

SURF LESSON

PENICHE ≈ PORTUGAL



RUN-EU INNOVATION MEETS REGIONS

SOCIAL PROGRAMME

29.MAY.2026

SURF LESSON

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On **29 May 2026**, at the end of a week full of **RUN-EU activities**, you will have the exciting opportunity to experience one of the most iconic activities in Peniche: **a surf lesson in the Atlantic Ocean!**

Peniche is a **world-renowned surfing destination** and a regular stop on the international surf circuit. Just a few minutes away lies **Baleal**, a stunning beach famous for its perfect waves and relaxed surf atmosphere. There you will find **Baleal Surf Camp**, a highly experienced surf school dedicated to creating unforgettable surf experiences.

Whether you have never tried surfing before or you simply want to enjoy the ocean in a new way, **beginners are very welcome!**

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🏄 TIME

First-timers surf lesson starts at **10h00**

Duration
1 hour 30 minutes

💰 PRICE

€35 per lesson

Please note: IPLeiria will not be involved in the registration or payment process.

📍 MEETING POINT

“Bar do Bruno”
Praia do Baleal Campismo,
Casais do Baleal

WHAT IS INCLUDED

- Beginner **softboard (surfboard)**
- **4/3 mm wetsuit**
- **Cold water shower** at the end of the activity to remove salt water
- **Sports insurance**

PLEASE BRING

- Water bottle
- Sunscreen
- Light clothing, Swimming suit, and Towel
- Backpack to keep your belongings (a **locker will be provided** to keep your items safe during the lesson)

RESERVATION AND PAYMENT

Must be made in advance directly with Baleal Surf Camp, before traveling to Peniche, to guarantee your place and ensure the correct number of instructors (ratio of 1 instructor per 5 participants).

Please do not book on the day of the activity. Early booking is strongly recommended.

Detailed programme: <https://www.balealsurfcamp.com/surfschool/levels/>

PHYSICAL CONDITIONS AND AGE

The school welcomes participants **from 7 to 77 years old**.

A reasonable level of physical fitness is recommended – **the better your condition, the more you will enjoy the experience.**

MEALS

The meeting point **“Bar do Bruno”** (where the surf camp is located) has a restaurant available for lunch. However, **it only opens at 12h00**, so meals are not available during the morning.

QUESTIONS AND REGISTRATION (English)

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For more information

www.balealsurfcamp.com

HAVE FUN!
