

**OVERVIEW**

We're proud to announce that our Mexico Surf & Yoga Vacation has been featured in the New York Times [Adventure Guide to Mexico](#).

We're not the kind of travelers who like to visit the same place twice, but there is one small fishing village in Mexico that seems to draw us back again and again. Sayulita is built along a curved, white-sand bay that's dotted with colorful fishing boats & palm trees, this charming village is sufficiently untouched by the outside world to retain its wonderful Mexican flavor (think dirt roads, donkeys, street stalls & festivals) while still offering a good array of restaurants, bars & cafes. In short, it is the safest, cutest, most attractive Mexican coastal village we've ever encountered! And it also happens to be home to an excellent beginner & early intermediate surf break, making it the ideal place to hone your surfing skills.

Based in luxury beachfront villas that offer spectacular ocean and jungle views, our Mexico surfing vacation provides daily surf and yoga lessons in a tailored, small group setting. In addition to enjoying the surf in the local bay, you'll also visit several other excellent surf breaks in the region, including some that can be accessed by boat only. While not surfing, you'll have the chance to snorkel, sea kayak, whale watch, relax and eat delicious, freshly-caught fish on the beach!

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**IS IT FOR ME?**

Our Mexico Surfing Vacations are ideal for first time surfers as well as those who have surfed before and are looking to gain more confidence. If you like to pamper yourself with stylish accommodation & delicious food, and you're looking for a relaxed, authentic Mexican village environment, our Mexico Surfing Vacations are for you!

**HIGHLIGHTS**

- \*One of the most charming fishing villages on the Mexican coast
- \*Warm water with gentle, easy breaks
- \*Tailored, small-group surf instruction; ideal for beginners
- \*Daily yoga classes & other activities
- \*Gourmet experience: Luxury bungalows & delicious meals

**INSTRUCTOR TO GUEST RATIO**

1:4

**MAX GROUP SIZE**

15

**ITINERARY**

**DAY 1: Airport pickup & explore the village**Our surfing vacation in Mexico begins at Ordaz International Airport in Puerto Vallarta. From here we'll take a scenic drive past beaches and jungle to get to our base for the week, a small fishing village surrounded by jungle and dotted with palm trees. Here we'll stay in newly built bungalows that provide spectacular views of the Bay. Depending on when your flight arrives, you'll have time to explore the colorful shops and cafes in the village, walk along the beach dotted with fishing boats, or just kick back by the pool or the patio of our accommodation. In the evening we'll get together for the first of many delicious Mexican dinners.

**DAY 2: The surfing & yoga begin!**We'll start the day with a light breakfast and then head to the beach for our first surf session. After surfing, reward yourself with lunch (we recommend the freshly caught fish or shrimps served right on the beach!) and then the afternoon is yours to explore the village, hike along the coast, snorkel, rent a sea kayak or jump in a hammock and enjoy the sunshine. In the late afternoon, those who are interested in another surf session can head back to beach where our expert instructors will be waiting for you. One of the true highlights of surfing is sitting on your board at sunset. After surfing, stretch out those muscles with a relaxing yoga session.

**DAY 3: Surfing & Yoga**Our surf camp in Mexico continues with a delicious breakfast and another surf session. After lunch in the village we'll head back out to the water for our second surf session of the day. Relax with an evening yoga session before dinner.

**DAY 4: Boat trip to marine national park** Today we'll take a break from surfing and head out on a boat expedition to a marine national park. We'll swim and snorkel in pristine waters off the boat. Then we'll enjoy a relaxing picnic on an island amidst stunning jungle and beach scenery. We'll return to town in the afternoon, just in time for yoga.

**DAY 5: Surfing & picnic at secluded beach.** Once again we'll head up the coast to explore a more secluded beach and surf break. Today we'll pack up a picnic lunch to nourish us after another day surfing crowd-free waves. After the surf session, lunch on the beach will be followed by an afternoon of swimming, relaxing and more surfing. After yoga, we'll enjoy another fabulous dinner in the village.

**DAY 6: Final day of surfing & relaxing.** Today we'll head to another 'secret' spot for your final full day of surfing. If you were a complete beginner at the beginning of the week, by now you'll have learned to paddle with ease, to catch unbroken waves, to stand up on your board, and perhaps to even turn along the wave as you surf. If you already you how to surf, our instructors will have helped you to develop your surfing technique and improve your confidence. After another lunch, we'll enjoy the afternoon surf session at the secluded beach while you marvel at how much you've improved. If you weren't a passionate surfer before the trip began, you most certainly will be by now. This evening, those who want to can enjoy a sunset hike on the beach, followed by our final dinner of fresh, authentic Mexican cuisine.

**DAY 7: Our surf camp in Mexico is over!** Depending on what time your flight leaves, there may be time for a final surf session before we drop you off at the airport in Puerto Vallarta.

### INSTRUCTION

We are dedicated to offering the highest quality instruction on the market for those who wish to learn surfing. We know there are a multitude of other surf schools and camps that you could choose from, but we believe that our program is unique thanks to the individual attention we give our clients and to the quality and nature of our coaches. Our program is also unique because rather than being confined to just one beach, as most surf schools and camps are, our surf lessons take place at a variety beaches and breaks along the spectacular Mexican coastline.

**Beginners:** Our beginner program is tailored to guests who wish to learn surfing for the first time. To read more about this program, please check out our [beginners section](#)

**Intermediates:** Our Mexico surf trip is suitable for early intermediate surfers. There is a portion of the beach in front of our accommodation that serves up smooth, consistent 2-4 ft waves that are ideal for early intermediate surfers. Our intermediate instruction program is designed to ensure that intermediate surfers optimize their technique, develop their style, and challenge their performance. At the beginning of the trip we'll assess your particular development needs and then work with you to achieve them. The goal of our instruction is to refine your technique, maximize your confidence, and get you working on new skills and maneuvers. Our instructors will also be available to enhance your knowledge on such topics as wave patterns, currents, tides, potentially dangerous situations, priority rules and surf report reading.

**Advanced:** Our Mexico surf trip is not designed for advanced surfers.

### WE BASE OUR SURF INSTRUCTION ON THE FOLLOWING POINTS

\* **Individual attention:** most surf schools process so many clients each week, they cannot afford to give students the individual attention they deserve. Although our lessons are group lessons, we treat each client as an individual identifying their particular development needs and learning goals and working with them to ensure learn surfing in a fun and relaxed way.

\* **Low coach-to-client ratio:** in order to ensure clients receive the attention they deserve, we use a much lower client-to-coach ratio than do most surf schools and camps. Our client-to-coach ratio is a maximum of 4-to-1 (often it is lower), whereas many surf schools use a ratio of 8-to-1.

\* **Proprietary coaching program:** our team of expert instructors has worked hard to develop an instruction program that maximizes client learning and is tailored to the specific needs of our clients.

\* **Maximum flexibility & All-day coaching:** Although we base our surfing instruction on a comprehensive plan, we nevertheless keep it as flexible, relaxed, and tailored to the individual as possible. The atmosphere we create is more one of surfing with friends than partaking in a lesson. Our instructors will surf alongside you giving you tips and encouragement; they won't line you up in a large group and teach from a generic lesson plan as you find in a typical surf school experience. Also unlike typical surf schools, we don't limit you to just a few hours of instruction per day; our instructors are available to encourage you and give you tips all day long. You can use our instructors as little or as much

as you like, and you can push yourself as much as you choose.

\* **Highest quality coaches:** We work hard to select the best possible instructors. Our coaches are expert surfers (many are professional or competitive surfers) who have extensive coaching experience. Perhaps even more importantly, our instructors are fun, open and easy-going people who love to teach.

\* **Long-term improvement:** Surfing is a challenging sport and you may not master all the skills and techniques you desire during your short time with us. One of the goals of surf instruction, therefore, is to give you all the knowledge and advice that you need in order to continue to learn from us months and even years after you've left us.

\* **Unforgettable experience:** although we want you to maximize your surf performance, our most important goal is that you have a fantastic time while traveling with us. For this reason we work hard to create a supportive, relaxed and fun atmosphere and to create an itinerary that is unique and full of variety.

### BEGINNERS

If you've never surfed before, our learn to surf Mexico program is the ideal format for you to get started. Surfing is not an easy sport, so it's important that you get the right advice and technique from the beginning. This will help you to avoid the frustration that many untutored surfers experience during their first days in the water and it will enable you to progress smoothly and safely. It will also help you to understand surfing etiquette, which is essential if you plan to surf in other more crowded breaks around the world. Starting with the right foundation is critical to becoming good at any sport and this is particularly the case when you learn to surf.

Our 'learn to surf' Mexico Instruction Program

Our beginner surf lessons are divided into two parts. In the first days of the trip you'll learn such fundamental skills as: sea-condition appraisal, sitting and paddling on the board, turtle diving with a long board, controlled wipe-outs, fluent stand-up movement in broken waves, surfing broken waves and turning front and backside with full control and confidence. In the second part of our beginner surf lessons you'll apply all these skills to real, unbroken waves, developing your skills and confidence under the careful instruction of your coach. There'll also be informal workshops on such topics as wave pattern, currents, tides, potentially dangerous situations, priority rules, surf report reading and surfboard care and waxing. Our surf lessons will start each day with surf specific warm-up exercises.

To learn more about the fundamentals of our coaching, please see our [instruction section](#)

### BREAKS

Our Mexico Surfing Vacations offer a variety of breaks that are ideal for beginner and intermediate surfers. For the beginners, there is a gentle, easy beach break just minutes from our accommodation. This is an ideal place to learn to surf, and although the waves peak at 2-3 feet, it's still possible to get rides upwards of 20 seconds. Also within walking distance of our accommodation is a slightly more advanced beach break which is ideal for strong beginners and early intermediates. Within a short drive or boat ride of our base are numerous other breaks, most of which are rarely crowded and some of which we may well have to ourselves! These beach, point, and river breaks are suitable for varying abilities from beginners to experts and offer quality waves in addition to breathtaking beach settings.

### ACCOMMODATION

Our Mexico surfing vacation features the most beautiful and luxurious accommodations of any of our trips: luxury beachfront villas that offer breathtaking views of the ocean, jungle and town. The stunning 1, 2 and 3 bedroom villas feature open-air design, kitchens and spacious terraces.

Depending on availability, you may share a 2 or 3 bedroom villa with other Access Trips guests. In these larger villas, you'll share a bedroom and bathroom with another guest, or upgrade to a private room. You'll also share an incredibly spacious common living and kitchen area with guests staying in the additional bedrooms of the villa.

After a day of surfing Mexico's rolling waves, a cold beer or glass of wine on your relaxing terrace will be just what the doctor ordered!

**Please Note:** There are several other fabulous hotels in the area that we use if this one is full.

### FOOD

One of the great pleasures of surfing in Mexico is that you can follow your surf sessions with a delicious lunch and dinner - be it freshly caught fish served at a shack on the beach, or rice, beans and tacos served at a cafe overlooking the plaza. Though the fishing village where we base ourselves is very small, it offers a surprising array of excellent restaurants, all of which are very reasonably priced. The seafood is especially delicious as fresh fish and shrimps come in from the fishing boats daily. In addition to a variety of Mexican restaurants, there is an Italian restaurant, a crepes restaurant and a wonderful Argentine steak and seafood cafe, all run by expats who fell in love with the village and couldn't bear to leave!

Our Mexico surfing trip includes a healthy breakfast of fresh fruit, yoghurt, bread, pastries and natural juices. Lunches and dinners are not included in the trip price because we wanted you to be able to choose from the array of available restaurants. Budget \$5 - \$10 per meal, depending on where and what to wish to eat.

### DATES & PRICES

For detailed dates and pricing information, please see our website at <http://www.accesstrips.com>

### TRAVEL INFO

#### 1) ARRIVAL & DEPARTURE INFORMATION

**Arrival and Departure Airport:** You should arrive at and depart from Ordaz International Airport in Puerto Vallarta, Mexico (PVR).

**Pick-up Information:** Our tour begins at Ordaz International Airport (PVR) in Puerto Vallarta. We will be waiting for you after you pass immigration with a sign saying `Access Trips`. Please ensure that your flight arrives between 8am and 6pm on the first day of your session.

**Drop-off Information:** Our tour ends at Ordaz International Airport (PVR) in Puerto Vallarta. We will provide an airport shuttle service on the last day of your session so that you are dropped in time for your flight.

**Airlines and Checking Equipment:** If you intend to bring your own equipment, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

**Flights:** We do not book flights or insurance for our clients. For recommendations, [click here](#)

#### 2) TRAVEL REQUIREMENTS

**Travel Insurance:** Travel insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances) or in the unlikely event that our trip must be cancelled. We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance.

**Passports & Visas:** All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. To learn more about visa and entry requirements for Mexico, please check out: [Embassy of Mexico](#) or consult your local travel agent. Please note that it is your responsibility to ensure that you have the correct travel documentation.

**Age:** We do not have any age restrictions on our trips. The majority of our clients are between the ages of 25 and 45, but we also have many clients who are older and younger than this.

#### 3) HEALTH AND SAFETY

**Emergency Contact:** If you need to contact Access Travel in an emergency, you can reach us during office hours at the following numbers:

Dialing within North America: 1 (650) 492-4778  
Dialing outside of North America: +1 (650) 492-4778

If you feel that you need to contact us outside of office hours, one of our staff members will be available on the following mobile lines:

Mobile-phone: +1 650 521 2662 or +1 650 387 4249

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

**Health requirements:** Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in Mexico: U.S. Department of State Consular Information Sheet: Mexico. You are responsible for ensuring that you receive any necessary vaccinations before embarking on your trip with us.

**Fitness requirements:** The majority of our trips are open to people who are beginners in our target sports. Nevertheless, you should have a reasonable level of fitness before attending any of our trips and you should enjoy physical activity and the outdoors. During the majority of our trips you will be able to take a rest if you find that you are over-exerting yourself, but in order to maximize your enjoyment of our tours you should ensure that you are in reasonable shape.

**Safety & Security:** To maximize your safety during our tours you should exercise common sense and caution at all times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Mexico, please review the safety and security section of the following webpage: U.S. Department of State Consular Information Sheet: Mexico.

#### 4) WHAT TO TAKE

##### **Clothing & Equipment**

- \* surfboard & leash (we can provide these if you don't have your own)
- \* rash guard (you can buy one from any surf retailer)
- \* toiletries
- \* money belt
- \* sunscreen & sunglasses
- \* swimsuit
- \* first-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), extra prescription drugs you may be taking)
- \* casual summer clothing

##### **Documents & Money**

- \* passport (with photocopies)
- \* travel insurance (with photocopies)
- \* airline tickets (with photocopies)
- \* Credit and/or debit card and/or travelers checks and/or cash\*
- \* Any entry visas or vaccination certificates required

##### **Spending Money**

- \* **Meals** - All breakfasts are provided. For lunch and dinner, you should budget 5-10 USD per meal, depending on where you eat
- \* **Other expenses** - There are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, drinks and internet cafes.
- \* **Tipping** - Tipping is not required but a small tip for meals is appreciated in Mexico

## 5) USEFUL LINKS

**Country Information:** For additional information about traveling in Mexico, check out [U.S. Department of State Consular Information Sheet: Mexico](#).

**Currency Exchange:** The currency in Mexico is the Mexican Peso (MXN). For the latest currency exchange information: <http://finance.yahoo.com/currency>

## 6) ABOUT ACCESS TRIPS

**Who we are:** Access Trips is dedicated to offering a wide range of instructional adventure tours. If you're looking for a vacation that provides a huge sense of personal achievement while still being fun, exciting and rewarding, our tours are right for you. We coined the term `instructional adventure tour` to describe our unique style of travel because as far as we know, we are the only company in the world to specialize in offering a variety of such trips! Instructional adventure tours offer the best of both worlds - expert instruction to help you develop and improve in your favorite pastime (or, if you're a beginner, to help you learn a new pastime correctly from the start), and varied and exciting itineraries to give you a unique and memorable travel experience. Our tours are the perfect mix of a high quality instructional course and an exciting adventure vacation and you'll find there's nothing more satisfying than challenging yourself and reaching new heights in your favorite pastime, while also enjoying a unique and authentic travel experience. Our instructional tours encourage you to develop your potential in a relaxed and non-intimidating setting, regardless of your ability level, and reward you with carefully selected accommodation, delicious food, incredible scenery and unique cultural experiences.

We offer trips in all continents except Antarctica and we currently specialize in snowboarding, skiing, surfing, mountain biking and multisport tours. Our team is made up of instructors who are among the best in the world; we select them not only for their talent and experience (many are professional and competitive athletes) but also for their great personalities and their passion for coaching. Our tours attract men and women of all abilities and ages and, thanks to the fact that all clients have a common interest, our trips tend to be fantastic social experiences in addition to great instructional trips.

**Our commitment to our clients:** Like many travel companies, we are dedicated to offering the highest quality, safest and best value trips that we can. But our client mission is much more than this: on top of offering an excellent product, we are committed to making a positive change in the lives of our clients. We at Access Trips have all benefited in meaningful ways from the remarkable power of having a passion in life - of having a pastime that brings you pleasure, friendships, a sense of achievement and a total escape from the pressures of everyday life. Some of us have found self-confidence, others friendships, and others motivation and drive as a result of our involvement in sports. We want our clients to also experience the pleasure of finding and pursuing a passion. It is our goal that clients return from our trips having found a new passion or solidified an existing one, having made lasting friendships, having experienced a deep sense of achievement as a result of reaching new heights in their favorite sport, and having acquired a new perspective on life as a result of the unique experiences that our trips provide. We have had more than a few clients who have returned from our trips and decided to make major life changes such as changing careers to pursue more meaningful work, moving countries to be closer to the outdoors, and changing universities to be around more like-minded people. We do not expect our trips to have such a dramatic impact on all our clients, but we do hope that all our clients can be inspired in some small way from the experience of sharing their passion with us.

**Our commitment to others:** Although we are ultimately a for-profit business, Access Trips is about so much more than just turning profits. We operate Access Trips because we are passionate about travel, sports and the outdoors and because we love to share this passion with our clients, our employees and the local people we encounter during our travels. It is deeply important to us that our business contributes to the world in a favorable way and that we use our resources to affect as much positive change in the world as we can. We believe that we have three major responsibilities: to our clients, to our employees and to the world at large (which includes the environment and local communities) and we are doing everything we can to serve these three groups to the best of our ability. Please see the company section of our website (<http://www.accesstrips.com/company/mission/>) to read more about the actions we are taking to fulfill our mission and to effect positive change in the world.

## 7) FINAL NOTE

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document

may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Travel, Ltd.

### **TERMS & CONDITIONS**

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!