

Itinerary Aterra Surfski Experience 2025

Group 1: 10 days. Beginner/Intermediate/Advanced/Elite 20-29 jan

Date	Day	Time	Experience	Time	Experience	Zach
20-jan	Monday	10:00	Evaluation of the group, 2 hours, paddling and theory.	16:00	Paddling/theory: wave training or downwind Millers Run.	4
21-jan	Tuesday	10:00	Free paddling	14:00	Downwind or technique paddling	
22-jan	Wednesday	10:00	Free paddling	16:00	Downwind or technique paddling, 2 hours	
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	10:00	Free paddling	14:00	Downwind or technique paddling	2
26-jan	Sunday	10:00	Downwind or technique paddling, 2 hours	14:00	Free paddling	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 and event.	
29-jan	Wednesday	12:00	Downwind or technique paddling, 2 hours	17:00	Free paddling	2
30-jan	Thursday		Leif free day! Free paddling for group 1 and 2		Zach coaching hours	12

Group2: 12 days. Beginner/Intermediate/Advanced/Elite 27 jan-7 feb

Date	Day	Time	Experience	Time	Experience	Zach
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	10:00	Free paddling	18:00	Gold Restaurant, all included, transport, food drinks and event.	
29-jan	Wednesday	10:00	Free paddling	14:00	Downwind or technique paddling	2
30-jan	Thursday	10:00	Downwind or technique paddling, 2 hours	14:00	Free paddling	2
	Thursday		Leif free day! Free paddling for group 1 and 2			
31-jan	Friday	10:00	Free paddling	17:00	Sea Dog Race	
01-feb	Saturday		Restday for Oceana Clifton Race		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	8

Extras: Extras, cant be planned or guaranteed they are depending on winds and transport.					
No date/time planned	<i>Paddling with World Champion</i>	xx:xx	Paddling session/s with the best! Schedule		XX
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 Adv/Elite		6
Zach hours, sessions marked with pink included.					Pink
Sessions without Zach, coaching and training by Leif or free paddling.		Included	Steenberg Winery. We plan a lunch for wine and dinner		Cost price
Extra sessions with Zach or Kira (or if possible Dawid or Jasper Mocke)		Cost price	Sundown evening market Cape Point Vineyards (Thursdays)		Cost price
Zach pricelist for extra coaching:		Price	Elsies Peak, Muizenberg, Boulder Beach paddling.		Free
1 on 1 Downwind Lesson (not included Millers Taxi 120 ZAR)		1200R	Table Mountain worlds famous		Cost price
Group Downwind Lesson (not included Millers Taxi 120 ZAR)		900R			
1 on 1 Lesson from beach no downwind 1 hour		500R	Programme subject to change due to wind or other factors.		