

Surfing in Cornwall

All of the following schools are British Surf Association (BSA) accredited.

Bude

<p>Atlantic Pursuits</p> <p>Sam Roberts 20 Priestacott Park Kilkhampton Bude EX23 9TH</p> <p>01288 321765 doc.roberts@btinternet.com www.atlanticpursuits.co.uk</p>	<p>Big Blue Surf School</p> <p>Jon & Becky Price Mead Farm Cottage Welcombe, Bude EX39 6HQ</p> <p>01288 331764 bigbluesurfschool@btinternet.com www.bigbluesurfschool.co.uk</p>
<p>Bude Surfing Experience</p> <p>Scott Marhall & Paul Grundy Grenville Centre Belle Vue Bude EX23 8JP</p> <p>0870 7775111 or 07779117746 info@adventure.uk.com www.budesurfingexperience.co.uk</p>	<p>Outdoor Adventure Surf School</p> <p>Richard Gill Atlantic Court, Widemouth Bay, Bude EX23 0DF</p> <p>01288 361312 info@outdooradventure.co.uk www.outdooradventure.co.uk</p>
<p>Raven Surf School</p> <p>Mike Raven 32 Seawell Road Poughill, Bude EX23 9PD</p> <p>01288 353693 mike@ravensurf.co.uk www.ravensurf.co.uk</p>	

Hayle

<p>Gwithian Academy of Surfing</p> <p>Tyson Greenaway Godrevy House Prosper Hill, Gwithian Hayle TR27 5BW</p> <p>01736 755493 or 07905 630345 tyson@surfacademy.co.uk www.surfacademy.co.uk</p>	<p>Shore Surf School</p> <p>Laurence Couch 46, Mount Pleasant, Hayle St Ives Bay TR27 4LE</p> <p>01736 755556 info@shoresurf.com www.shoresurf.com</p>
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Helston

Reflex Surf School

Richard Emerson
Stones Reef,
The Beach,
Praa Sands, Nr. Helston
TR20 9TQ

stonesreef@yahoo.co.uk

Newquay

Animal Surf School, Newquay

Mark Wesson
Newquay

01637 850808
info@overheadsurf.co.uk
www.animalsurfacademy.co.uk

BSA National Surfing Centre

Baz Hall International Surfing Centre,
Fistral Beach,
Newquay
TR7 1HY

01637 850737
info@nationalsurfingcentre.com
www.nationalsurfingcentre.com

BSA Surf School

Baz Hall Lusty Glaze Beach,
Newquay,
Cornwall
TR7 3AE

01637 851487
info@nationalsurfingcentre.com
www.nationalsurfingcentre.com

Cornwall Surf Academy

Shannon Hopkins
Cornwall Surf Academy,
PO BOX 471
Newquay
TR8 5WX

0870 2406693
info@cornwallsurfacademy.com
www.cornwallsurfacademy.com

Crantock Bay Surf School

Glen Eldridge
36 St Crantock Way,
Crantock,
Newquay
TR85 58B

07970 863226
glen@watermansports.co.uk
www.watermansports.co.uk

Dolphin Surf School

Mark Thake
Trewinda Lodge
17, Eliot Gardens
Newquay
TR7 2QE

01637 873707 or 07974629381
dolphinurfschool@yahoo.co.uk
www.surfschool.co.uk

Newquay (cont.)

<p>EBO Surf School</p> <p>Mark Garland Penhale Adventure Centre, Holywell Bay, Newquay, Cornwall TR8 5PF</p> <p>0800 083 5037 info@eboardventure.com www.eboardventure.com</p>	<p>English Surf Federation Surf School</p> <p>Rob Barber Carnmarth Hotel, Headland Road, Fistral Beach, Newquay, TR7 1HN</p> <p>01637 879571 rob@englishsurfschool.com www.englishsurfschool.com</p>
<p>Errant Surf School</p> <p>Chris Thomson 27 Trebarwith Crescent Newquay, TR7 1DX</p> <p>0870 3341711 chris@errantsurf.com www.errantsurfschool.com</p>	<p>Escape Surf School</p> <p>Mike Young / Will Hinton 35 Fore Street, Newquay TR7 1HD</p> <p>07966 597444 or 07810 805624 (mob) 01637 874585 (landline) info@escapesurfschool.co.uk www.escapesurfschool.co.uk</p>
<p>Extreme Academy</p> <p>Carl Combes On The Beach Watergate Bay Newquay TR8 4AA</p> <p>01637 860543 carl@watergatebay.co.uk www.extremeacademy.co.uk</p>	<p>Reef Surf School</p> <p>Antony Rowett 10 - 12 Berry Rd, Newquay TR7 1EW</p> <p>01637 879058 enquires@reefsurflodge.com www.reefsurfschool.com</p>

Padstow

<p>Trevoise Surf School</p> <p>Mathew Adams Treycon, Treyarnon Bay, Padstow, PL28 8JR</p> <p>01841 520752 trevoisesurfschool@googlemail.com www.trevoisesurfschool.com</p>	<p>Waves Surf School</p> <p>Andrew Miller 13, Parc Eglos St. Merryn Padstow PL28 5NW</p> <p>01841 521230 or 07792574749 windy@wavessurfschool.co.uk www.wavessurfschool.co.uk</p>
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Penzance

Global Boarders Surf School Mod le Froy / Adam Beare Market Place Marazion Penzance TR19 0AR 01736 711289 feelgoodsurfing@globalboarders.com www.globalboarders.com	Sennen Surfing Centre David Muir Churchtown House, Sennen, Penzance, TR19 7AD 01736 871227 or 01736 871156 info@sennensurfingcentre.com www.sennensurfingcentre.com
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Polzeath

Animal Surf School, Polzeath Andy Cameron Wavehunters Polzeath 0870 242 2856 or 07891 639461 andy@wavehunters.co.uk www.animalsurfacademy.co.uk	Surf's Up Surf School Peter & Jane Craske Kelsing - 21 Trenance Close Polzeath, Cornwall, PL27 6SW 01208 862003 or 07760 126225 info@surfsupsurfsschool.com www.surfsupsurfsschool.com
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Plymouth (Devon)

Discovery Surf School Martin Connolly 4 Belle Vue Rise Hoe Plymouth Devon 07813 639622 martin@discoverysurf.com www.discoverysurf.com

Useful links and information

British Surfing Association - www.britsurf.co.uk
Surfing Cornwall - www.cornish-links.co.uk/surf.htm
National Surfing Centre - www.nationalsurfingcentre.com

British Surfing Association Code of Conduct

- All surfers must be able to swim at least 50 metres in open water
- Ensure that you are covered by Public Liability Insurance for surfing
- Keep your surfing equipment in good condition
- Always wear a surf leash to prevent you from losing your surfboard (or bodyboard). For you your board is a safety device, to other is may be a lethal weapon
- Have consideration for other water users including anglers
- Never surf alone or immediately after eating a meal
- Always wear a wetsuit when surfing in Britain
- Never mix surfing with alcohol or drugs
- Always return to the beach before nightfall
- If you are new to the sport never hire a surfboard without first having a surfing lesson. (Given by a BSA qualified instructor)
- Be considerate of other beach users especially when carrying your board to and from the water
- When possible use a lifeguard patrolled beach. Obey the lifeguards instructions and be prepared to assist them if required
- Where possible surf in a recognised surfing area (e.g. in between the black & white checked flags)
- When paddling out avoid surfers who are riding waves
- When taking a wave see that you are clear of other surfers. Remember, if someone else is already riding the wave you must not take off.
- Be environmentally friendly. Always leave the beach and other areas as you would wish to find them.

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