



www.wolfcreekwilderness.com

Surf Zone Clinic & Tours

Date: _____

Location: Big River, Mendocino Bay

9:30 - Gear up, head to the beach and launch.

10:00 - Dry land discussion of surf dynamics and techniques.

10:30- Review and practice launching, landing, and bracing techniques.

11.00 - In to the surfzone.^... and back to the beach Again... and again... and again!

12:00-Lunchtime!

1:00 - Afternoon tour of sea caves or the Big River estuary
Rescue practice in open waters

4:00 - Catch one last surf as we make our way back to the beach - and the ol' campsite.

Included in this price is camping at Van Damme State Beach as well as a camp breakfast, rases WCW will supply kayaks and gear for a safe and enjoyable paddling experience. Participants will need to bring water, lunch, and personal gear. Wetsuits and paddling jackets and helmets are required and will be issued as needed.

Prerequisite - Intermediate Touring or Instructor Consent

Important Note!! Transportation not included! However, if you are without transportation inquire...