



# Sea Escape

*Come Escape with us  
on a adventure of a lifetime!*



**A WEEK FULL OF OCEAN, SURFING, LAUGHTER, EXPLORATION, SUN, ENERGY,  
FREEDOM, BELIEVING, EMPOWERING, HAPPINESS.**

Sea Escape is an all-inclusive week of surf, wellness and adventure for women featuring guest instructor four time World Champion Frieda Zamba. Breathtaking Playa Hermosa, near the village of Santa Teresa, is where your Sea Escape takes place.

Created by [DelMarSurfCamp.com](http://DelMarSurfCamp.com), this all-inclusive surf camp includes accommodations at Casa Kalafken, a beachfront villa with six rooms, swimming pool, private chef and more.

## ABOUT FRIEDA ZAMBA

Four-Time World Champion, Five-Time Surfer Poll Winner & Certified Instructor

The Sea Escape Surf Camp features expert instruction by Frieda Zamba. Regarded as one of the greatest female surfers in history, Zamba was the first female to cross the performance chasm that separated male and female surfers. In the 1980's during her pro-surfing career, Zamba earned five straight surfer Poll awards, was profiled in Sports Illustrated and was inducted into the Huntington Beach Hall of Fame and East Coast Surfing Hall of Fame. Zamba, a certified surf instructor and Surfing Coach, offers specialized training to female surfers. The Sea Escape package brings that special instruction to beginners and intermediate surfers.





## ABOUT DEL MAR SURF CAMP

Del Mar Surf Camp provides individual, group and family surf lessons on the Pacific Coast of Costa Rica. Since 2003, the surfing team at Del Mar has been providing expert instruction to beginners and advanced surfers through a series of surf camps and classes. Del Mar offers programs in three areas of Costa Rica, all along the Pacific Coast. Del Mar Surf Camps combine surfing, yoga, adventure, and area tours into weekly programs. For more details visit:

[www.DelMarSurfCamp.com](http://www.DelMarSurfCamp.com)  
[www.facebook.com/delmarsurfcamp](https://www.facebook.com/delmarsurfcamp)

## LOCATION

Playa Hermosa, Santa Teresa is an exclusive top travel destination in Costa Rica located on the tip of the Nicoya Peninsula on the Pacific Coast. Considered one of the world's 10 most breathtaking beaches, Santa Teresa carries a special and magical energy that will make you fall in love with it from the second you arrive.





## ACCOMMODATIONS

Casa Kalafken is a spacious beachfront haven with three villas offering a total of 6 bedrooms, and 5 bathrooms. The estate features a pool, yoga deck, maid service, full time caretaker, gated entrance, and nightly security.

### TYPE OF ROOMS:

**Monarca:** 2 Queen beds

**Morfo:** 2 Twin Beds and share bathroom

**Ilang Ilang:** 1 Full bed and shared bathroom with Rasta Room

**Rasta:** 1 Queen Bed and shared bathroom with Ilang Ilang

**Caracol:** 2 twin beds with it's own outside bathroom

**El Patron:** 2 twin beds with it's own sand garden bathroom

Feel free to reserve the week for a  
**PRIVATE ESCAPE** with your friends



## INCLUDED AIRPORT TRANSFERS

SJO- Santa Teresa (Departing Juan Santa Maria International Airport at 2:30 PM, boarding the 5PM Ferry in Puntarenas)

Santa Teresa- SJO (Departing Casa Kalafken at 8:30 AM, boarding the 11 AM Ferry in Paquera)

If your flights arrive after the scheduled complimentary ground transportation, contact us in advance and we can provide recommended transportation services (extra cost).

## CUISINE

Three delicious meals a day are served at Casa Kalafken. The estates private chef Jujo Molina combines fresh, organic ingredients from local farm Hacienda Okhra to offer healthy, gourmet meals. Vegetarian options are available.



## SURF INSTRUCTION AND EQUIPMENT



### BEGINNERS SURFERS

No matter your age, athletic ability, you will learn the basics of surfing, safety tips, paddling techniques, standing up on your board and riding waves.





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Improve your existing skills and take your surfing to the next level.

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## INTERMEDIATE / ADVANCE SURFERS

You will receive a 1:1 two hour surf lesson with instructor and World Champion Frieda Zamba. The session will be video taped and also include a fun Go-Pro session later in the week. The video will be transferred to a DVD and is yours to keep as a souvenir. Frieda will meet back with you for a one hour land-based instruction and video analysis of your surfing session.

Frieda will be staying on the premises and working with the other instructors during the week. She will be available to help you, answer questions, and offer encouragement.

## TWO HOUR PRIVATE SURF LESSON

with Frieda Zamba



# DAILY ACTIVITIES

We truly believe that your body likes to be exposed to different activities for better results. This is why we have organized different classes each day in beautiful places including: Yoga, Pilates, Functional Training, Boot Camp and Boxing mainly to improve your condition and make you feel incredible.



# ADVENTURE TOURS

## CANOPY TOUR

The exciting Canopy del Pacifico is nearly a mile long and has 11 platforms set high in the gigantic trees. You will not forget the experience of flying along our 300 meters long shot over a canyon between the second and the third platform, or the incredible 500 meters long ride through the jungle along a creek. Professional nature guides will accompany you on the unforgettable journey through the biodiversity of the environment. They will introduce you to the fascinating secrets of the forest.



## STAND UP PADDLE TOUR ( SUP )

Enjoy the spectacular surroundings of Mal Pais and the Cabo Blanco Nature Reserve while experiencing a new sport. There's no better way to experience this area than this.

Stand Up Paddleboarding is incredibly enjoyable and provides an excellent all body workout. The sport is easy to learn and our tours can be tailored to any skill level. Explore stand up paddling along the beautiful reefs and beaches of Santa Teresa and Mal Pais, Costa Rica.

## HORSEBACK RIDING

This tour takes place in Hacienda Ario, a 5000 acre beach cattle ranch combining 4 miles of unspoiled coast with beautiful landscapes of pastures, hills, forests, rivers and meadows. An authentic Costarican cowboy, best called "sabanero", will come with us to let you experience the folklore of the Nicoya Peninsula. A Naturalist tour guide explains how conservation of the environment and cattle raising co-habitate to achieve sustainability at this farm. Gorgeous views along with a great natural and cultural experience.





## MASSAGE

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Complete your Sea Escape Vacation with relaxation. Enjoy a deep tissue massage that focuses on the deeper layers of your muscles, releasing tension through slow strokes and deep pressure. This will be the perfect end for your week.

Onsite pedicures and manicures are available as requested for an extra fee.

## SHOPPING ONSITE

Exclusive top notch local designers Clothing, Surf Bikinis, Accessories, Organic Essential Oils and goodies are brought to you right at Casa Kalafken. Great discounts are offered by our sponsored surf bikini company Dkoko.

[Dkoko Swimwear and Surf Bikinis](#)

Inspired by the tropical beach surroundings in Costa Rica, Dkoko has created a beautiful swimwear and clothing company that caters to women who surf and love the beach. They strive to make the perfect bikini for all those who are ready to hit the water.







## SEA ESCAPE EXAMPLE ITINERARY

Each Sea Escape Week features daily surf instruction, yoga classes, tours and adventures. Surf lessons occur based on the tides. And whether you participate in all the days activities or simply relax on the beach, by the pool or in a hammock is completely up to you. There is no pressure. This is your vacation and we want you to have the best time possible.

MORNING	AFTERNOON	EVENING
Breakfast	Lunch	Dinner
Surf lesson	Surf Lesson	Luau and Fire dancing (1x)
Morning activity (adventure, yoga, or a tour)	Afternoon activity (adventure, tour, massage)	Relax
	Relax	

## SEA ESCAPE 7 NIGHTS/ 6 DAYS

**RATE: \$3150 PER PERSON**

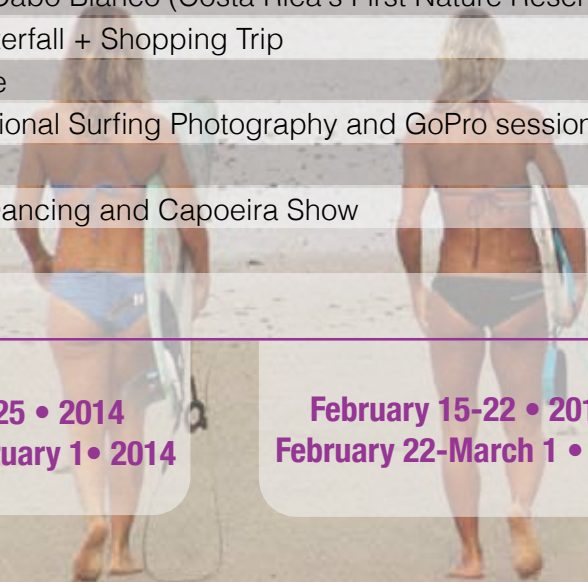
- Shared accommodations at Casa Kalafken, a beachfront villa with 6 rooms
- Round Trip Ground Airport Transfers (SJO, St Teresa, SJO)
- All required ground transportation in the area
- Three healthy gourmet meals daily
- Daily Surf Instruction and equipment
- Two Hour Private Surf Lesson / Coaching + Video Analysis with Frieda Zamba
- Daily Activity including (Yoga, Pilates, Functional Training, Boxing)
- One Adventure Tour (SUP, Horseback riding, Zip Line )
- Nature Walk at Cabo Blanco (Costa Rica's First Nature Reserve)
- Montezuma Waterfall + Shopping Trip
- 1 Hour Massage
- CD with Professional Surfing Photography and GoPro session to take home with your surfing memories
- Tote Bag
- Luau with Fire Dancing and Capoeira Show

## DATES

January 18-25 • 2014  
January 25-February 1 • 2014

February 15-22 • 2014  
February 22-March 1 • 2014

March 15-22 • 2014  
March 22-29 • 2014





## WHAT DO I NEED TO BRING FOR THIS TRIP?

Here is a quick checklist, including but not limited to:

- Several swim suits
- Hiking shoes
- Sandals
- Sunscreen
- Mosquito repellent
- Rain coat (May thru November)
- Personal toiletries
- Cash for Souvenirs, meals on travel days
- Shorts/Tshirts and outfits for dinner
- Alarm Clock
- Anything you can't be without, bring it!



### Contact Info:

**Costa Rica:**  
+ 506-2643-3197

**Toll free:**  
1-855-8-DEL MAR (335-627)

[www.delmarsurfcamp.com](http://www.delmarsurfcamp.com)