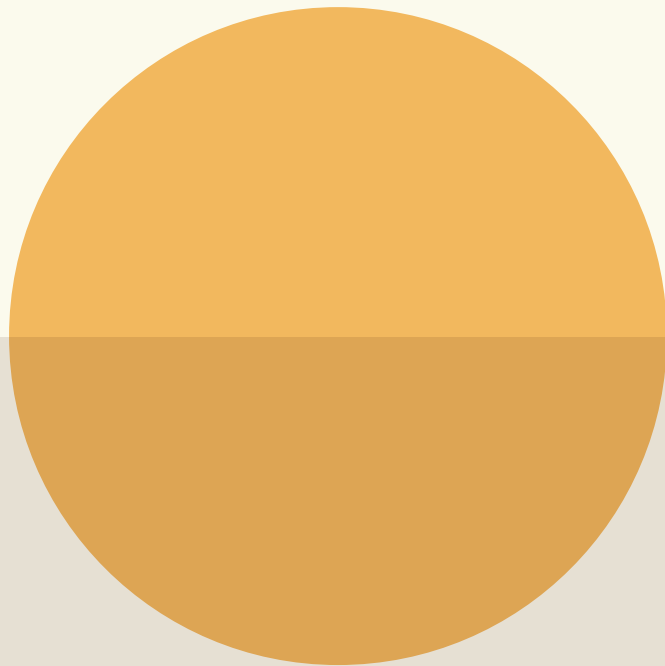


A typical  
day at  
Soul & Surf  
Portugal



---

7:00 - 7:30

Meet for a light breakfast to help kick start the day before surf.

---

7:30 - 9:00

Breakfast if you don't fancy surfing.

---

7:30

Head out for daily surf session.

---

10:00

Check out on departure day.

---

12:30

Return from the beach, jump in the pool or siesta.

---

13:30

Sit down for a healthy and hearty lunch.

---

14:30

After lunch surf theory or 1to1 yoga or massage or swim or chat or snooze or all the above.

---

16:00

Check in (from) on arrival day.

---

17:30

Our daily yoga session.

---

19:30

Hang out, lounge and eat. Dinner will be served from our wood-fired pizza oven, Portuguese BBQ or our kitchen depending on the evening!

---

22:00

We're knackered and want to go to bed but there are bars in Lagos open late if you've somehow still got the energy...

---



**Note:** Everything's tide and wind dependant. We aim to find the right mix of tides, wind & crowds so our schedule drifts from day to day or week to week. Of course, if you'd rather do nothing and sunbathe all day that's entirely up to you, whatever makes you happy. It's your holiday.