

surf schools and surf camps other specialist companies

Artsurfcamp

Paseo da Praia, 14 - 15107 (Carballo)
900 525 829

www.artsurfcamp.com
info@artsurfcamp.com

Activities: **surfing lessons and camps** (on demand in winter), **SUP** (Razo-Baldaio natural space)

Caion na onda Surf

Rúa Paiosaco, 8, 3º esq - 15145 (A Laracha)
629 692 816 (Juan)

www.caionnaonda.com
info@caionnaonda.com

Activities: **surfing lessons, SUP routes** (Caión beach and port)

Cataventos Escola de Vela

Peirao de Corcubión, s/n - 15130
(Corcubión)

666 369 324 (Whatsapp)
www.cataventos.net
info@cataventos.net

Activities: **windsurfing courses.**

Club Silfo Surf Camps

Rúa praia s/n - 15113 (Malpica de Bergantiños)

617 518 049
www.silfosurfcamp.com
info@silfosurfcamp.com

Activities: **surfing lessons and camps, SUP routes** (Area Maior and Malpica beaches)

Cormorán Surf Boards

Rúa Orquídea, 14 - 15100 (Carballo)
698 126 646 (Toni Varela)

www.cormoransurfboards.com
info@cormoransurfboards.com

Activities: **surfboard shaper**

Escola de surf clásico A Mar

698 126 646

www.surfclasicoamar.com
info@surfclasicoamar.com

Activities: **surfing lessons with travelling school** (from Beo beach in Malpica to Soesto beach in Laxe)

Escola La Surf House

Praia de Nemiña - 15124 (Muxía)
605 926 316

www.lasurfhouse.com
info@lasurfhouse.com

Activities: **surfing lessons** (at Nemiña, O Rostro and Mar de Fóra)

Escola Surf Costa Da Morte

Praia de Nemiña, 2º beach access
- 15124 (Muxía)

655 883 467 (Suso) / 655 578 544 (Rubén)
www.surfcostadamorte.com
info@surfcostadamorte.com

Activities: **surfing and kitesurfing lessons** (private lessons, max 2 people, at Estorde, and surfing at Nemiña)

Fisterra Surf Escola

Camiño Barcia, 32 - 15155 (Fisterra)
657 814 375

www.facebook.com/Fisterrasurfescola
fisterrasurfescola@gmail.com

Activities: **surfing lessons and SUP** (Mar de Fóra and O Rostro, and paddle surfing at the Fisterra port and Langosteira beach towards Sardiñeiro)

Malpica Surf

www.malpicasurfandbodyboard.com

Informative web about surfing and promoter of the Wave of Malpica in the App *Youriding The Journey*.

Náutica Golfiño

2ª Travesía Carrero Blanco, 6 - 15145 (Caión-A Laracha)
981 604 162

www.nauticagolfino.es
info@nauticagolfino.es

Activities: **introduction and SUP routes, windsurfing equipment rental**

Raz Surf Camp

Razo da Costa - 15100 (Carballo)
981 752 408 / 659 381 300 / 618 223 665

www.razsurfcamp.com
info@razsurfcamp.com

Activities: **surfing lessons and camps from June to September in Razo-Baldaio natural space.**

7feetsurfcamp

A Pedra do Sal, 66 - 15105 (Carballo)
644 968 414

www.7feetsurfcamp.com
7feetsurfcamp@gmail.com

Activities: **surfing lessons and camps from April to September in Razo-Baldaio natural space.**



COSTA DA MORTE
Asociación de Turismo CMAT



**XUNTA
DE GALICIA**

galicia

riding the waves

about surfboards and sailing

EXPERIENCES OF ACTIVE AND SPORTS TOURISM IN COSTA DA MORTE



COSTA DA MORTE
Asociación de Turismo CMAT



**XUNTA
DE GALICIA**

galicia

surfing

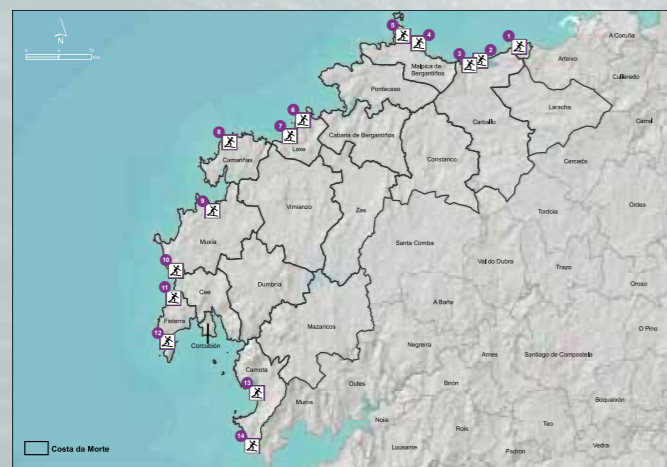
Surfing, which will be Olympic in Tokyo 2020, dates back to a Polynesian past. It was first mentioned by a Jesuit who wrote about the natives of Peru who used a fishing boat to glide through the waves. Captain Cook saw this sport being practised in eighteenth-century-Hawaii; its practice was related to the status of the population since the nobility had reserved the best surfboards and beaches. It was in twentieth century when surfing became known in the West, reaching Galicia in the second half. Some of the competitions of the Galician Circuit of Surfing and Bodyboard take place on the Costa da Morte beaches and they are part of the Spanish Surfing Championship. In 2016, one of the five qualifying series competitions of the World Surf League (WSL), *A Coruña Pro*, took place on the beach of Caión, with the presence of international surfers.

Some of the best beaches for practising surf in Galicia can be found in Costa da Morte. Sandy areas such as Razo and Baldaio (Carballo), Soesto (Laxe) and Nemiña (Muxía) together with Area Maior (Malpica) are a must for sports enthusiasts. It is a discipline that represents a healthy lifestyle; surfers are concerned about the knowledge and conservation of the environment and contact with nature. In addition, having some knowledge of the weather—in particular about tides, winds and waves—is required for riders to ride the waves safely.

When it comes to waves, *A Tremosa* in Corme is a must as it is one of the exceptional giant waves that have been ridden by the Portuguese surfers João Guedes and Ricardo Faustino on several occasions. There is also the *Wave of Malpica*, which is part of the “YouRiding The Journey app”, a game where you can take a surf trip around three hundred beaches in the world and virtually practise with the support of local riders. In Costa da Morte you will have Víctor Blanco García from Malpica as a reference and guide.

Sandy areas such as Seia in Malpica, Area Maior and Os Muíños beach in Muxía, O Rostro and Mar de Fóra in Fisterra and others such as Lariño and Carnota, in the homonymous city council, are special places for the practice of surfing as you can combine the enjoyment of this wild and protected environment with an exciting elite sport.

Costa da Morte is part of the **Natura 2000 Network**, a network made up of areas to protect ecosystems and biodiversity within the European Union. It includes a set of dunes, lagoons, wetlands and protected natural areas where most of the beaches for practising surfing, bodyboarding and Stand Up Paddle, also known as paddle surfing, are found in Costa da Morte.



1. **Caión Beach** (A Laracha)
2. **Baldaio Beach** (Carballo)
3. **Razo Beach** (Carballo)
4. **Area Maior Beach** (Malpica de Bergantiños)
5. **Seia Beach** (Malpica de Bergantiños)
6. **Soesto Beach** (Laxe)
7. **Traba Beach** (Laxe)
8. **O Trece Beach** (Camarifiñas)
9. **Os Muíños Beach** (Muxía)
10. **Nemiña Beach** (Muxía)
11. **O Rostro Beach** (Fisterra)
12. **Mar de Fóra Beach** (Fisterra)
13. **Carnota Beach** (Carnota)
14. **Lariño Beach** (Carnota)



stand-up paddle

Stand Up Paddle or SUP is a new sport that, just like surfing, has millenarian roots. It will also be Olympic in Tokyo 2020, as a surfing category. It reached our shores in the nineteenth century and it is widely practised today.

Its name means to stand up and paddle. Actually, SUP entails standing on a special paddle board. Waves are not needed in order to practise it, so it can be done in rivers, lagoons, in the open sea and estuaries, which gives a privileged perspective of the water, its background and the environment. All this means that you can enjoy natural areas with the Costa da Morte as an unmatched landscape.



shapers

Like most sports, surfing has associated a series of materials needed for its practice, the main being the board. The shapers are the people in charge of their manufacture; many of them are handmade. It takes about fifteen days to have a board finished, which is tailored to the rider's measures. In Galicia, there are only half a dozen workshops of these characteristics, and one of them is located in Costa da Morte.



sailing and surfing sports

It is also possible to practise windsurfing and kitesurfing in Costa da Morte. Sandy areas such as Carnota, O Trece in Camariñas and Traba in Laxe, among many others, are beaches where both are often practised.

They are both sailing sports but they have been included in this group as they use a board and may sometimes ride the waves.

windsurfing

Windsurfing is a sport that has been Olympic since 1984, whose practice consists in sliding in the water on a lightweight and easy-to-use board with a sail. Unlike other sailing sports, this one is fixed to an articulated mast, thus allowing acrobatic manoeuvres.

Its origin dates back to the 1930s when surfer Tom Blake devised a sail to help him propel himself with the wind instead of having to row; this was later patented by two Californians in the 70s.

There are several categories of competition. In order to master the different manoeuvres and acrobatics, good technical skills and knowledge about the weather for waves and wind control are essential.



kitesurfing

Kitesurfing is a new sports discipline that consists of a table driven by a kite that is joined to the athlete by a harness with a control bar; this allows handling and mastering the power of movement. However, the idea of propelling a vessel with a kite dates back to the 12th century in Asia and Oceania.

Its first patent was granted in the Netherlands in the 70s, when Gijsbertus Adrianus joined a kite to a surfboard. It was then perfected by the French brothers Legaignoux, who managed to take the table off the water. Kitesurfing has gained momentum thanks to windsurfing since it uses this discipline for training in days of little wind.

