

4 DAY CAMP ITINERARY



Day 1 - Sunday 23rd December 2018

7:00am Pick-Up / Departure	Sydney CBD 7:00am Alongside Wake-Up Hostel on the corner of George Street & Pitt Street (opposite Central Station) Manly 7:00am The bus stop on The Esplanade across the road from Manly Novotel.
8:30am Sublime Point Lookout	Breakfast & Coffee We will stop off at one of the most stunning lookouts in Australia...just Google it!! Grab a light breakfast and a coffee at the Sublime Lookout Café and get ready for the last leg of the drive to the surf camp.
10:00am Bottle Shop Stop	Beer, Champagne & Christmas Cocktails We stop off at our local liquor store so you can pick-up any last-minute Christmas supplies!! <i>Please note, there are no alcohol outlets at Bendalong so this will be your last opportunity to stock-up for the trip.</i>
11:00am Bendalong	Arrive at AST's Surf Camp The moment you have been waiting for! We will show you around this stunning location – check out the beaches; the local wildlife (kangaroos; lorikeets; stingrays; dolphins); our water-park; your accommodation; and all of the many other activities on offer to you for the next 4 days.
12:00pm Introductions	Meet Everyone We introduce you to all of our REALLY friendly staff and our 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!
12:30pm Lunch	Lunch is served The first amazing chef prepared meal to enjoy on the trip. Sit back in your hammock and enjoy having everything prepared for you before heading off to the beach for your first surf lesson!
1:30pm Surf Session Learn to Surf in Paradise!	Beginners Never surfed before? No problem! During your first surf session we will introduce you to all of the equipment and to what we consider the best 'learn to surf' beach in Australia. You will be on your feet and riding a wave before the end of the day – GAURANTEED! Competent Surfers Bendalong is a surfer's paradise! There are waves and beaches for all skill levels – points; beach breaks; reefs and slabs. Join our surf coaches at a location suitable for you, and develop your skills with us in uncrowded perfection!
3:30pm Afternoons Activities <i>(Optional)</i>	Explore Conjola National Park; test your balance on a slack-line; partake in some yoga on the beach; feed some kangaroos; try snorkelling the crystal-clear waters of Bendalong; or simply relax in a hammock or beach chair and read your favourite novel...the choice is yours.
7:00pm Surf Camp Dinner	The second amazing chef prepared meal of the day. Crack open the Christmas drinks; chill out; and fill your stomach with some really tasty food!
8:00pm Evening Activities <i>(Optional)</i>	A beach bonfire; photos and video show - of the day events; evening games; roasting marshmallows on the camp fire... We know how to put on a great night's entertainment...if you're up for it! There is also a surf movie showing at our camp cinema.

Day 2 – Monday 24th December 2018

7:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly camp chefs.
8:00am Feed Stingrays	Unique Experience! – Feed wild stingrays Giant wild stingrays often visit us at the beach in Bendalong...just as long as we're carrying their favourite food! We'll show you how to find them and how to feed them too, if you're up for it...
9:00am AM Surf Session	2nd Surf Session – Perfect That Pop-Up Now its time to perfect your pop-up. A good pop-up is the difference between a wobbly ride and a great ride! You'll be catching loads of waves by the end of this session!!
12:00pm Lunch is Served!	Lunch is served Sit back in your hammock and enjoy having everything prepared for you once again.
1:00pm Camp Games / Relax	Enjoy the company of others There are so many things to enjoy during your down-time at camp. Huge rocks pools you can swim in; a waterpark on-site; hikes around Conjola National Park; exploring Green Island...or just relaxing at camp in a hammock or beach chair.
2:00pm PM Surf Session	3rd Surf Session – Generating Speed! As they say...only a surfer knows the feeling! Well this is so true...just as soon as you experience the thrill of racing along the face of a wave!! This is what we will be focusing on in this surf session.
4:00pm Feed Kangaroos & Bush Walk <i>(Optional)</i>	Get to know the locals We very much doubt you will find any where in Australia where you can interact with as many different animals in the wild as you can at Bendalong. Our surf camp often has more Kangaroos hopping around than surfers! Get to know the real locals, and feed the Kangaroos; have a lorikeet perch on your shoulder, or take a surfboard for a paddle and catch up with the dolphins and other marine life in the ocean. It's a truly memorable experience!
7:00pm Surf Camp Dinner	Christmas Eve Camp Dinner Our Christmas Eve dinner is a cracker! Indulge in a chef prepared feast this evening...but make sure you don't eat too much as the Christmas Day plans for tomorrow require a good appetite and a thirst for a Chrissy drink!!
8:00pm Evening Activities <i>(Optional)</i>	**CHRISTMAS EVE CELEBRATIONS** A SPECIAL beach bonfire; photos and video show - of the day events; evening games; roasting Christmas treats on the camp fire...

Day 3 – Tuesday 25th December 2018

<p>7:00am Breakfast</p>	<p>Breakfast Christmas pancakes, Christmas cereals, fruit, yoghurt, muesli, Christmas bircher, coffee, tea...and MINCE PIES!! The best way to start your Christmas Day at surf camp, and all laid on for you by our friendly camp chefs.</p>
<p>8:00am Crystal Rock Pools</p>	<p>Chillax in our surf-side natural pools Float around in the beautiful giant rock-pools of Bandalong...perhaps with a Christmas Cocktail or Champagne in hand! Many guests over the years have suggested this to be one of the best natural experiences they've come across in Australia...definitely worth a Christmas morning visit.</p>
<p>9:00am AM Surf Session</p>	<p>4th Surf Session – Practice makes perfect Time to get out into the waves and just have some fun! Take everything you've learnt in your last 3 surfs and enjoy what every fun-loving Aussie does on Christmas Day – catch a few good ones!!</p>
<p>12:00pm AST's FAMOUS CHRISTMAS FEAST</p>	<p>Christmas Lunch is served!!! The meal of the year is about to be served! We pull out all the stops for this feast...and it seems to get better and better, and bigger and bigger each year! Ham on the bone; Wild Turkey; Smoked Salmon; Cold Meats; Roast Pumpkin Salad; Pasta; Nut Bakes; Mince Pies; Christmas Pudding; Cakes; Shortbreads...the list goes on!!! You will remember this meal for a LONG time...and don't forget the wine; beers; and cocktails that will be sitting on ice for you!</p>
<p>4:00pm Christmas Beach Party</p>	<p>Beach Games under the Sun Beach Volleyball; soccer; football; and Christmas drinks, all enjoyed at a stunningly beautiful and uncrowded beach overlooking the waves. We don't recommend any surfing this afternoon due to the copious amounts of food and drink on offer, but we have plenty of alternative options that are just as great!</p>
<p>8:00pm Surf Camp Dinner</p>	<p>Christmas Day Camp Dinner Our Christmas Day dinner is a little later for obvious reasons, but trust us, you're going to love it! Indulge in a chef prepared feast this evening...baked potatoes; chili con carne; homemade coleslaw; dessert and more mince pies!!</p>
<p>9:00pm Evening Activities (Optional)</p>	<p>**CHRISTMAS EVE CELEBRATIONS** A beach bonfire; photos and video show - of the day events; evening games; and more drinks...</p>

Day 4 – Tuesday 26th December 2018

7:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly camp chefs.
8:00am AM Surf Session	Last Surf Session – Tag Team Event Last surf session of the trip... We run a tag teams' event if conditions are right, which is a fun team surfing event you can choose to take part in. Compete against your new friends in the surf and see who has developed their surfing skills the fastest. Alternatively, you can enjoy your final surf at a break that suits you.
10:30am Conjola Bushwalk (Optional)	Explore the National Park Boasting lakes, ocean and forests, Conjola National Park is a nature-lover's paradise. Before you leave later today, here is a chance to explore this national treasure. Famous for its mountain biking; canoeing and fishing.
12:00pm Lunch	Lunch is served The last amazing chef prepared meal to enjoy on the trip. Sit back in your hammock and enjoy your last camp lunch...we have a surprise for you with this one!
1:00pm Prepare to Depart	Pack-Up Shower Relax This is the time to start thinking about getting ready to head back to the city. Gather all of your things together and load them into our coach. There is also ample time to relax and enjoy doing nothing at the surf camp once you're set.
1:30pm Photos & Video Show	Check out the PRO photos and videos of your camp We have a professional photographer and videographer with you for the full 4 days, capturing all of your best moments! Watch the final cut of your camp video, and the best of the photos in our camp cinema.
2:30pm Depart for Sydney	Heading Home The time has come to leave paradise and head back up the coast to Sydney. The journey is approximately 3 hours, but we stop on route to pick up snacks and supplies as required.
6:30pm – 7:00pm Sydney / Manly Arrival	**ARRIVE HOME** You are home. We drop you and your luggage off where we picked you up in either Sydney CBD or in Manly. You'll sleep well tonight!! THANK YOU FOR JOINING US AND MAKING AST THE BEST SURF CAMP IN AUSTRALIA!!!