



# SURFCAMP GUANICO

GUANICO.COM

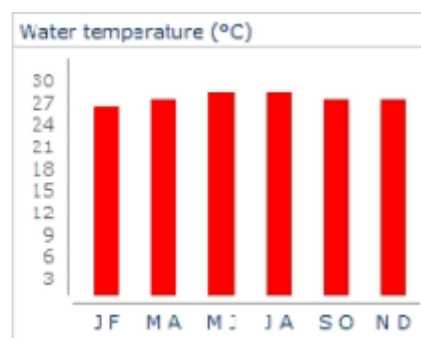
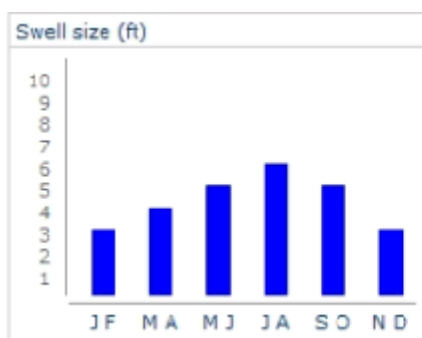
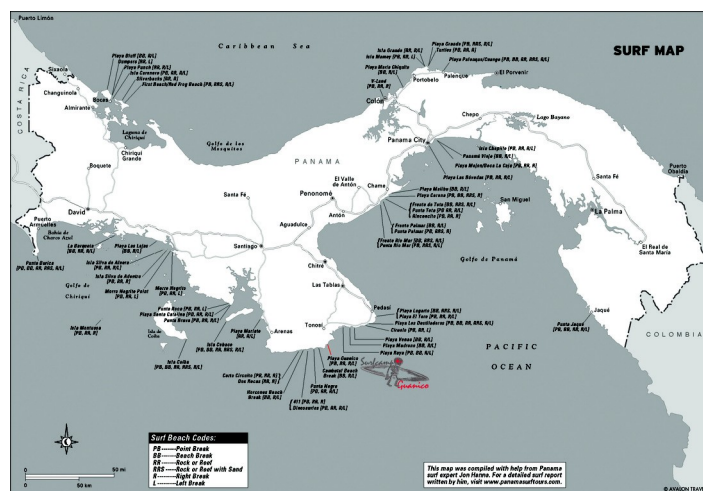
## SURFING / SUP SURF:

**Guanico Beach Break:** Directly in front of the hostel you find the beach break of Playa Guanico. This wave works with 90 % consistency year round. Playa Guanico picks up swells from all directions and starts working at a swell-size of 1.5 feet. You may find lefts and rights for all level of surfers.

**Guanico River Mouth:** To the left of Rio Guanico, right hander fast and powerfull, works in general with 4 feet and more.

**Guanico Point Break:** Right from the Beach Break on the other side of river Guanico you may find the point break (walking distance of 15 minutes), starts working with 4 feet.

**Playa Ostional:** Starts working with bigger swells. Various spots, reef and rocky points. Playa Ostional is reachable within 8 minutes by car.



## **SCHOOL :**

We can provide arrangements with experienced surfers and professional surf teachers who can teach in private or small group settings (between 2/3 persons). We have you up on a board and smiling in no time. Whether you have never surfed before and always dreamed of learning or if you just want to improve your existing skills, they have the coaching that will enable you to reach your goals. All surf lessons have to be reserved in advance. You can book daily or weekly arrangements. Prices are per person including board. The board is free of charge to use the same day (kids must be at least 10 years old):

<b>All prices are in USD / PAX</b>	<b>PRIVATE</b>	<b>GROUP</b>
- one lesson (approx.90 min.):	<b>40.00</b>	<b>30.00</b>
- basic lesson (3 lessons):	<b>110.00</b>	<b>80.00</b>

## **Surf Board Rental**

Surfcamp Guanico has more than 50 boards in different shapes and sizes (5.4 up to 9 feet) ready to rent. Kids must be at least 10 years old.

<b>Surf board Rental Pricing/ USD</b>	<b>Per Board</b>
- 1 hour to full day:	<b>20.00</b>
- 7-days-package:	<b>105.00</b>



**SUP (Stand Up Paddle) Board Rental Pricing/ USD**

-1 hour to full day: **30.00**



(picture SUP Surf Division)

We provide a good range of Pro SUP's for wave riders (7.8 to 9.8 feet) and for touring fans (10 to 12 feet). Our amazing mangrove SUP tour is famous and for everybody even if your getting the first Paddle board experience, check with staff to organize.

If interested riding waves with our Indiana team rider Nic Berger, Swiss National SUP/Surf Champion 2018, ask for SUP-Surf lessons to get the ultimate challenge.

**Price mangrove tour / USD**

Min. of 2 pax: **25.00**

**Wax and leashes: are available in our Boutique**

**Body Board Rental / USD**

- Full Day: **10.00**

**Kayak Rental / USD**

- half a day: **25.00**

- full day: **45.00**

**Note: 2 kayaks are available**



**Fishing Trip/Snorkeling (seasonal) with our own Surfcamp**

**Guanico boat / USD:**

- water time approx. 4 hours

Price per person (min. 4 pax )                      **28.00**



**More**

Directly in front of the hostel on the public beach we have a beach volley ball facility. Our guests may also enjoy billiard, ping & pong and darts on the ground floor (free of charge).

There is a lot more to do:

- Yoga (in our Beach break yoga and meditation room)
- hiking
- biking
- fishing
- SUP mangrove tours
- dolphin/whale watching (subject of season)
- snorkeling (scuba dive options in Pedasi)
- horse back riding
- visiting nearby villages
- turtle watching (subject to season)
- etc.

## Cycling

The beaches and hills of Guanico, are the perfect places to enjoy cycling in a remarkable natural setting. The terrains offer something for every rider, from the beginner to experienced. Beginner trails offer a smooth introduction for the novice rider, with friendly and manageable features rated as a Top Level Bicycle Friendly Community, it's the ideal place to spin your wheels, with way more than 500km of multi-use trails and roads connecting you to everywhere you want to go, including our beautiful beaches. And if you're looking to ride with a group, we have a local biking club that coordinate rides for bikers of all levels for our visitors who bring their personal bicycles with them for the vacation tour—the wheels are always in motion on the beach of Playa Guanico!



Also visit our website: [www.guanico.com](http://www.guanico.com)

Come over and have the time of your life!

*Surfcamp Guanico Team  
Guanico Beach, Tonosi- Los Santos Province, at the edge of the  
Panamanian Peninsula*