

# THE PERFECT WAVE

ADVENTURE SPORTS GALORE!

DISCOVER THE BEST OF THE LOCAL COASTLINE WITH OUR WATERSPORTS TEAM...



## LET'S GO SURFING!

From beginner surf school to pro wave hunters - enjoy the best waves and surf culture in the UK.



## COASTEERING THE COASTLINE

Feel like an adventurer as you swim, climb and scramble along the coast.



## WHAT'S SUP?!

Stand Up Paddleboarding is great fun and gives you a whole new perspective on the coastline.

Get to hidden places you cannot reach on foot.



## The Perfect Wave

Sample programme based on 8 nights

Day	9.30am – 12.45pm (inc. 15 min break)	Break	Afternoon / Evening Excursions
Saturday	Arrival in the UK, transfer to Truro. Orientation tour of Truro.		
Sunday	Explore Falmouth: + including river cruise on the River Fal + Coasteering with Elemental UK		
Monday	English classes		St Michael's Mount + SUP with Ocean High
Tuesday	English classes		Newquay – home of UK surfing & surf shops
Wednesday	English classes		Porthcurno + beach BBQ and Minack Theatre
Thursday	English classes		Shopping in Truro + sailing on the Fal
Friday	English classes		Tate St Ives + surfing with Shore Surf
Saturday	Fowey - Deep sea fishing, whale & dolphin spotting & pub supper		
Sunday	Farewell breakfast & Return home		

### Programme Overview:

- 1. English classes** Each morning starts with our engaging and interesting English language classes.

During these lessons you will get to practice and develop your English language skills in a small group with students of a similar level to you.

Our qualified and enthusiastic teachers provide lessons focused on practising all four skills: reading, writing, speaking & listening. The main focus will be on speaking and natural English. Through the classes, you will learn lots about the history and culture of the UK and in particular, Cornwall.



- 2. River Cruise to Falmouth & Coasteering** Cornwall is surrounded by the sea! On our Perfect Wave adventure, you are going to explore all its different aspects. Starting with the river cruise to Falmouth and finishing exploring some amazing coastline with Elemental UK, you will really get to know this secluded part of the Cornish coastline.

All around the River Fal, you are completely sheltered from the Atlantic Ocean providing you with some crystal-clear waters to explore.





### 3. St Michael's Mount & Stand-up

**Paddleboarding** For this excursion we will head down to St Michael's Mount, one of the jewels in Cornwall's crown!

Cut off from the mainland twice each day by the tide is just one of the things that makes this amazing castle such a joy to visit. There are few better ways to visit the mount than by paddleboard!

Our expert SUP teachers and guides will take you right round the island so you can enjoy the splendour of this amazing castle from the sea.



4. **Newquay the UK capital of surfing** Home to the annual Boardmasters surf festival, Newquay is a central part of our Perfect Wave adventure.

This is our first excursion onto the Atlantic coast where you can enjoy great waves and (relatively) warm water due to the Gulf stream which brings the warm weather and surfing vibes.

During your trip to Newquay, you will get to enjoy some surfing at one of Newquay's amazing beaches there are six to choose from, then you will get some time to soak up the atmosphere in this fun and lively town.



5. **Porthcurno and the Minack** There are few places as special and dramatic as Porthcurno & the Minack Theatre, a theatre that has been carved out of the cliff near Land's End.

Before watching the play, we will have some time on Porthcurno beach to relax and enjoy a delicious beach BBQ.

Then, we will take the scenic walk up the cliff steps to the magical Minack Theatre itself. While watching the show, there is the backdrop of the sunset over the Atlantic Ocean with birds diving for fish and, if we are really lucky, you will see dolphins jumping in the bay.



6. **Truro** As the capital city of Cornwall, there is always plenty to do in Truro. Of course, Language Tree is based here and there is a great selection of shops to browse for souvenirs and gifts.

However, as you also discovered on your river cruise, Truro is at the head of the River Fal, this wonderful estuary is perfect for sailing adventures. In fact, several Olympic sailors learned to sail in this area.

The expert sailing team at Loe Beach will provide you with a fantastic day on the water depending on your skill level and what you would like to do.



7. **St Ives** St Ives is probably the most beautiful town in Cornwall.

It is such a wonderful place to walk around the narrow streets and get a feel for a traditional fishing village. As well as exploring the town, you will get the chance for some more time on the water in St Ives.

This amazing little town actually boasts four very different beaches where you can enjoy a wide variety of watersports.



Before leaving St Ives, we will eat some locally-caught fish and chips while enjoying the spectacular views.

8. **Fowey & Deep-sea fishing trip** For our final adventure, we follow in the footsteps of many fishermen and pirates who have sailed out of Fowey harbour!

This is a great day out on the ocean with our experienced guides. A key part of all our adventures is a complete respect for nature and the environment.

All the fishing we do is completely sustainable and you will be carefully guided through the process by our expert guides. While we are out at sea, we will be keeping our eyes peeled for all the wonderful sea life that lives off the coast of Cornwall.



If we're lucky we can see dolphins, basking sharks and seals. All the animals we see will be watched from a distance without getting too close to disturb these wonderful creatures in their natural habitat.

### Perfect Wave options:

The sample programme gives you a taste of the typical Perfect Wave programme we offer. However, there are so many fantastic water sports around the region and we are very happy to put together a special programme for your group focusing on exactly the water sports you are interested in. You could go for a completely varied programme or just focus on one particular water sport you love.

Please note that all our watersports are organized with our carefully selected expert partners. We work with a wide range of organisations around Cornwall. We have worked with many of these organisations for several years because we know they provide the safe, fun and expert support we are looking for to complement our programmes.

Here are some alternative options you could choose from:

- **Surfing** Cornwall is the home of UK surfing! There are just so many surfing beaches to choose from. You could come and stay here for a couple of months and manage to surf a different beach every day if you wanted to.

During the summer, Cornwall also plays host to Boardmasters – the UK's international surf tournament which includes loads of great activities to take part in and a wonderful atmosphere to soak up.

- **Stand-Up Paddleboarding (SUP)** In recent years, this relatively new sport has become really popular. There are even SUP schools in Cornwall offering yoga classes on SUP boards!

While yoga on a SUP might be most appropriate for people with more experience on a SUP, it does go to highlight how calm the waters can be here to facilitate this kind of activity.

All around the south coast of Cornwall there are some breathtaking places to go SUPing. Although it may take a little while to feel confident on a SUP, many people say it is one of the best ways to explore the coastline and enjoy getting to little beaches that are not accessible on foot.

- **Kayaking** If you feel SUP is a little too technical and requires too much balance, then you may well prefer kayaking. It's a bit easier to go a bit further on a kayak than it is on a SUP and like SUP adventures, this is an amazing way to get to secret beaches, islands and little coves that are impossible to get to on foot.

Kayaking & SUP can also be one of the best ways to see marine wildlife in their natural habitat. However, we never quite know when this will happen and our experienced staff will always make sure you enjoy the wildlife at a safe distance both for you and the animals.

- **Coasteering** this water sport is definitely for the adrenaline seekers! If you like scrambling over rocks and finding high places to jump into the water then coasteering is for you. Like all our other water sports, this is always done with our experienced experts who will take you to some special places where you can safely jump into the sea off high rocks.
- **Sailing** Before all these modern water sports were developed, people were sailing to and from Cornwall for at least a few thousand years. There is evidence of early Phoenicians reaching Cornwall in order to trade.

Cornwall is truly a maritime county, it is deeply ingrained in our culture and identity.

We offer a variety of sailing trips for you to enjoy depending on your interests and experience:

- **Sailing day trips** sit back and enjoy being taken on a sailing adventure around the Cornish coast by an experienced sailor
  - **Learn to sail** enjoy learning to sail on Laser boats in safe waters you can definitely be sailing within a day!
  - **Experienced sailing** enjoy a guided adventure where you can sail with a team to visit some beautiful places around Cornwall
  - **Fishing trips** get involved in some deep sea fishing with an experienced local fisherman. All fishing is done in a completely humane and sustainable way
- **Sea Swimming** (only available for experienced swimmers) We have some great connections with local sea swimming clubs which are always happy to welcome experienced sea swimmers to join them on one of their beautiful sea swims. This usually involves getting up really early to enjoy those wonderfully calm early morning waters. Our sea swimming clubs typically swim 2-5kms on one of their morning swims.
  - **Kite Surfing** (only available for experienced kite surfers) Various beaches in Cornwall have been designated for kite surfing and it is amazing to watch the speed these surfers can get catching the Atlantic winds. We have links to local kite surfing organisations and we can offer you the opportunity to enjoy some kite surfing in Cornwall if you are an experienced kite surfer.
  - **Wreck diving** (only available to PADI divers) we might not have the tropical fish associated with other diving destinations, however, Cornwall has some amazing places to go diving. In particular, the region is famous for its shipwrecks some of which are hundreds of years old and make the most spectacular places to visit on a dive.