

Chasing Waves

Whether you're paddling out with your crew or venturing solo, every surf trip is a chance to push your limits, find new waves, and make unforgettable memories.



HOW DOES TRAVEL IMPROVE YOUR SURFING?

Booking a surf trip isn't just about escaping to balmy waters and better waves – it's an opportunity to transform your surfing, boost your confidence, connect with different cultures and make new friends.

words HAYLEY LAWRENCE

The seed of surf travel is usually planted by daydreaming of palm-fringed shores and perfect a-frames. Yet the reality of surf travel is so, so much more than that. It's adventure, freedom, breaking boundaries, and being part of a surfing tribe that crosses countries and cultures. Every time I return from a surf trip I feel a seismic shift in my surfing, and in myself. So how can a surfing holiday improve our surfing, and how do we bring some of the lessons we learn on our surf trips back home with us?

Focus on your surfing

Whether you live close to the beach, hit the coast at weekends or surf at a wave pool, it's not easy to fit surfing into everyday life around work, family and other commitments. Cue a surfing holiday: The perfect opportunity to focus purely on surfing, in a destination where the waves are consistent, and there is nothing else you need to pack into your day except surf, surf, and more surf. According to research, it takes 40,000 hours practise to become an expert at anything in life. So getting away on a surfing holiday is the first step to stacking up some decent hours practising your surfing and stepping up to the next level.

Practise surfing different types of waves

Wherever you surf at home, it's easy to get used to surfing the same types of waves and adapting your surfing style to match what you're familiar with it. However, when you travel to new destinations, you're exposed to different types of waves – point breaks, reef breaks, beach breaks, and even river waves. This expands your skill set as you adapt your surfing for different conditions, and also sharpens your ability to read the ocean, making you a more versatile surfer wherever your surfing takes you.

Learn from the experts

Many surfing holidays offer surf coaching as part of a package, or easy access to surf lessons, which will fast-track your surfing to the next level. So what better time to get some expert tips and video analysis to ensure you progress not only on your trip, but continue to improve your surfing when you get home. Whether you take part in group sessions or a one-to-one programme, your instructors will also ensure you surf waves appropriate to your level, and show you the best breaks in the area you are travelling in.

If coaching isn't part of your trip, or not something you can afford, you can still learn by watching local surfers. Observe their positioning, timing, and style, and don't hesitate to ask for advice about the best breaks for your skill level. Watching different types of surfers in new destinations – from the dynamic power of surfers in Senegal, to the elegance of longboarders in Siargao – will also introduce you to new techniques and styles of surfing, which in turn will influence and broaden your own surfing.

Push your comfort zone and boost your confidence

Surfing somewhere new can be both exciting and nerve-racking. That first paddle out at a perfect point break in foreign lands is nothing like reaching the familiar line-up at your local break. There are the challenges of entry and exit points to negotiate, crowds of new faces, faster peaks and unknown hazards. Not to mention the need to assert yourself as a competent surfer so that you get your share of waves.

But as you adapt to these conditions over the duration of your surf trip, you'll feel a new confidence and resilience gradually transform your surfing. And when you return home and paddle out at your local break, you'll feel newfound strength and confidence

Travel goals, views like these.



that will help push your surfing both at your local breaks and on your next surf adventure.

Free yourself from neoprene

Surfing in tropical destinations isn't just about the bliss of being in a warm, wave-rich paradise. The freedom of surfing without being clad in neoprene does wonders for your flexibility, style and stamina. Think faster pop-ups, more fluid moves, and the ability to surf for hours, several times a day, without getting exhausted from fending off the cold.

If you're looking to step up to a shorter board, the flexibility of surfing without a wetsuit will really help the transition to faster, more explosive manoeuvres. Equally, if you want to refine your smooth longboarding style, when it's warm you can spend hours focussing on your technique on perfect peelers.

Immerse yourself in the ocean lifestyle

Surf travel is about way more than just catching waves – it's an opportunity to fully immerse yourself in ocean life. When you're not surfing you can be swimming, snorkelling, scuba diving, bodysurfing, doing yoga and surf skating, joining in local beach cleans, or even helping rescue baby turtles... there's an abundance of activities on tap that will improve your fitness, deepen your connection to the sea and nature a holistic surfing journey that's not just about chasing waves.

Grow your surfing tribe

Kelly Slater once said: "Surfing's like the mafia. Once you're in – you're in. There's no getting out." And sure enough, being a surfer is being a part of a worldwide tribe, with a shared passion for the waves, adventure and nature. Travelling as a surfer introduces you to like-minded people, a sense of shared camaraderie in – and out of – the water, and often creates connections and friendships that last a lifetime.

Experience Foreign Cultures

One of the most rewarding aspects of surf travel is the chance to immerse yourself in foreign cultures. Each destination has its own unique rhythms, languages, and traditions that can enrich your

experience beyond the waves. Learning a few phrases in the local language helps you connect with the community, and cultural exchanges broaden your horizons and leave you with memories that last a lifetime.

Plus, trying exotic foods and new flavours – whether it's fresh ceviche in Central America, a fragrant curry in Southeast Asia, or the hearty stews of Europe's Atlantic coast – not only tantalises your tastebuds while you're away, but can influence your cooking style when you return home.

Reconnect, reset and recharge

A surf trip isn't just about physical improvement – it's also a chance to recharge your mental and

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emotional well-being. Spending time in the ocean, away from the stresses of daily life, allows you to reset and reconnect with what truly matters. Surfing teaches patience, resilience, and mindfulness, and a dedicated surf trip amplifies these lessons. When you return home, carry this renewed energy with you. Identify the key lessons from your trip – whether it's surfing more often, connecting with your tribe, or simply taking more time for yourself – and integrate them into your everyday life.

Surf travel is an adventure that challenges, inspires, and helps you grow both as a surfer and as a person. From mastering new wave types to immersing yourself in global surf culture, every trip is a stepping stone on your surfing journey. So, pack your board, book that ticket, and embrace the transformative power of surf travel. You'll return not just a better surfer but a richer, more confident version of yourself.

Travel opens your mind and introduces you to a like-minded tribe.



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Wax and go...



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