



COVAS-O VILAR



O Vilar and A Fragata have very similar conditions. Both have an orientation that already needs a northerly wind, like Doniños, and need more swell when the direction is north, as they are sheltered from Cabo Prior on the south side. This also helps to make the peak less variable. Glassy waves with a medium ride.



SANTA COMBA



It is the first beach north of Cape Prior, so the conditions that favor surfing on this beach are practically opposite to the previous ones. Because of its orientation, it is protected from westerly storms so it works when there is a big swell. If the conditions are right, those who already have a little level can enjoy both right and left waves.



PONZOS



Ponzos receives a little more swell, so it works with a lower wave forecast. With several peaks along the sandy beach suitable for all levels. Depending on the tide, the waves will be fast or glassy and they will be left and right. The environment is very wild and the rugged coastline that rises to the north make it a magical place.



CAMPELO



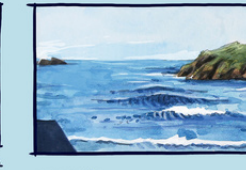
Located in one of the most beautiful environments for surfing in Spain, it has fast and hollow waves left and right on crystal clear waters, in which two peaks are differentiated: the right side of the beach, and another in the middle. The scarce need of swell to make it work makes this beach one of the favorite places for summer surfing, and one of the jewels of the Costa das Ondas.



A FROUXEIRA



This beach is more than 3 km long, which makes it the longest of all the beaches of Costa das Ondas. Because it is so open to the Atlantic, the big storms change their bottoms frequently, so it doesn't have a very defined peak. But it has many breaks that vary in size and characteristics along the sandy area, ideal for learning to surf. Be careful with the strong currents.



PANTÍN



The oldest and most professional championship in Spain is held on this beach. It highlights its famous right and left waves on the right side of the beach. It is one of the most consistent beaches in Europe, so it is difficult to find a day without waves. The break point withstands big swells, and that makes it the perfect place for surfing.



VILARRUBE



Really beautiful beach, two rivers flow into it at its ends. It is protected from strong swells as it is not completely open to the ocean. It needs a strong swell to work. But when these conditions are given, it has one of the most consistent and beautiful waves in the area. Its usual size of waves, makes it at the same time perfect for beginners.



ESTEIRO



The northernmost beach of Costa das Ondas. Already bathed by the Cantabrian Sea, and belonging to the Council of Mañón. A river also flows into it and its abrupt rocks make it a breathtaking landscape. It receives quite a lot of swell, so the waves are constant throughout the year. Variable peaks for every level.



A FRAGATA



At low tide, the beach of Esmelle and A Fragata communicate and share a peak. So the conditions are similar. Although it only works at low tide. A long wave with a good ride.



ESMELLE



This other side of the sandy beach works with less swell. It has several peaks that, depending on the tide, break more hollow and fast or become a longer wave of several sections, ideal for all levels. This beach hosts the Longboard Championship "Ferrológ", because if the conditions allow it, the waves are ideal for the practice of this modality.



SAN XURXO



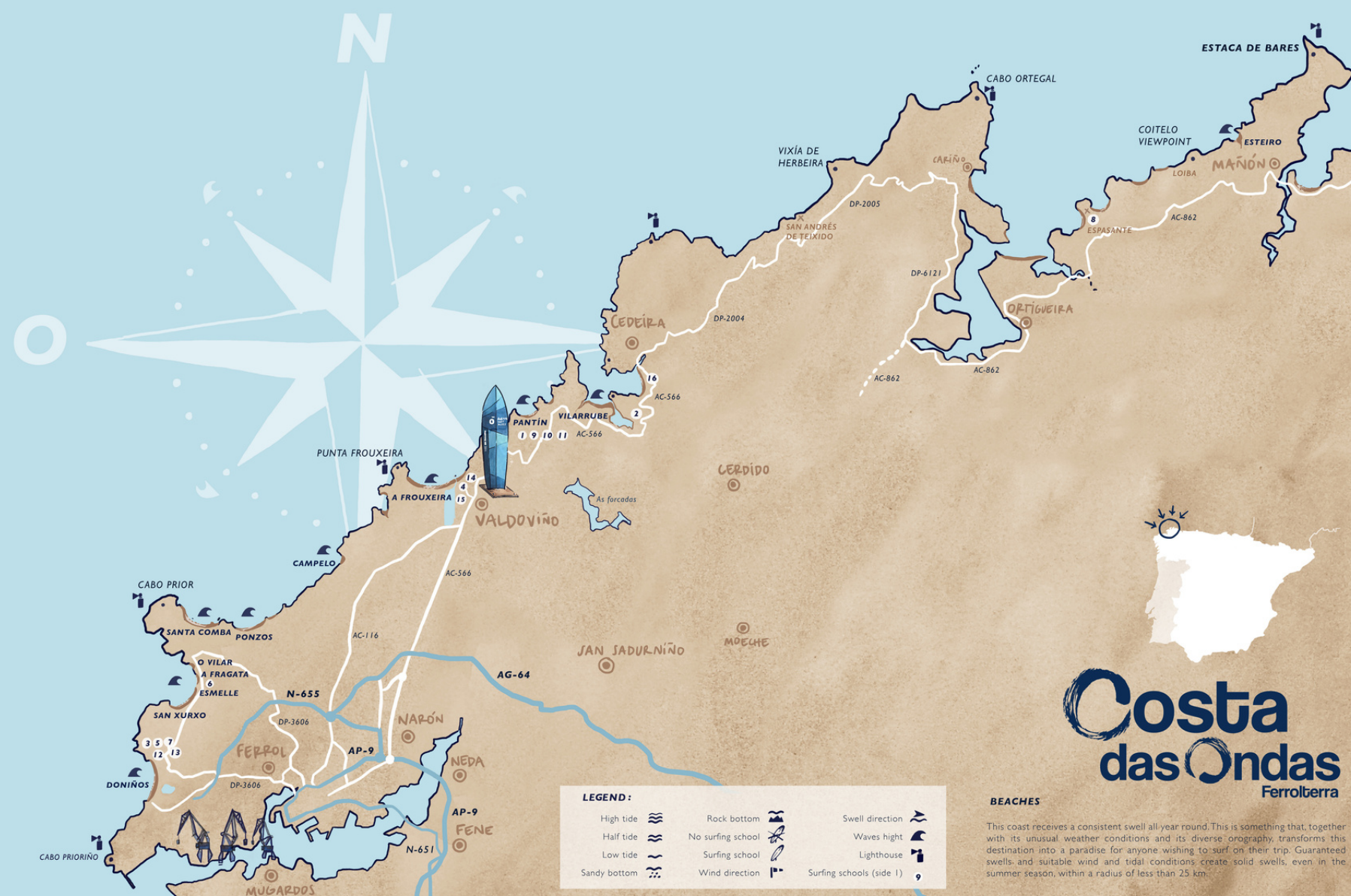
Left part of the beach that joins it with Esmelle. Although being such a large sandy area it has some variable bottoms throughout the year, long and stretched lefts that are fun for longboard and shorter and hollower rights. It needs a big swell as the geography of the coast protects it from western storms.



DONIÑOS



It is the closest beach to the city of Ferrol, and has easy accessibility, huge parking, and high quality waves, which gives this sandy area all the necessary qualities for surfing. It has variable rights and lefts on a sandy bottom, perfect for surfing beach wave maneuvers.



LEGEND:

High tide	Rock bottom	Swell direction
Half tide	No surfing school	Waves height
Low tide	Surfing school	Lighthouse
Sandy bottom	Wind direction	Surfing schools (side 1)

BEACHES

This coast receives a consistent swell all-year round. This is something that, together with its unusual weather conditions and its diverse orography, transforms this destination into a paradise for anyone wishing to surf on their trip. Guaranteed swells, and suitable wind and tidal conditions create solid swells, even in the summer season, within a radius of less than 25 km.

Costa das Ondas

Ferrolterra

Costa das Ondas

Ferrolterra

www.costadasondas.surf

Costa das Ondas. A natural paradise for surfing

Costa das Ondas is a strip of wild coastline formed by 12 beaches of exceptional quality for surfing. Its different orientations are the guarantee for surfing almost 365 days a year and also offer different types of waves to suit all levels of surfers. The beaches of Esteiro, Vilarrube, Pantín, A Frouxeira, Campela, Ponzos, Santa Comba, Covas-O Vilar, A Froga, Esmelle, San Xurxo and Doniñas are waiting for you.

Océano Surf Museo

Located in Valdoño, the first and only museum in Spain dedicated to this sport has a permanent exhibition on the history of surfing in Galicia and the world. In addition, complementary activities are organised, such as temporary exhibitions, film or music cycles, and training sessions on different themes. If surfing is your passion, or you are curious to know more about it, the Ocean Surf Museum is a must for you.



SHOPS and SHAPERS:

CREST SURFBOARDS

Surf equipment shop with own surfboard manufacture
 Email: silva@crestsurfboards.com
 Dirección: Calle Venezuela 41-43, Ferrol
 Teléfono: (+34) 637002492

DROP IN SURFSHOP

Surf shop with technical equipment.
 Web: www.surfid.com
 Email: contacto@surfid.com
 Dirección: Catabois nº 120 Ferrol
 Teléfono: (+34) 981 32 89 47

SPOT SURF 180

Technical clothing and equipment for surfing, skateboarding, windsurfing, bodyboarding and snowboarding.
 Email: spotsurf180@gmail.com
 Dirección: Rúa Dolores 51, 15402 Ferrol
 Teléfono: (+34) 981 354 364

SPOT SURF SHOP

The best brands in clothing, footwear and technical equipment for surfing and skateboarding.
 Email: spotsurfshop@hotmail.com
 Dirección: Rúa Ponzos, 54, 15404 Ferrol
 Teléfono: (+34) 981 370 672

TOMA GOMA SURF BOARDS.

Handmade surfboard workshop. Repair and manufacture of surfboards, specializing in classic boards, longboards, retros and mid-lengths.
 Email: tomagomataillor@yahoo.es
 Dirección: Travesía Carreira 32, 15552 Valdoño. Teléfono: (+34) 625 941 508



CHAMPIONSHIPS

Pantín Classic

Much more than a must-visit for competition lovers, Pantín Classic is the most important surfing event in Spain. Declared a Festival of Tourist Interest in Galicia, its importance goes beyond a sporting competition, as you can enjoy the local culture and gastronomy, as well as music and the best surfing. Enjoy the show in late summer.



Spanish National Championship

The national surfing champions are crowned on the beach of A Frouxeira. And the event that has the largest number of participating surfers of all those held in Spain, and there, each year, the different modalities assigned to the Spanish Surfing Federation are disputed. If you travel in early summer, this is the perfect opportunity to match with the best in the country.



Ferrollog Surfing Invitational

This classic longboard event brings together, in the waters of the Costa das Ondas, an international selection of longboarders who faithfully represent the style and creativity of surfing in its most traditional form. It takes place in May on the beaches of Covas.



1. ALAWA SURF CAMP

Surf and learn with the champion Estiux Estremo. Surfing school open during the summer season with surf, longboard and stand up paddle classes at Pantín beach, or at Vilarrube beach for stand up paddle journeys. You can also rent equipment at the facilities on the beach.

W: www.alawasurfcamp.com
 E: contacto@alawasurfcamp.com
 T: (+34) 646 790 554 / (+34) 609 831 557

2. ASOLAS NO PUNTAL

Surf, paddle surf and kayak lessons. Company dedicated to surf, paddle surf and kayak activities in Valdoño, offering personalized lessons. Its location allows them to perform the activities in a unique and different way.

W: www.asolasnopuntal.wixsite.com
 E: asolasnopuntal@gmail.com
 T: (+34) 671 92 91 76



3. BEACH CLUB SURF & COFFEE SURF

Surf all year round and improve your level. They teach surfing all year round and in small groups in order to develop your full potential. They prepare you from your beginnings or for competitions. They have a pick-up service with a van and rent material.

E: beachclubsurfandcoffee@gmail.com
 T: (+34) 622 59 47 47 / (+34) 622 88 94 44



4. CAMINO SURF

Improve your surfing with our sophisticated learning method. Including video analysis, theory classes and of course, supervision in the water. For the rest of the time there are plenty of activities to do in the surfcamp area. Including musical weeks.

W: www.caminosurf.com
 E: office@caminosurf.com
 T: (+34) 693 49 89 29



5. FERROL SURF SCHOOL

School for future surfers. Surf club belonging to the FCS, with more than 10 years of experience. Classes and training for beginners and advanced (with video correction), throughout the year and for all ages, in small groups. Team formed by qualified coaches and lifeguards. They speak Galician, Spanish, English and German.

W: www.ferrolsurfschool.com
 E: pineirosuarez29@gmail.com
 T: (+34) 647 41 92 84

6. FRIENDS AND FAMILY SURF SCHOOL



Your surfing family in Ferrolterra-Rías Altas. Friends&Family was born from the passion for surfing and nature. Offering surf lessons for all ages, taught by qualified instructors in order to enjoy the experience of the sea.

W: www.frsurfschool.com
 E: ffsurfschool@gmail.com
 T: (+34) 674 50 18 48



7. LUIS RODRIGUEZ SURF SCHOOL

Become a pro surfer in record time with Luis Rodriguez. School located on the beach of Doniñas. It offers personalized surf lessons for all ages, organized in small groups adapted to your level so you can improve your surfing quickly.

W: www.lrsurfschool.com
 E: luisurfing@hotmail.com
 T: (+34) 620 45 83 53



8. ORTEGAL SURF ESCOLA

Learn to surf and discover our coast. Based on the beach of San Antonio, it offers surf lessons, from 6 years old, for all levels, as well as "Paddle Surf" routes to discover the calm estuaries that surround them.

W: www.ortegalsurfescola.com
 E: info@ortegalsurfescola.com
 T: (+34) 644 69 83 87 / (+34) 620 92 01 59

9. PANTIN SURF CAMP

Surf and tourist quality 365 days a year. First professional Surf Camp project on Pantín beach, and the first surf school to obtain the Q of Quality Tourism Certification in Spain. It is active 365 days a year and is one of the best places for surfing in Europe.

W: www.pantinsurfcamp.com / pantinsurfhouse.es
 E: info@pantinsurfcamp.com
 T: (+34) 667 21 54 45 / (+34) 722 69 35 52



10. RSM SURF COACH

Perfect your surfing with Rubén Sanmartín Mayobre. Rubén Sanmartín, manager of RSM Surf Coach, detects your surfing potential and helps you to develop your skills to the maximum. No matter your level, their personalized planning will push you to enjoy the waves 100%.

@rsm_surfcoach
 E: rsmartinmayobre@gmail.com
 T: (+34) 638 87 02 55



11. SANTIAGO DE PANTIN SURF SCHOOL

Surfing and other sports services at Pantín beach. At Pantín beach you will find this school, where you will find a large dose of patience, they transmit confidence and help you to get to know the sea. This is the ultimate recipe for you to enjoy and stand up on the board from day one.

W: www.santiagodepantin.com
 E: administracion@santiagodepantin.com
 T: (+34) 646 32 76 06



12. SPOT SURF SCHOOL

Good surfing in theory and in practice at the reference spot. Promoting surfing and bodyboarding, and the care and respect for nature since 2008. Spot surf school has instructors and technicians certified by the Galician Surfing Federation (TDI and TD2) that guarantee the practice of this sport in a safe and fun way.

W: www.spotsurfschool.com
 E: spotsurfschool@gmail.com
 T: (+34) 615 30 45 83



13. THE CAMP

The Camp is a space designed so that the only concern of the guests is to surf and share experiences with other surf enthusiasts. Open all year round, it has expert instructors who know how to adapt the classes to the needs of each person.

W: www.thecamp.es
 E: thecamp@thecamp.es
 T: (+34) 605 128 37 / (+34) 676 43 39 29



14. VALDO SURF SCHOOL

Surfing for everyone in a spectacular spot. In this school you can take beginners, advanced and competition surfing and bodyboarding courses, taught by qualified instructors, and for all ages.

W: www.valdosurf.com
 E: valdosurfschool@hotmail.com
 T: (+34) 676 43 39 29



15. SURF & BREAKFAST S&B

Forget about the daily routine and just... #GetUpAndSurf That's their motto. Wake up in this surf house in Valdoño and surf in one of the most impressive beaches of the Atlantic. This accommodation is excellently located, surrounded by the best spots of Costa das Ondas.

W: www.surfandbreakfast.com
 E: sandb@surfandbreakfast.com
 T: (+34) 669 64 33 92

16. SURF HOUSE CEDEIRA

Much more than a Surf house, a whole experience. A perfect plan for a different kind of holiday that you won't forget: Surf House Cedeira offers accommodation and group and tailor-made lessons. You'll love the low-cost vouchers for accommodation, technical equipment and weekly lessons.

W: www.surhousecedeira.com
 E: contact@surhousecedeira.com
 T: (+34) 636 94 59 39 / (+34) 650 88 98 43

