

Itenary Aterra Surfski Experience 2025

Group 1 : Beginner/Intermediate 20-29 jan

Date	Day	Time	Experience	Time	Experience	Zach Time
20-jan	Monday	10:00	Evaluation of the group, 2 hours, paddling and theory.	16:00	Theory, wave training or downwind Millers Run, 2 hours.	4
21-jan	Tuesday	10:00	Downwind or technique paddling, 2 hours	14:00	Downwind or technique paddling	2
22-jan	Wednesday	10:00	Downwind or technique paddling	16:00	Free paddling	
23-jan	Thursday	10:00	Downwind or technique paddling, 2 hours		Downwind or technique paddling	2
24-jan	Friday	10:00	Free paddling or rest for Sea Dog	17:00	Sea Dog Race	
25-jan	Saturday		Downwind or technique paddling, 2 hours	14:00	Downwind or technique paddling	2
26-jan	Sunday	10:00	Free paddling	14:00	Downwind or technique paddling, 2 hours	2
27-jan	Monday	12:00	Downwind or technique paddling	18:00	Free paddling	
28-jan	Tuesday	08:00	Downwind or free paddling. Rest day/fun day	18:00	Gold Restaurant, all included, transport, food drinks, event.	
29-jan	Wednesday	12:00	Downwind or technique paddling, 2 hours	17:00	Free paddling	2
Zach coaching hours						14

Group2 : Intermediate/Advanced/Elite 27 jan-7 feb

Date	Day	Time	Experience	Time	Experience	Zach Time	
27-jan	Monday	09:00	Evaluation of the group, 2 hours, paddling and theory.	15:00	Downwind or technique paddling, 2 hours	4	
28-jan	Tuesday	12:00	Downwind or technique paddling	18:00	Gold Restaurant, all included, transport, food drinks, event.		
29-jan	Wednesday	09:00	Downwind or technique paddling	14:00	Free paddling		
30-jan	Thursday	10:00	Downwind or technique paddling, 2 hours	14:00	Free paddling or rest for Sea Dog	2	
	Thursday		Leif free day!				
31-jan	Friday	10:00	Free paddling	17:00	Sea Dog Race		
01-feb	Saturday	10:00	Restday for Oceana Clifton Race or chill paddling	12:00	Recomend to rest		
02-feb	Sunday	10:00	Oceana Clifton Race (fee and transport not included)	14:00	Chill afternoon/evening in Cape Town		
03-feb	Monday	10:00	Free paddling	16:00	Downwind or technique paddling		

04-feb	Tuesday	10:00	Downwind or technique paddling	16:00	Free paddling	
05-feb	Wednesday	10:00	Free paddling	14:00	Downwind or technique paddling	
06-feb	Thursday	10:00	Downwind or technique paddling	16:00	Free paddling	
07-feb	Friday	10:00	Free paddling	14:00	Sea Dog Race	
Zach coaching hours						6

Extras: Extras, cant be planned or guaranteed they are depending on winds and transport.

No date/time planned	Cape Point Paddle tour. Price incl trp:	09:00	Cape Farmhouse Beer Garden (food/drinks not included)	6
No date/time planned	Milnerton-Melkbosstrand. Price incl trp:	10:00	Downwind 20 km. Only for Intermediate/Adv/Elite	6

Zach hours, sessions marked with pink included.		Pink	Not to miss:	
Sessions without Zach, coaching and training by Leif or free paddling.		Included	Steenberg Winery. We plan a afternoon for wine and dinner	Cost price
Extra sessions with Zach (or if possible Dawid or Jasper Mocke)		Cost price	Sundown evening market Cape Point Vineyards (Thursdays)	Cost price
Zach pricelist for extra coaching:		Prize ZAR	Elsies Peak, Muizenberg, Boulder Beach paddling.	Free
1 on 1 Downwind Lesson (not included Millers Taxi 120 ZAR)		1200	Table Mountain worlds famous	Cost price
Group Downwind Lesson (not included Millers Taxi 120 ZAR)		900		
1 on 1 Lesson from beach no downwind 1 hour		500		