

Algarve, Portugal

CHICKS ON WAVES

SURF & YOGA WEEKS

#chicksonwaves



**Katrien**

Owner of Chicks on Waves, Portugal

Hi!

You have booked one of our Surf & Yoga Weeks and this will be starting soon. We have thought of a few things you might want to know before your arrival about the surf, yoga, Portugal and more...

- KATRIEN



NOT ANOTHER SURF CAMP

Chicks on Waves is more...

This isn't just another surf camp. Chicks On Waves is more. We will welcome you to our world and make you feel at home. You will meet open-minded souls sharing a passion for the ocean. Soak up the sun and salty air and relax. We will make sure you will love every minute of it. All women over 18 years old looking for a fun, healthy and sportive week can join!



THE LODGE

Our sea view surf lodge is located only a short walk from the stunning beach Praia das Cabanas Velhas, which is near the village Burgau. It offers luxurious bedrooms with comfy beds and all rooms have a private bathroom. A delicious daily breakfast is included. The roof top terrace is perfect for relaxing yoga sessions. Jump in the pool or book a massage treatment after your long surf day.



LOCATION

One Life Lodge
quinta da fortaleza 40 8650-041
budens-burgau

CONTACT

Katrien Kegels
00351967580530
info@chicksonwaves.com

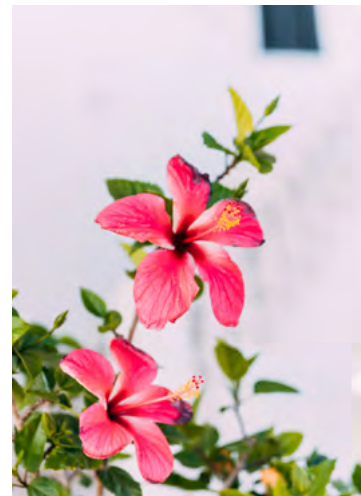
ABOUT THE AREA & CLIMATE

You are surrounded by the natural park of Costa Vicentina. This beautiful nature reserve stretches from Burgau till all the way up north to Aljezur and further. There is no mass tourism and big concrete buildings. Instead you find desolate beaches, untouched nature and clean, clear waters. The Algarve is known for the many beaches to discover, there are over 100 ! We are in the middle of the road between Lagos and Sagres. Lagos is a nice town to do some souvenir shopping and great to go out for food & drinks.

Sagres is an upcoming surfer town with lots of surf shops and bars. Both towns are reachable by bus and worth a visit when you have extra time. This is probably the most beautiful area in Europe with the most sun hours. The sun shines more than 300 days a year!!!! Summers are moderate with north winds blowing and generating waves every day :). During the days it gets hot with a sea breeze and evenings are fresh. Winters are generally sunny and soft, with some days of rain but when the sun is out, temperatures rise and you can sit on the beach in t-shirt and shorts, nice! The water temperature is cold whole year through except a few days when the S winds are blowing and we get water from the Mediterranean send our way. Luckily we have wetsuits which makes it perfectly possible to have warm surf sessions and stay out in the water for hours!



THE LODGE TERRACES

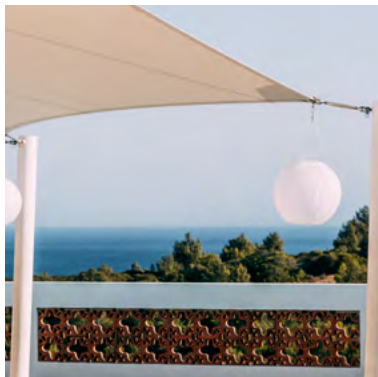


THE LODGE INSIDE



THE LODGE ROOMS





DAY PLANNING

07:45

Yoga on our rooftop terrace

08:30

Breakfast

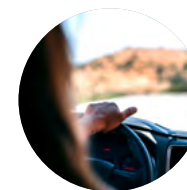
09:30

Pick-up for surfday
(including 2 surf lessons and lunch)

19:30

In-house dinner

Times can be adjusted depending on tides and waves.



HOW TO GET TO US

When you arrive at Faro Airport you have a few options:

Bus & Train

Catch a bus at Faro Airport to Faro center and from there take a train to Lagos. This is the cheapest option (around 10€). From Lagos bus station you can travel to the town Burgau by bus or taxi, where our host will pick you up. Just give us a ring (00351 967580530) when you reach Burgau.

Airport Transfer

You can book an airport transfer in advance, which is fairly cheap and quick. Or book a private taxi that can bring you directly to our lodge (recommended option). Give us a ring or send a text (+351 967580530) when you have arrived at the drop off, and we will pick you up.

Transfer companies:

<http://www.mytransfer.pt>
or
www.resorthoppa.com

Drop off:

Domus Iberica Burgau Apartamentos

Private taxi

If you want a private taxi transfer you can book this directly with:

All Travel
info@alltravel.pt
Tel. +351 968317170
(max 4 people)

Rental car

From Faro airport you follow the A22 direction Portimao to Lagos. After passing the exit Lagos you take the next exit Vila do Bispo (N125). Take the N125, EM537-2 and R. Agricola to our destination in Budens.

GPS coordinates

37.070298, -8.801183

tips:

WHAT TO BRING



PACKING LIST

- A few bikini's, always bring a spare one to the beach :)
- Beachtowel
- High protection sunscreen for your face (50+)
- Comfortable long pants
- Warm sweater
- Light coat
- Summer clothing
- Yoga clothing
- Hat to protect you from the sun
- Sunglasses



GET FIT FOR SURF

Surfing is an intense sport, so if you have the time, you can do some exercises to prepare your-self for the swell.

STRETCH



SURF WORKOUT

PUSH-UPS

Push-ups are one of the best exercises for preparing for your women's surf camp vacation. A strong upper body will really assist you with paddling out to the waves, paddling on to a wave, and then being able to push yourself up on your board. Of course, another added bonus is that your arms will start to get nice and toned! Start out with whatever you can manage, and slowly build up. Many gals find push-

ups a real struggle to start with. If you just can't get yourself off the floor, then perhaps a small session with a trainer to show you how to do them properly might be worthwhile. Even if you can just build up to 5 push ups a day you will be making a positive impact on your surfing!



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SQUATS

Squats are another one of those exercises that can make all the difference to your surfing vacation. Squats will help you leap to your feet on your board more quickly and gracefully!

WALKING OR JOGGING!

Not only does walking or jogging increase your aerobic fitness, it is also a great fat burning activity. 20-30 minutes three to six times per week will have your fitness levels increasing in no time. Glowing skin and a taut body before you even arrive at your women's surf camp! Being fit before your vacation will allow you to get so much more out of it. Indulge in massages and down time because you want to, not because you have to!!



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SURF WORKOUT

SWIMMING & PADDLING

Swimming is a fantastic low impact form of exercise. Increase your swimming distance until you can ideally manage 3-5 laps at an olympic size pool. This is by no means a prerequisite, just a suggestion. Swimming 2-3 times weekly would be ideal. Swimming will allow you to increase your aerobic fitness and endurance abilities. You will also be ensuring that you are having as much fun as you can while in the ocean. Freestyle swimming will also benefit your upper arms and shoulder strength for the paddling component of surfing.

Practicing paddling in a pool, lake or the ocean before you leave is an optional extra.

LOWER CORE (LOWER ABDOMINAL MUSCLES)

Having a strong lower body core will be a bonus for your yoga and women's surf camp vacation. All those lower tummy exercises, including crunches, will give you more strength in the lower back and lower body.

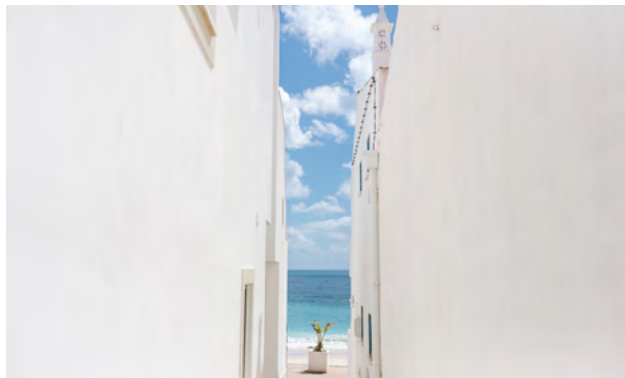
FLEXIBILITY

Performing stretching exercises twice a day for a minimum of two weeks before you hop on the plane will enhance your yoga classes and minimize the chances of strains and sprains. You will be more graceful on your surfboard and your recovery will be faster! When starting off on your conditioning program it is important to listen to and respect your body. There is no point in giving yourself a strain or injury. Start off gently and slowly build up. Try and ensure one day of rest weekly to allow your body to recover properly. Maximize your surfing pleasure and minimize your surfing strains. Make your women's surf camp vacation the vacation of a lifetime. Work a little on your fitness before you go to optimize every moment of your vacation in surfing paradise



THE AREA

THE ALGARVE





SEE YOU SOON

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