

Camino Surf Camp
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Subject: Information on your surfing holiday at the Camino Surf Camp in Valdoviño, Galicia

Hello,

We are happy to have you with us this year at the Camino Surf Camp in Valdoviño, Galicia. For your arrival and your stay, we have put together some important information to allow for an easy start in your holiday.

To get into vacation-mood, you can find a short Camino-Video from our spot here in Galicia:

<http://vimeo.com/caminosurf/liquidaddiction>

What is important for Surfing?

A major requirement is that everybody is in general good health, i.e. that none of you suffers from serious injuries or illnesses that could prevent you from surfing.

Is it your first time surfing or have you been surfing before?

In any case, to get out the most of your surfing vacation, some preparation won't do you any harm: While surfing, some muscles are strained more than usual - especially in the upper-arm and shoulder area. If you find some time to prepare yourself, you will harvest the benefits later on. For a perfect start it's sufficient to go swimming a few times (crawl is better than breaststrokes in this case) and do some pushups. The more power you got, the more fun you'll have! Check out our short surf-fitness video here:

<http://vimeo.com/caminosurf/surf-fitness-training>

In case you live close to Vienna (Austria): Our friends from Surf'nYogahouse Vienna bring you in shape for your next surf trip and help you to stay in shape after your surf trip! This is a very unique service provided in Vienna. Surf & Yoga House offers specific workouts, catered for all surf levels and individual needs.

Check out your perfect training plan on their website: www.surfnyogahouse.com. Friends of Camino Surf get 8% Discount with the Voucher Code: CAMINO-GOES-SURFNYOGA.

Another option is: “The Last Minute Surf Workout” by Njoyrides, which specifically focuses on the muscle groups you need for long paddle outs, quick take offs and powerful maneuvers on the wave. The exercises mimic the movement patterns you will do in the water and thus bring “surfing” right into your living room. Designed together with a sports-physiotherapist and tested by a Surf Coach, our Last Minute Surf Workout will help you get fit2surf in time for your next surf trip:

<https://vimeo.com/ondemand/lastminutesurfworkouteng/240170360> (Discount-Code: “CaminoSurf”)

What are you supposed to bring along?

If you are accommodated in one of our roomy cotton-tents or in the glamping-temple, we recommend you to bring along a sleeping bag – on request, the latter can be rented out on site. The tents are equipped with Mattresses, pillows and sheets. If you opt for borrowing one of our sleeping bags, please make sure to give us a notice in advance, so we can arrange everything for you. However, in case you stay in one of our apartments, bungalows or in the Surf-Villa, there's no need to worry about those things. These accommodations are fully equipped with sheets, blankets and pillows.

In any case, please do not forget to bring towels, sunscreen as well as some warm clothes. Although it is usually pleasantly warm here in Valdoviño, you might be happy about a warm sweater and a windbreaker after the Surf-Sessions. As the weather can be unsettled, to bring some weather-proof clothes is not a bad idea.

Advice: In case you are flying with IBERIA via Madrid or Barcelona, we strongly recommend to pack into your hand-luggage the most important things for 1-2 days (toothbrush, underwear, 1-2 t-shirts, swim-suit/boardshorts). Unfortunately it happened some times that the luggage did not make the transfer in Madrid/Barcelona and then it takes 1-2 days until IBERIA is bringing the luggage to the camp. So better be safe than sorry (o:

How will you get to the Camp?

If you want us to pick you up from the airport, please let us know at least two weeks in advance. We need to know the date, time and airport where you arrive. Ideally, you also attach the flight-number, so we can find you more easily. Find more information on arrival here: <http://valdovino.caminosurf.com/en/transports.html>

Get there by public transport

It's easy to get to Valdoviño with the public busses. Depending where you are coming from, the directions are as follows:

- From *Airport La Coruña* to *Ferrol*:
 1. Take the Airport-Shuttle Bus (Line 443 from ASICASA) to the final station “Puerta Real” in La Coruña. Price: 1,45 EUR; Duration: about 25Min; The busses go every 30min between 07:15 and 21:45. More infos here: <http://bit.ly/1ca9lg1>
 2. From the bus-stop “Puerta Real” take a bus of Line 1A with direction to “Pasaje” and get out at the station “Caballeros Estación” (Price: 1,30 EUR; Duration: about 9 minutes; 7 bus-stops). Now you arrived at the main-bus-station in La Coruña: “Estación de Autobuses EE AA La Coruña”. (see map)
 3. Take a bus from the company ARRIVA at “Estación de Autobus – EE AA” in La Coruña to Ferrol “Estación de Autobus – EE AA”. Price: 7,55 EUR. Duration: 50min. Schedule as pdf here: <https://bit.ly/2SbbKUo>



- From *Airport Santiago de Compostela* to *Ferrol*:
 1. Take the Airport-Shuttle Bus (Company FREIRE) to the main-bus-station “Estación de Autobuses” in Santiago de Compostela. Price: 3,- EUR; Duration: ca. 30Min; The buses go every 30 minutes between 07:00 am and 01:00am. More infos here: <https://bit.ly/2Ss7C1v>
 2. At the main bus-station “Estación de Autobuses” in Santiago de Compostela take a bus of the company “MONBUS” to Ferrol “Estación de Autobuses Ferrol”. Price: ca. 12,- EUR; Duration: 1h 20min; Schedule here: <https://bit.ly/2WHmWGU>

- From *Ferrol* to *Valdoviño*:
 1. From the main-bus-station in Ferrol “Estación de Autobuses EE AA Ferrol” walk to the bus-stop “Pintor Perez Villamil”. Distance: 600m; Duration: about 7Min – see map.



2. From the bus-stop “Estación Pintor Perez Villamil” take a bus from line 1-2 in direction Porto and get out at the bus-stop “Estación Correos” at “Plaza de Galicia”. Duration: about 4Min; 4 bus-stops. Scheulde here: <https://bit.ly/2t6ko7v> See map:



- At the “Estación Plaza Galicia” take the bus to Valdoviño bus-stops “Porta do Sol” or bus-stop “Playa Frouxeira”. Companies: “Monbus” and “AutosPaco”. Duration: about 35Min; Infos and schedules here: <https://bit.ly/2UFEDoe> and here: <https://bit.ly/2119lqq>
- In Valdoviño, walk to the Camino-Camp. Distance: 400m, Duration: 5min. See Map:



Arriving by car

Should you arrive by car, here you find the most important data:

- simply click the following link and let Google Maps direct you to our Surfcamp: [GET DIRECTIONS](#)

As a GPS-driver, let the GPS-device guide you to the following spatial data (different formats for different devices):

- Degree, min, sec.: $43^{\circ} 36' 43.3728'' N \quad 8^{\circ} 8' 58.5672'' W$
- Decimal-degree: $43.612048, -8.149602$

Tip: If you have a smartphone, then you might want to download the free app “maps.me” here:

<http://maps.me/es/home> – this makes your smartphone an offline GPS-device (no Internet fees!).

As an *Old-School Navigator* you should be on the lookout for the following points on your route:

- In Spain you head via Burgos and Leon in the direction of A Coruña
- On the A6 motorway you pass Ponferrada and Lugo till exit Nr. 522A
- There you change onto highway A8, heading towards Vilalba, Ferrol, Oviedo
- Next on the AG-64 towards Ferrol. Look out for Exit Nr. 6 – just shortly before Ferrol
- At the roundabout, take the road towards Valdoviño (CP-5404)
- Once arrived in Valdoviño, take the third exit in the roundabout, heading towards the beach
- About 300m off the beach on the right hand side you'll find the Camino Surf Camp.

What else is important?

Please bring your invoice – that will ease the comparison of your bookings on site (if you have it on your smartphone that's ok – no print-out needed!). If you have not yet paid the full amount of the invoice and if it is not possible to do so before your arrival, please make sure to bring the outstanding amount in Cash – this has to be paid no later than the day of your arrival. Unfortunately, we cannot accept any credit-cards or cheques on site.

If available, please bring along a USB flash drive with about 20 GB free memory to copy all the pictures and videos taken throughout the week. This is mainly to avoid futile rubbish when burning on DVDs. And if you have a good book which you want to share with others – bring it along and enhance our Camino-library.

If you still have some open questions about your stay at the Camino Surf Camp, feel free to drop us a line to office@caminosurf.com or call us at [+34 693 498 929](tel:+34693498929) (Spain) or +43 650 448 866 8 (Austria). You can also send us your number and a time – then we will call you back.

We are looking forward to seeing you in Valdoviño

Best regards,

the Camino Surf Team