

DAY 1

7 AM PICK-UP

TIME TO GO ON AN ADVENTURE

OUR STAFF WILL PICK YOU UP ALONGSIDE THE WAKE-UP HOSTEL ON THE CORNER OF GEORGE STREET & PITT STREET, OPPOSITE FROM THE CENTRAL STATION AT 7 AM. THE PICK-UP TIME FROM MANLY 7 AM AS WELL.

8:30 AM BREAKY

OPTIONAL BREAKFAST AT SUBLIME POINT

HUNGRY ALREADY? GRAB A LIGHT BITE AT THE SUBLIME POINT LOOK-OUT CAFE, STUNNING VIEWS ENSURED!

10 AM BOTTLE SHOP STOP

BEER, WINE OR SPIRITS?

WE WILL STOP AT OUR LOCAL LIQUOR STORE SO EVERYONE CAN GET THEIR SUPPLY OF ALCOHOL FOR THE WEEKEND. PLEASE NOTE, THERE ARE NO ALCOHOL OUTLETS NEAR BENDALONG SO THIS IS YOUR LAST OPPORTUNITY TO STOCK-UP FOR THE TRIP.

11 AM ARRIVAL

ARRIVAL AT BENDALONG

THE MOMENT YOU HAVE BEEN WAITING FOR; THE ARRIVAL! WE WILL SHOW YOU AROUND THE BEAUTIFUL CAMP AND INTRODUCE YOU TO THE LOCAL WILDLIFE; KANGAROOS, LORIKEETS, STINGRAYS & DOLPHINS.

12 PM INTRODUCTION

MEET EVERYONE

WE INTRODUCE YOU TO OUR STAFF MEMBERS AND SURF COACHES. WE ALSO MAKE SURE YOU ALL KNOW EACH OTHER. YOU WILL BE SURPRISED HOW MANY LIFE-LONG FRIENDS YOU HAVE BY THE TIME YOU LEAVE!

12:30 PM LUNCH

LUNCH IS SERVED

THE FIRST AMAZING MEAL OF THE CAMP IS SERVED! SIT BACK AND ENJOY HAVING EVERYTHING PREPARED FOR YOU BEFORE HEADING OFF TO THE BEACH FOR YOUR FIRST SURF LESSON.

DAY 1

1:30 PM SURF SESH

CATCH YOUR FIRST WAVE

THIS SURF SESSION WILL BE HELD DURING THE BEST TIME, TIDE AND WIND CONDITIONS AND WE WILL FIND THE PERFECT LOCATION FOR THOSE CONDITIONS. ARE YOU READY TO CATCH AND RIDE YOUR FIRST WAVE?

3:30 PM ACTIVITIES

WHAT DO YOU WANNA DO?

EXPLORE THE AREA, IMPROVE YOUR BALANCE ON OUR SLACK-LINE, GO SNORKELLING IN THE CRYSTAL CLEAR WATER OF BENDALONG BEACH, OR DO YOU PREFER CHILLING IN A HAMMOCK WITH YOUR FAVORITE NOVEL? THE CHOICE IS ALL YOURS.

6:30 PM DINNER

WINE AND DINE

TIME TO FILL UP YOUR STOMACHS WITH THE AMAZING FOOD PREPARED BY OUR CHEFS! YOU WILL SURELY BE HUNGRY AFTER A DAY FULL OF ADVENTURE AND SURFING.

EVENING

BEACH BONFIRES!

LOOK AT THE PHOTOS AND VIDEOS OF THE FIRST DAY TAKEN BY OUR PHOTOGRAPHER AND GET DOWN TO THE BEACH FOR A FUN CAMPFIRE INCLUDING MARSHMALLOWS, A BEER (IF YOU LIKE) AND A LOT OF UNBELIEVABLE STORIES.

DAY 2

7 AM BREAKY

BREAKFAST

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

8 AM STINGRAYS

A VERY UNIQUE EXPERIENCE

GIANT WILD STINGRAYS OFTEN VISIT US AT THE BEACH IN BENDALONG, JUST AS LONG AS WE'RE CARRYING THEIR FAVORITE FOOD! WE WILL SHOW YOU WHERE TO FIND THEM AND HOW TO FEED THEM, IF YOU DARE!

9 AM SURF SESH

PERFECT THOSE POP-UPS

ITS TIME TO PERFECT YOUR POP-UPS AND RIDE A WAVE LIKE A PRO! YOU'LL BE CATCHING LOADS OF WAVES BY THE END OF THIS SESSION.

12 PM LUNCH

HUNGRY, HUNGRY, HUNGRY

SIT BACK AND ENJOY HAVING EVERYTHING PREPARED FOR YOU BY OUR EXCELLENT CHEFS. AFTER YOUR LUNCH THERE IS TIME TO RELAX FOR A BIT, ENJOY THE SUN AND THE SURROUNDINGS AND RE-ENERGIZE FOR YOUR NEXT SURF SESSION.

2 PM SURF SESH

PADDLE, PADDLE, PADDLE

TIME TO GET EVEN BETTER AT SURFING! ARE YOU ABLE TO POP UP AND SURF STRAIGHT? LETS THROW IN SOME TURNS THEN!

4 PM FEEDING TIME

TIME TO GET TO KNOW THE ROOS

GET TO KNOW THE REAL LOCALS, AND FEED (AND PET) THE KANGAROOS OR HAVE A LORIKEET PERCH ON YOUR SHOULDER. THE WILDLIFE IN BENDALONG IS NOT AFRAID TO COME AND SAY HI!

7 PM DINNER

CHRISTMAS EVE CAMP DINNER

OUR CHRISTMAS EVE DINNER IS A CRACKER! INDULGE IN A CHEF PREPARED FEAST DURING THIS EVENING, BUT MAKE SURE YOU LEAVE SOME ROOM IN YOUR STOMACHS FOR CHRISTMAS DAY!

EVENING

CHRISTMAS EVE CELEBRATIONS

LOOK AT THE PHOTOS AND VIDEOS OF THE DAY TAKEN BY OUR PHOTOGRAPHER AND GET DOWN TO THE BEACH FOR A FUN CAMPFIRE INCLUDING MARSHMALLOWS.

DAY 3

7 AM BREAKY



BREAKFAST

CHRISTMAS PANCAKES, CHRISTMAS CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

8 AM ROCKPOOLS

TAKE A REFRESHING DIP IN NATURAL POOLS

FLOAT AROUND IN THE BEAUTIFUL GIANT ROCK-POOLS OF BENDALONG, PERHAPS EVEN WITH A GLASS OF CHRISTMAS CHAMPAGNE IN YOUR HAND! ONE OF THE BEST EXPERIENCES IN AUSTRALIA.

9 AM SURF SESH

CATCH AND RIDE

YOU GET MORE AND MORE CONFIDENT ON YOU BOARD WITH EVERY WAVE YOU CATCH, AND OUR COACHES ARE THERE TO BETTER YOUR SKILLS TO PERFECTION.

12 PM CHRISTMAS LUNCH

AST'S FAMOUS CHRISTMAS LUNCH

THE MEAL OF THE YEAR IS ABOUT TO BE SERVED, AND EVERY YEAR THIS FEAST SEEMS TO GET BIGGER AND BETTER! HAM ON THE BONE, WILD TURKEY, SMOKED SALMON, THE LIST GOES ON AND ON!

4 PM BEACH GAMES

GAMES UNDER THE SUN

AFTER OUR CHRISTMAS LUNCH WE DON'T RECOMMEND GOING FOR A SURF, SO WE WILL PLAY GAMES ON THE BEACH INSTEAD! SOCCER, BEACH VOLLEYBAL AND LOTS OF CHRISTMAS DRINKS UNDER THE SUMMER SUN!

8 PM DINNER

CHRISTMAS DINNER TIME

OUR CHRISTMAS DINNER IS A LITTLE LATER FOR OBVIOUS REASONS, BUT TRUST US, YOU ARE GOING TO LOVE IT! ANOTHER LOVELY DINNER COOKED BY OUR EXCELLENT CHEFS!

EVENING

EVENING FUN

LOOK AT THE PHOTOS AND VIDEOS OF THE DAY TAKEN BY OUR PHOTOGRAPHER AND GET DOWN TO THE BEACH FOR A FUN CAMPFIRE INCLUDING MARSHMALLOWS.

DAY 4

7 AM BREAKY

BREAKFAST

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES! THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CAMP CHEFS.

8 AM SURF SESH

THE LAST WAVES

NOW IS YOUR TIME TO SHINE, CATCH THE PERFECT WAVE AND SHOOT OUR PHOTOGRAPHER A GREAT SMILE FOR THE BEST SURF PICTURES!

10:30 AM EXPLORE

EXPLORE CONJOLA NATIONAL PARK

BOASTING LAKES, THE OCEAN AND FORESTS, CONJOLA NATIONAL PARK IS A NATURE-LOVERS PARADISE. TAKE THIS OPPORTUNITY TO EXPLORE BENDALONG'S BEAUTIFUL 'BACKYARD'

12 PM LUNCH

HUNGRY, HUNGRY, HUNGRY

SIT BACK AND ENJOY HAVING EVERYTHING PREPARED FOR YOU BY OUR EXCELLENT CHEFS.

1 PM PREP TIME

TIME TO PACK UP

UNFORTUNATELY, ITS TIME TO GET READY TO GO BACK TO THE CITY, SO TAKE A SHOWER, GATHER ALL YOUR STUFF AND RELAX A LITTLE BIT BEFORE THE TRIP BACK.

1:30 PM PHOTOS

SEE YOURSELF SURF

CHECK OUT THE PROFESSIONAL PHOTOS AND VIDEOS MADE DURING THE CAMP BY OUR PHOTOGRAPHER!

2:30 PM DEPART

TIME TO SAY GOODBYE TO BENDALONG

LEAVING PARADISE MIGHT BE THE HARDEST THING EVER, BUT NOW THE TIME HAS COME THAT WE HAVE TO. TIME TO HEAD BACK TO SYDNEY!

6:30/7 PM ARRIVAL

BACK HOME AGAIN

DEPENDING ON WHERE YOU WERE PICKED-UP, WE WILL DROP YOU OFF AGAIN. GOODBYES ARE HARD BUT DON'T HAVE TO LAST FOREVER!

DID YOU HAVE A GOOD TIME? WE HOPE TO SEE YOU AGAIN ON ONE OF OUR CAMPS!