

WEST SUMATRA

SURF & YOGA EXPEDITION

MAR. 7 - 19, 2025



WEST SUMATRA / EXPEDITION OVERVIEW

Isolated 150km off the western coast of Sumatra, traveling to the Mentawai's is an awe-inspiring adventure. With its turquoise waters, pristine white sand beaches, lush rainforest, and waves so perfect you'd swear they were manufactured; the Mentawai islands can only be described as a paradise that will leave you speechless. Located on Pulau Masokut Island in the Northern Mentawai region, often referred to as "Playgrounds", the villa is situated on the point of Ebay, one of the best lefts in the Mentawais and an easy 47 second (yes, seconds!) walk from your front door. Eleven days in paradise will be spent surfing to your hearts content in one of the most coveted surf destinations in the world.

DATES

March 7 - 19, 2025

COST

\$5,400 per person - EARLY BIRD PRICING until 08/31/24
\$5,750 per person

*all prices are in USD, per person

SURF

We think you'll agree that any activity becomes more enjoyable the more you progress; whether that's skiing, surfing, yoga, or SUP. Considered the most wave dense region in the Mentawai Islands, Playgrounds has 20+ world class waves all located within a half hour boat ride the villa. Well-known waves like Rifles, Kandui, Ebay and Bank Vaults are right around the corner. And while Playgrounds does attract a crowd, with quick access to so many options it's easy to find a wave away from the crowds.



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The sheer variety of waves in the Mentawai's means there's a wave for everybody. If you're a beginner with a few sessions of experience and able to stand up on the board and go left and right without getting pushed, there is plenty of fun and improvement to be had. As an intermediate surfer, you will score some of the best waves of your life. This is the perfect spot to progress in your surfing and you will be able to challenge yourself daily. Nearby waves like 4 Bobs, Beng Bengs, Burger World, Nipussi and Good Times are some of the most perfect intermediate waves on the planet. Depending on the conditions and forecast, there are 2 guided boat trips planned every day.

Due to their position in the Indian Ocean the Mentawai Islands offer consistent surf all year round. The islands are exposed to swells from pretty much every direction, but there are 3 different seasons to consider. High season runs May to September, shoulder seasons run March to April and October to November. And low season runs December to February/March, but don't be fooled by the word "low". The Mentawai's are world renowned for advanced-intermediate to advanced surfing. To give those who fall into the advanced-beginner and intermediate categories a chance at the Ments, we've opted to run this expedition in March. Coming straight off shoulder season, large swells are less common, but you will find more small, perfect waves than you could surf in a year. Empty line-ups and amazing weather will offer most beginners and intermediates an incredible surfing experience.

Board rental is included throughout your trip; everything from performance shortboards to fun boards and longboards. If you have a favorite board(s) that you just cannot live without, you're encouraged to bring it.



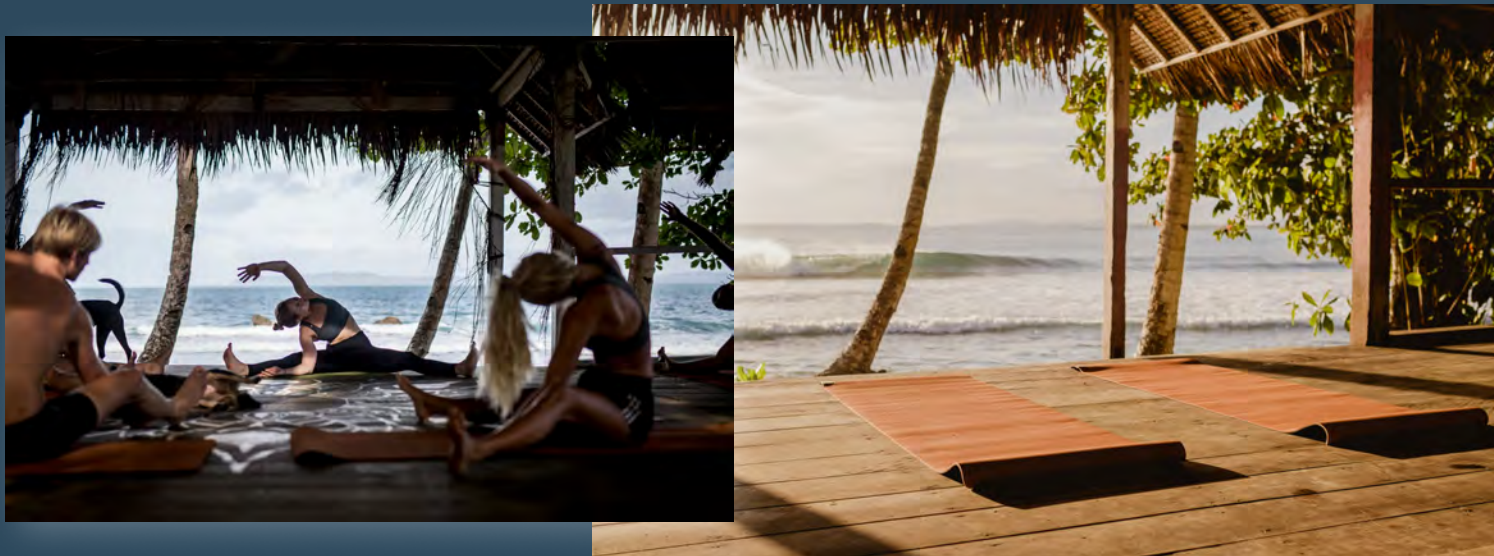
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YOGA

Our expeditions focus on movement and exploration, utilizing energizing and restorative yoga practices to help you achieve your surf objectives. No experience is required to practice yoga with us in West Sumatra. Each class is designed to support you on your surfing journey whether it's your first time or if you're an experienced yogi. The yoga platform sits right in front of Ebay. Enjoy your daily flow while you watch the waves roll in. In addition to yoga we're excited to have surf conditioning classes by The Barre Effect based in Northern California.



ITINERARY

Most days will start with coffee, tea, and fruit – and for early risers a breathtaking sunrise. After a hearty breakfast, we head out for a morning surf session to one of the 15+ world-class breaks. We head back to the villa to relax and reflect on your morning session before enjoying a group lunch. Afternoons and early evenings consist of another surf session, or a group excursion to a nearby village or island. Afternoon/evening surf ends in time to catch the sunset and relax before dinner. The vibrant and colorful Indonesian landscape inspires every meal - modern twists on local food with global cues fusing health and indulgence.

Each day will look a little different depending on surf conditions and day of the week. The itinerary is thoughtfully designed for you to actively enjoy the region to the fullest, but everything is optional. If you want to spend a day exploring the island, snorkeling in the surrounding turquoise waters, or relaxing at the villa, you're more than welcome.

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WHAT'S INCLUDED

- 10 nights' accommodation in the Mentawai's
- 2 nights' accommodation in Padang
- Linens and towels
- 3 meals per day
- Unlimited coffee, tea, & water
- Expedition photo package
- Ferry transport from Padang to the villa
- Airport pick up & drop off
- Mentawai Government Surfing Tax
- Wi-fi
- 10 surf lessons or guided free surfs
- Selection of surf boards
- Surf video analysis
- 10 guided free surfs
- Daily yoga or barre, surf conditioning classes
- Client gift bag (valued at \$350 USD)

ARRIVAL / DEPARTURE

The Mentawai Islands are a chain of about 70 islands approximately 150 kilometers (93 miles) off the western coast of Sumatra in Indonesia. Padang in Sumatra (Minangkabau International Airport) is your gateway to the Mentawai's. To get to the Mentawai's, you will have to take a ferry early in the morning. Therefore, you will have to stay at least 1 night in Padang. But don't worry, once you land in Padang all logistics and transportation is taken care of!

Make sure you arrive in Padang on March 7th, unless you plan to stay in Padang for longer. Your hotel stay for the evening of the 7th and ferry transport to the villa on the 8th is included in the cost of the expedition in addition to a final night in Padang on March 19th.

In the airport in Indonesia, when you go through passport control, you will get a free Visa On Arrival. This is valid for 30 days. Therefore, you don't need to apply for a visa before travelling to Indonesia, as long as the country of your passport is on the [VOA country list](#).

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WHAT'S NOT INCLUDED

- Airfare
- Passport and visa expenses; tourist entry fees may apply depending on your nationality
- Any government arrival and departure airport taxes (excluding surfing tax)
- Extra meals not listed above
- Excess baggage charges
- Travel insurance, including baggage and cancellation/interruption insurance
- Alcoholic beverages
- Gratuity for villa staff or surf instructors



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THE VILLA

The villa has 5 bedrooms with a maximum capacity of 12 guests. The main lodge hosts the bar, dining area, and common bathrooms. The nearby treehouse hosts 2 bedrooms on the second level, each with a private bathroom + A/C. Down below is the open air yoga platform, or dance floor depending on the time of day. Each bungalow room has a double bed and a single bed, wake up and surf check Ebay straight from bed! 2 jungle bungalows offer A/C, incredible views, private bathrooms and unrivaled comfort among the palm trees. Finally, the 2-story villa features 2 beds per level with a private bathroom, two balconies and A/C. Built in the original Mentawai style with bohemian vibes and decorations, the property is a true island oasis.



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TRAVEL INSURANCE

Travel insurance that includes emergency medical coverage is required for this expedition. Please ensure surfing is an activity covered by your insurer when you purchase a policy. For US citizens, we recommend the [Travelex Select](#) policy with the Adventurer Sports upgrade. Other commonly used companies include Global Rescue and World Nomads. We also highly recommend adding trip cancellation/interruption coverage to your policy (included in the Travelex Travel Select policy).

PAYMENTS

A 50% deposit is required to reserve your spot and the final balance is due 60 days prior to the expedition start date.

CANCELLATION POLICY

All cancellation requests must be received in writing (via email). Cancellation received up to 60 days prior to departure are refunded less an administrative fee of \$500 per person. If cancellation is received between 31 and 59 days prior to departure, the deposit is forfeited. Refunds for cancellations within 30 days of departure will not be granted.

HOW TO BOOK

Easy! [Follow this link](#), hit 'BOOK NOW', fill in your information, submit the 50% required deposit and choose your payment plan of choice.

For additional questions, please reach out to hello@expeditionterra.co!

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