

Come join us!

SURFING EXPERIENCE

BEGINNER
INTERMEDIATE
ADVANCED

GROUP
KIDS
PRIVATE SESSIONS

Call us today to schedule a lesson, book a surf camp or to get more information! Or book online.

Marino Ballena National Park

We are open all year round providing adventurous experiences to travelers from all over the world for the last 10 years with thousands of satisfied customers who have become our friends after each adventure.

FOR AMIGOS DEL SOL ☀️
THE OCEAN MEANS
SOMETHING SACRED

LEARN TO SURF IN COSTA RICA



Contact us

Uvita Bahia Ballena
Osa, Puntarenas, Costa Rica

amigosdelsolvita@gmail.com
www.amigosdelsolcostarica.com

☎️ +49 1515 7490 411



Learn to Surf with Amigos del Sol

International Surf School

Uvita's #1 Surf School

Learn skills that are yours forever!
Live your dream to surf!

**WE RECEIVE ENERGY
FROM THE WAVES!**



We offer great Surf Lessons in Uvita. You will learn and improve your surfing abilities during the week and on weekends. This lesson focuses on teaching the skills of surfing and how to handle yourself and your surfboard in the ocean. We have a stack of fun on the way. If you are a new surfer you will most likely start in water shallow enough for you to stand up in. Surfing in white water, the foam-like waves you see crashing onto shore, is the best place to get familiar with your board and perfect your pop up.



**Book your local surf
experience in**

Paradise

Uvita Surf Lessons with Amigos del Sol



Our lessons are taught by instructors that have been surfing in Costa Rica for nearly their entire lives, so participants will get the best insight there is in Uvita.

When surfing with us, participants will learn the correct technique to paddle, stand up, drop into and ride across the waves. Learn how to read the waves and understand surf etiquette.

