

SURF & STAY RETREAT AT VERDAD NICARAGUA

March 29th to April 5th 2025

All levels welcome!

Learn to surf or level up your skills in
laid back luxury



WITH SANDBAR SURF ACADEMY

WHAT'S INCLUDED

- ☼ **DAILY SURF LESSONS:
THEORY & PRACTICAL**
- ☼ **VIDEO ANALYSIS & REVIEW
(3 SESESSIONS)**
- ☼ **DAILY MORNING CHECK-IN
WITH COACH
(ask questions/get feedback)**
- ☼ **BOARD & TRANSPORT TO
SURF BREAKS**
- ☼ **SURF SKATE
(1 session for intermediate
surfers only)**
- ☼ **SURF MOBILITY
(2 sessions)**
- ☼ **MEALS
(early riser pre-b'fast, full
b'fast & dinner daily)**
- ☼ **7-night STAY**

GRAB THIS UNIQUE OPPORTUNITY



OUTSTANDING SURF INSTRUCTION WITH EXPERIENCED
COACHES IN THE "BEST OF THE BEST" HOTEL

RETREAT PRICING

PRIVATE OCEAN VIEW CASITA

\$2200

PRIVATE ROOM

\$1650

DOUBLE OCCUPANCY ADD \$775

*TAXES INCLUDED
(airport transfers extra)

SAMPLE SURF RETREAT DAY

surf - eat - sleep - repeat

07:00 Early fruit & granola breakfast
(optional)

08:00 Check-in, Surf Theory & Mobility Class

09:30 Full Breakfast

10:30 Surf at Escameca

13:30 Lunch

14:30 Pool time, spa treatment & relax

16:00 Video Review & Analysis

18:00 Sunset

19:00 Dinner

THE EXPERIENCE

THE BEST OF THE BEST -
THE VERDAD DIFFERENCE

Join us for a 7-day immersion, staying at the hidden gem of a hotel that is Verdad Nicaragua, while honing your surfing skills with the outstanding teachers from SandBar Surf Academy. We are rated in the top 1% of hotels worldwide & #1 in the area of San Juan Del Sur.

This retreat will be a small group of no more than 6 people, so you will be sure to receive individual attention and have lots of opportunities to interact closely with your instructors. SandBar's approach to coaching mixes a combination of different strategies including: theory, mobility classes, surf-skate, ground exercises, video analysis and water practice. We always have time for your questions and promise you'll get lots of personal feedback during your time with us.

Our coaches are all local surfers with many years of experience in the ocean. They all have completed the ISA Surf Certification, which is recognized as the international standard of safety, quality, and efficacy for instructors at quality surf schools around the world.



Wesley
Bermudez

MEET THE SANDBAR COACHES



HEAD COACH/FOUNDER

WESLEY BERMUDEZ

With an over ten-year professional background in instructing and a nearly life-long passion for surf, Wes' approach to teaching is a cut above. He strongly believes in incorporating surf theory and technique both in and out of the water which, simply put, makes you a better surfer!

Joining Wes at SandBar are "El Chu," Jader and Bryan. They go beyond the "how-to's" of surfing, paying close attention to your individual level of expertise, and working with you one-on-one to expand your knowledge and skills. Through video analysis, they'll be able to show you exactly what you need to do to improve, and through unique add-ons like mobility and surf-skate, you're guaranteed to level up.

These guys, with their endless passion, enthusiasm and huge smiles will make sure your retreat is an unforgettable adventure!

VERDAD NICARAGUA BEACH HOTEL



"Best of the Best"

2023 & 2024

- TripAdvisor

"I cannot recommend Verdad enough if you want the best surf instruction in a beautiful escape."

Verdad will be your extraordinary home away from home: nestled on the hillside above the untouched Emerald Coast of Nicaragua with breathtaking views all the way to the northern coast of Costa Rica. Our beach, Playa Escameca, is an uncrowded surfer's beach just below the hotel, and where you'll surf most days.

Verdad - the Spanish word for 'Truth' - was built with an eye toward creating spaces that allow you to take in the stunning natural beauty of our surroundings in laid-back luxury. You can expect all the comfort, quality and excellence of a high-end resort, but with a chill and welcoming vibe. We pride ourselves in providing you a true Nica experience, where you can immerse in an authentic adventure with the best surf instructors around!

CONTACT US:
INFO@VERDADNICARAGUA.COM
TO RESERVE YOUR SPOT!