

7 days / 6 nights

Yoga and Surf Camp in Portugal

Wellness by the Ocean



starting from **519 €**

SKU: **PARTNER00060**

 **Availability on Request**

 Individual

 Itinerant

 Surf

 7 giorni

 15 hours

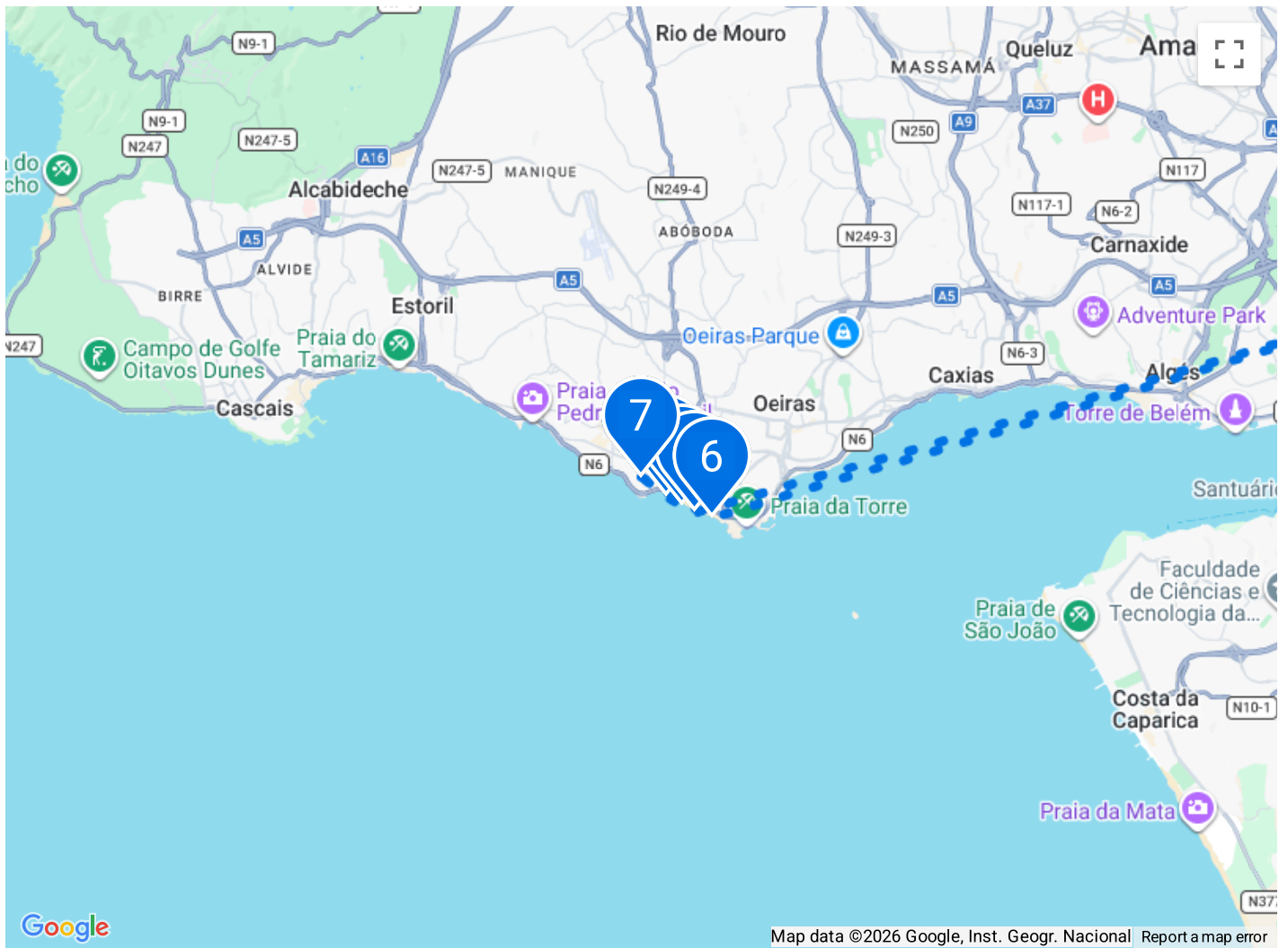
 **Easy**

 **Operated by Roots Surf Camp**

Tour Overview

Experience a unique journey of well-being and personal growth with our program that blends surf and yoga. Each day, we'll guide you through surf and yoga sessions, aiming to enhance both body and mind. Breathtaking landscapes and perfect waves will accompany you on this rejuvenating adventure.

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

Carcavelos

Arrival and check-in from 1:00 PM. Take some time to explore the venue, meet the other participants, or join an additional activity to begin immersing yourself in the relaxing atmosphere of the retreat. Free dinner and overnight stay.

Duration:

Accommodation: Carcavelos



Carcavelos

Start the day with a healthy and nutritious breakfast designed to give you energy. Then, participate in a theoretical surf session where the instructors will guide you through the fundamentals and essential techniques for tackling the waves. Theory quickly turns into action with a practical lesson in the water, where you'll have the chance to test your skills. After surfing, it's time to relax your muscles with a yoga class designed to improve your flexibility and help you unwind. End the day with free time to explore the surroundings or take part in additional optional activities. Free dinner and overnight stay.

Duration:

Accommodation: Carcavelos



Carcavelos

A hearty and healthy breakfast begins another day focused on surfing. The instructors will take you back into the water to continue your journey through the waves, refining the techniques learned the previous day. Spend the afternoon in a new yoga session to balance body and mind, followed by free time to relax, explore, or simply enjoy the view. Free dinner and overnight stay.

Duration:

Accommodation: Carcavelos



Carcavelos

After a healthy breakfast, join another intense surf lesson. Next, the instructors will review your progress with a video analysis of your water sessions, offering personalized tips to help you improve further. Another yoga session will help you relax and recharge. End the day with a barbecue dinner shared with the other participants. Overnight stay.

Duration:

Accommodation: Carcavelos



Lisbona

Start the day with the usual healthy breakfast and another exciting surf lesson to further refine your skills. After the yoga session, it's time to explore! Join a guided tour of Lisbon, where you can discover the beauty and culture of the Portuguese capital. End the day with a pub crawl, experiencing the vibrant nightlife atmosphere. Free dinner and overnight stay.

Duration:

Accommodation: Lisbona



Carcavelos

Start with your energizing breakfast followed by a surf lesson that will consolidate everything you've learned during the retreat. You'll feel an increasingly deeper connection with the ocean. Another yoga session will help you close the day with tranquility. Take advantage of the free time to relax or try an activity you've always wanted to experience. Free dinner and overnight stay.

Duration:

Accommodation: Carcavelos



Carcavelos

A healthy breakfast will give you the right boost to face the last day of the retreat. Use the available time to reflect on the experience, say goodbye to friends, and prepare to return home with a heart full of memories and new energy.

Duration:

Accommodation:

Supplements

Cancellation Insurance (see terms and conditions)




Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Price and discount rooms




Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Departures on request

starting from **519 €**

**February
2026**

starting from **609 €**

March 2026

starting from **609 €**

April 2026

starting from **699 €**

May 2026

starting from **699 €**

June 2026

starting from **699 €**

July 2026

starting from **699 €**

August 2026

starting from **699 €**

**September
2026**

starting from **609 €**

October 2026

starting from **519 €**

**November
2026**

starting from **519 €**

**December
2026**

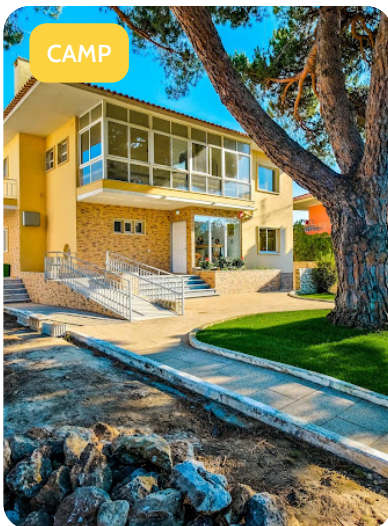
What's included

- ✓ 1 Dinner
- ✓ Basic Insurance (see terms and conditions)
- ✓ Phone assistance
- ✓ Surf Equipment
- ✓ Breakfast
- ✓ Travel document
- ✓ Daily happy hour by the pool
- ✓ Theory and Surf Lessons
- ✓ Yoga Lessons
- ✓ Overnight stay in a shared room
- ✓ Pool
- ✓ Transfer
- ✓ Videobriefing

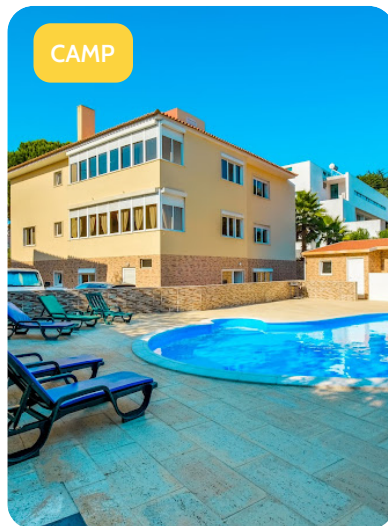
What you will visit

- 📍 Carcavelos
- 📍 Carcavelos
- 📍 Carcavelos
- 📍 Carcavelos
- 📍 Lisbona
- 📍 Carcavelos
- 📍 Carcavelos

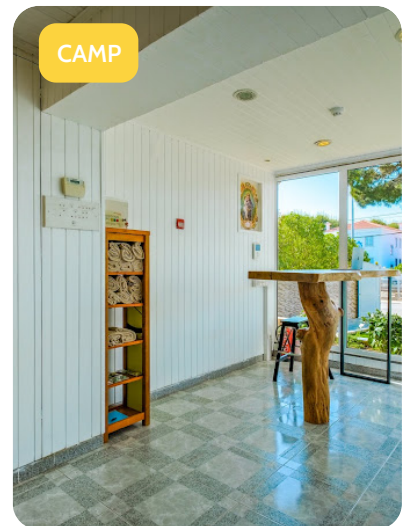
Accomodation



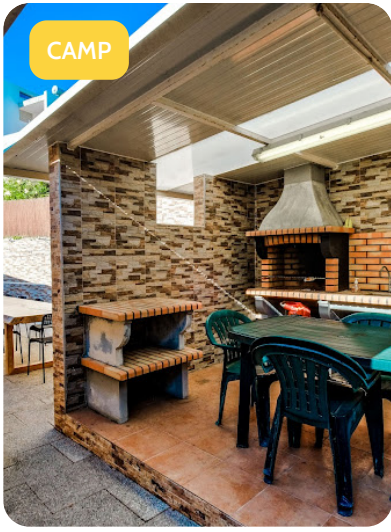
Roots Surf Camp



Roots Surf Camp

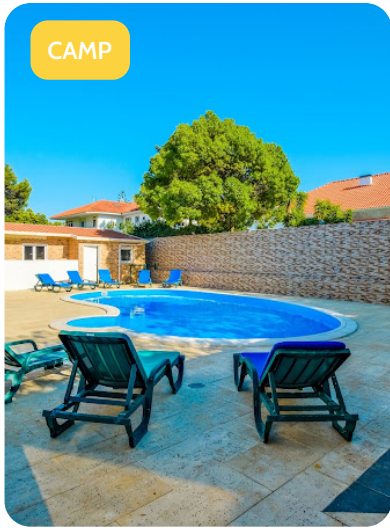


Roots Surf Camp



CAMP

Roots Surf Camp



CAMP

Roots Surf Camp

To know

✔ How to get there

By Car: Follow the A1 highway that connects Porto to Lisbon

By Train: The main train stations are Estação do Oriente or Estação de Santa Apolónia

By Air: Humberto Delgado Airport

✔ Features of the trip

The surf camp is open to travelers of all ages and fitness levels. You can participate either independently or in a group, with continuous support from local experts. During group vacations, you'll have the chance to meet people from all over the world, each with their own unique habits and backgrounds. To take part in the surf lessons, it is necessary to know how to swim, but the activities are designed for anyone who wants to learn or improve their technique. The lessons are tailored according to each participant's skill level, ensuring a personalized experience. Respect the space of others and enjoy the fun. The lessons are taught by qualified instructors, specifically chosen to provide safe guidance and a unique experience.

✔ General travel information

Remember to bring a valid passport or ID card, with an expiration date at least 6 months after the departure date. Please notify us of any food intolerances when booking; we will do our best to accommodate them, but we cannot guarantee it. Local accommodation taxes must be paid on-site. We recommend bringing comfortable clothing, swimwear, a towel, sunscreen, and a hat to protect yourself from the sun. Don't forget toiletries, medications, and necessary documents. If you have your own surfboard or wetsuit, feel free to bring them; otherwise, we provide all the equipment. Surfing is possible year-round in Portugal: in the summer, the waves are smaller and the water is warmer, making it ideal for beginners, while in the winter, the waves are bigger and better suited for intermediate and advanced surfers. Each group will be directed to the best surf conditions based on their abilities.

✔ Currency

Euro

✔ Vaccinations

No

✔ Documents and visas

Passport, ID card

✔ Emergency numbers

Emergency number: 112

✔ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!