

Costa Olas

Surf Camp

Santa Teresa, Costa Rica

Why Santa Teresa



Consistent Waves: Santa Teresa is known for its consistent and reliable surf breaks. The region receives consistent swells year-round, making it an ideal spot for surfers of all skill levels, from beginners to advanced riders.

Warm Water: The water temperature in Santa Teresa is warm throughout the year, making it comfortable for surfers. You can surf in boardshorts or a bikini without the need for a wetsuit in this tropical paradise.

Variety of Breaks: Santa Teresa offers a wide variety of surf breaks, including beach breaks, reef breaks, and point breaks. This diversity allows surf camps to cater to different skill levels and preferences.

Beautiful Beaches: Santa Teresa boasts stunning, long stretches of sandy beaches with a lush backdrop of tropical vegetation. It's not only a great place to surf but also a beautiful and serene environment for surfers to enjoy.

Surf Lessons

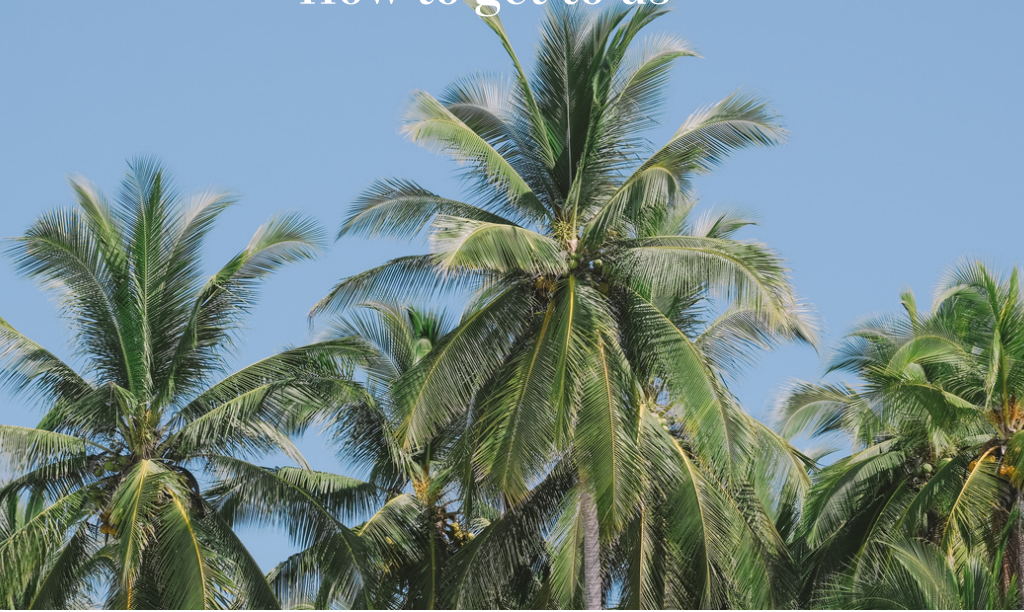


Bryan and Eliza both have a passion for surfing and will share their knowledge and love of the ocean with you. We provide personalized attention and instruction with 1-1 daily lessons so you receive the focus and support you need to excel.

Our goal is not just to teach you how to stand up on a board but also to help you become a confident and knowledgeable surfer. We want you to feel comfortable in the water and have a deeper understanding of the ocean and surfing culture.

In addition to surfing, we will do video analysis. Eliza will do the videos for you during your lesson with Bryan. Later on we will all sit down on the couch with a coconut and go over the footage! This is a great way to improve and see yourself on the waves. This is also very informative for you to have Bryan and Eliza explain and show you how to improve! Additionally, we will be doing surf theory classes, we will teach you about reading waves, tides, surf etiquette and more!

How to get to us



Book your flight to San Jose, Costa Rica (SJO) or Liberia Airport (LIR) and then connect with a domestic flight (30 minutes) to Cobano through [Costa Rica Green Airways](#) or [Sansa](#). We will coordinate a taxi to pick you up (20 minutes drive into town). (Pick up and drop off is included in camp fee)

If you prefer to travel by land, you can book a shuttle from SJO (5.5 hours) or Liberia Airport (LIR) (4.5 hours) with [Tropical Tours](#)

What to pack



When it comes to packing less is more! Essentials include durable swimsuits, I personally recommend September the line, Maoi Swim and Dkoko. As well a rash guard, sunscreen, sarong or beach towel and a reusable water bottle. Please don't forget your water bottle!

The temperature during the day is hot around 90F or 32C, Nights do not drop too much in temperature so airy, flowly clothes are good. You won't need more than a big t-shirt and a pair of loose pants.

And we will let you in on a little secret! If you want blonde surf hair we don't wash our hair! But of course if you want to bring some shampoo & conditioner you're more than welcome to!

What to in Santa Teresa



When you aren't surfing, doing video analysis or surf theory, you are welcome to go out and explore Santa Teresa! We have a bicycle you are welcome to use as well!

If you forget anything there are many super cute shops in town and all walking distance to our home! If you want to check them out on instagram here are some of my favorite shops here! Pawo has really cute flowly clothes. GreenFolk is my go to for cute jewelry and basics like linen button ups. You, me and the sea really cool mix of different brands and cute souvenirs. Aloe good mix of clothes and swimsuits.

We are super lucky to have many amazing places to eat as well. From vegan to meats to sweets we have it all! A few of my favorites for breakfast/lunch and dinner are Good Munchies, Anis, Mafras, Kaukau, Soda Pura Vida, Zula and Satori. For something sweet the Bakery is a go to but they have food all day as well.

Adventures in Santa Teresa

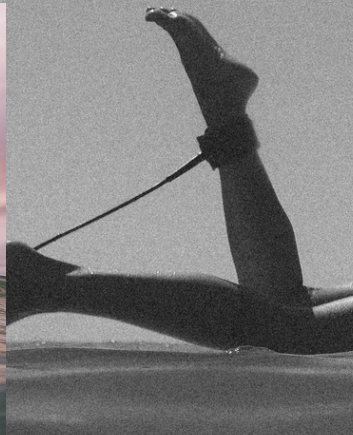


Besides surfing, Santa Teresa has a lot to offer! We are happy to fill your week with adventures! We have [ziplining in Mal Pais](#), Take a walk thru [Cabo Blanco Reseve](#) to see wild animals. Horse back riding on the beach with [Horizonte](#) in Manzanillo. Spend the morning catching your own dinner with [Marlins Fishing Tour](#). Go for a night kayak ride to see the bioluminescence. Rent Atvs for the day and visit Montezumas Waterfall. Get a massage on the beach by [Frupy](#) and so much more!

If you are interested in yoga there are many places in town for yoga. Right next to our home is [Don Jons](#) and [Funky Monkey](#) for drop in yoga. A little down the road there is [Believe Yoga](#) and across the street from us is a [gym](#).

Where the jungle meets the sea
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