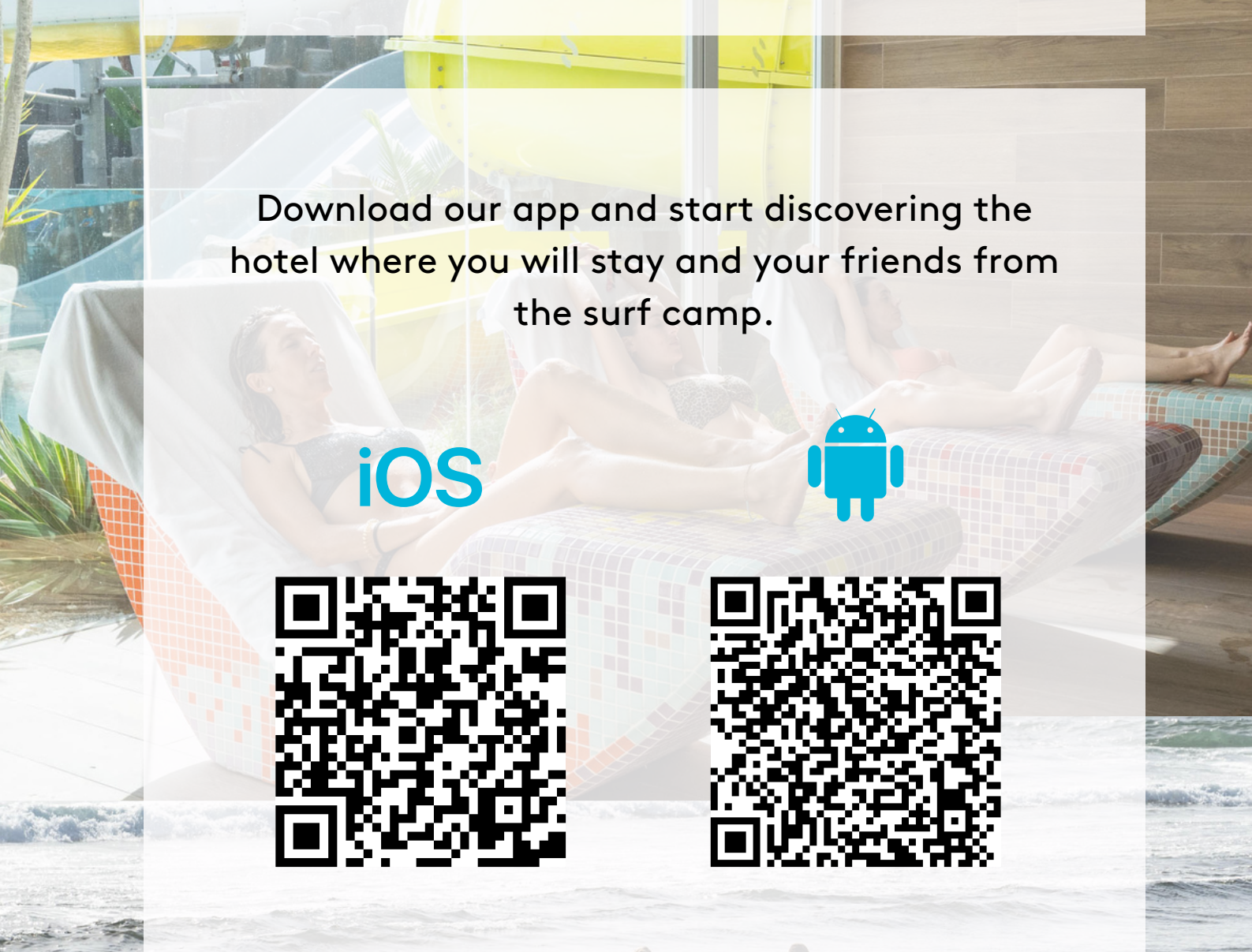
Dinner and party at UP! with DJ Manti (19:00 - 22:00)



Sunday 08.10

Breakfast buffet (7:30 - 10:00)

FREE TIME



Download our app and start discovering the hotel where you will stay and your friends from the surf camp.

iOS



PRICING

ONLY 12 PLACES AVAILABLE

950€ - SHARED DOUBLE ROOM
(475 € per person)

750€ - PRIVATE SINGLE ROOM

15% DISCOUNT ON BOOKINGS
UNTIL 09/20



Bitácora

EQUIPMENT
RENTAL

ONLY 12 PLACES AVAILABLE

YOU CAN BRING YOUR OWN EQUIPMENT OR
RENT IT WITH [@PALMBEACHSURFSHOPS](https://www.instagram.com/palmbeachsurfshops)

SURF BOARD: 20€

WETSUIT: 8€

The prices are per day and you always have the
possibility to change the material.



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BOOKINGS

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