

ITACARE

10 DAYS LIVING
AROUND SURF

BRAZIL 10 - 19 NOV 2026

PANGA BOARDS X SURF SEEKERS

EVERYTHING YOU NEED TO KNOW

10 days / 9 nights in Itacaré, Bahia.

Maximum 10 participants.

7 coached surf sessions.

3 surf coaches.

2 video-analysis sessions.

Boards + wetsuits included.

Panga Balance Training.

2 x 45-minute sport massages per participant.

Surf-specific Pilates + mobility + ice bath.

9 nights in the Surf Villa.

Breakfast, lunch + dinner by a local chef.

Panga Games + kayaking / local experiences.

Arrival + departure transfer from/to Ilhéus Airport (IOS)

FLEXIBLE BY DESIGN: The daily schedule moves with swell, weather, tides, safety, recovery needs and the group. The goal is the best experience - not the fullest timetable.

SURF COACHING & PROGRESSION

The surf program is designed around quality time in the water and individual progression.

- 7 coached surf sessions across the camp.
- 3 surf coaches for a small group and more individual attention.
- Suitable for first-time surfers through intermediate level.
- Boards and wetsuits are included.
- Surf Seekers use local knowledge to choose when and where to surf.
- Sessions adapt to swell, tides, wind, weather, water conditions, safety and participant level.
- Coaching focuses on positioning, wave selection, technique, confidence and decision-making.



VIDEO ANALYSIS

Two dedicated video analysis sessions are planned. Surf footage is reviewed to identify what is working, what can change and what each surfer should focus on in the next session.

- Review positioning, timing, body movement, technique and decision-making.
- Connect what you feel in the water with what is actually happening.
- Take the feedback back into the next surf session.
- Leave with clearer priorities for continued progression.

BALANCE TRAINING

Panga balance-board work is integrated into the progression program to develop balance, body control, coordination and surf-specific movement patterns on land.

Balance and body control.
Coordination and movement awareness.
Surf-specific movement patterns.



PANGA GAMES



Different individual and team competitions will happen throughout the camp. Points accumulate across the experience, and the final winner is decided at the end.

RECOVERY & WELLNESS

Repeated surf days are physically demanding.

Recovery is part of the camp structure, not an afterthought.



2 x 45-minute sport massage sessions per participant.

Surf-specific Pilates.

Mobility and stretching.

Recovery planning adapted to the week.

Ice bath included.

ADDITIONAL TREATMENT

Participants with an injury, recurring issue or a specific rehabilitation / maintenance need may request more individual treatment with Martina. These services are not included in the camp price and are charged separately, subject to assessment and availability.

YOUR BASE IN ITACARÉ

THE SURF VILLA

- 9 nights' accommodation in the camp house.
- Shared-room setup: 3 double rooms + 2 triple rooms.
- Ocean view, pool and shared communal spaces.
- Surrounded by tropical nature
- 7 minutes' walk to the beach.
- Breakfast, lunch and dinner included.
- A local chef will cook at the house throughout the camp.

Itacare beyond the water

Surf is the anchor. The rest of the trip leaves space for Itacaré.

- Kayaking in the tropical environment / jungle area when conditions and timing are suitable.
- Time to experience local beaches, nature and the atmosphere of Itacaré.
- Space for spontaneous local experiences rather than filling every hour.
- Sunsets, community time and slower moments between surf sessions.

FLEXIBLE EXPERIENCE

Kayaking and other non-surf activities depend on weather, conditions, timing, safety and the overall camp schedule. They may be moved, changed or replaced.

Getting to Itacare

Your destination airport is Ilhéus Jorge Amado Airport (IOS). Arrival and departure transfers between IOS and the camp are included and coordinated by the team.

- São Paulo Guarulhos (GRU) is a common international connection point for onward travel to IOS.
- Other Brazilian airports may also offer direct IOS service; schedules vary.
- Avoid São Paulo airport changes where possible; GRU, CGH and VCP require road transfers between airports.
- Allow a generous buffer for immigration, baggage collection and re-checking when connecting internationally to a domestic Brazilian flight.
- Send confirmed IOS arrival and departure details to the camp team before travel.

Flights are not included in the camp price.

BRAZIL PRACTICAL GUIDE

1. Currency: Brazilian Real (BRL / R\$).
2. Cards: international cards are commonly accepted; carry a backup card and some cash.
3. Language: Portuguese. Camp communication is in English.
4. Time: Bahia uses Brasília Time (UTC-3).
5. Electricity: Brazil commonly uses Type N plugs; check voltage compatibility.
6. Passport / visa / transit requirements depend on nationality and itinerary and are the participant's responsibility.

MEET YOUR COACHES

NICO & GABRIEL



Surfing and traveling are more than just passions they're how we live, breathe, and connect with the world.

But what we love even more is sharing this way of life with others the laughter, the deep talks after sunset sessions, the magic of discovering new places with like-minded souls.

NICO & GABRIEL FROM SURF SEEKERS

For us, the greatest joy is creating unforgettable memories together - the kind that leave you salt-kissed, heart-full, and forever changed.

The camp's surf program is delivered by a three-coach team, allowing more individual attention within the small group.

INVESTMENT & BOOKING

USD \$2,499 per participant

USD \$499 (NON-REFUNDABLE DEPOSIT TO SECURE YOUR PLACE)

USD \$2,000 (REMAINING BALANCE)

PAYMENT PLANS

Payment plans are available. Payment deadlines and payment instructions are communicated by the organiser.

All prices are in USD. Bank, transfer, currency-conversion and payment-processing fees are the participant's responsibility unless otherwise stated.

REGISTRATION

Ready to join us?

1. Complete the Participant Registration Form (Scan QR code)
2. The camp team will contact you with payment instructions, booking conditions and the information needed to finalise your place.
3. Pay the USD \$499 deposit to secure your place.
4. Pay the remaining USD \$2,000 by the communicated deadline. Payment plans are available.



https://docs.google.com/forms/d/1TZPAAdjI4_HjhsPmosrRSBoqd7BGJwImsvmcR3rLjoBk/viewform

BEFORE CONTINUING

Please read the Panga Boards & Surf Seekers Booking Terms & Conditions carefully.

BOOKING TERMS & CONDITIONS

1. Booking & Payments

The Itacaré Surf Camp price is **USD \$2,499 per participant**. A **USD \$499 non-refundable deposit** is required to secure your place, except where otherwise required by law. The remaining **USD \$2,000** must be paid by the deadline communicated by the organiser. Payment plans are available. Bank, transfer, currency conversion and processing fees are the participant's responsibility.

2. Participant Cancellations

The USD \$499 deposit is non-refundable. Additional payments may be refundable if your place is successfully filled and relevant costs can be recovered. Non-refundable supplier costs may be deducted. Late arrival, early departure, non-attendance or voluntary non-participation does not automatically qualify for a refund. Booking transfers require prior written approval.

3. Changes or Cancellation by the Organiser

The organiser may modify, postpone or cancel the Camp due to safety, weather, insufficient participant numbers, supplier issues, government restrictions or circumstances beyond reasonable control. If the entire Camp is cancelled before commencement, refunds, credits or alternatives will be handled according to applicable law. Independently booked flights and other travel expenses remain the participant's responsibility.

4. Surf Conditions & Itinerary

Surfing and outdoor activities depend on conditions that cannot be guaranteed. Surf locations, schedules, activities, instructors and transport may change according to waves, tides, weather, water quality, participant ability, safety or operational requirements. Changes made for these reasons do not automatically qualify for refunds.

5. Travel Insurance

All participants are **required to have valid travel insurance** covering surfing and ocean activities, medical treatment, accidents/injuries, emergency evacuation and repatriation. Participants must ensure surfing is specifically covered. Proof of insurance may be requested before the Camp.

6. Health, Swimming & Participation

Participants must accurately disclose relevant medical conditions, injuries, recent surgery, allergies, medications, physical limitations, swimming ability and surf experience, and advise the team of any changes. Participation may be modified or restricted where reasonably necessary for safety. Participants must follow all reasonable safety instructions.

7. Assumption of Risk

Surfing, swimming, transportation and outdoor activities involve inherent risks including changing ocean conditions, currents, waves, rocks, reefs, marine life, collisions, falls, injuries, drowning, dehydration and delayed medical assistance. By participating, you acknowledge and voluntarily accept these inherent risks.

RESPONSIBILITY & PARTICIPANT AGREEMENT

8. Responsibility & Emergency Assistance

Participants are responsible for their own decisions, behaviour and participation within their abilities. To the maximum extent permitted by law, the organiser is not responsible for loss, illness, injury or damage resulting from inherent risks, failure to follow instructions, withheld health information, participant actions or circumstances beyond reasonable control.

In an emergency, participants authorise the team to obtain reasonable medical assistance and contact emergency services, healthcare providers, emergency contacts or insurers. Participants remain responsible for associated medical, evacuation and repatriation costs.

9. Third-Party Providers & Property

Some accommodation, transport, surf, food, wellness and activity services may be provided by independent providers. Participants must follow their reasonable rules and safety requirements. Participants are responsible for personal belongings and may be liable for intentional or negligent damage to accommodation or equipment.

10. Participant Conduct

Participants must respect other participants, staff, coaches, local residents, culture and the environment. Violence, harassment, discrimination, dangerous behaviour or repeated disregard of safety instructions may result in removal from an activity or the Camp without refund where permitted by law.

Participants must not participate in surfing, swimming or other safety-sensitive activities while impaired by alcohol, recreational drugs or other substances.

11. Travel Requirements

Participants are responsible for their own passport, visa, immigration, vaccination, health and transit requirements for Brazil. The organiser is not responsible if a participant cannot travel because these requirements have not been met.

12. Events Beyond Our Control

The organiser is not responsible for delays or changes caused by circumstances beyond reasonable control, including severe weather, natural disasters, public-health emergencies, government restrictions, strikes, transport disruption or beach closures. Refunds, credits or alternatives will be handled according to applicable law and recoverable supplier costs.

13. Personal Information & Applicable Law

Registration information may be used to manage bookings, accommodation, logistics, dietary requirements, health and safety, emergencies and participant communication. Health information will only be accessed where reasonably necessary.

These Terms remain subject to mandatory rights and protections under applicable law, including applicable Brazilian consumer and tourism legislation

READY FOR ITACARE?

10 - 19 NOVEMBER 2026 | BAHIA, BRAZIL



SCAN TO REGISTER

PANGA BOARDS x SURF SEEKERS