



WOMAN EXPLORE

Retreat Itinerary

MENTAWAIS SURF RETREAT, SERENA ADAMS

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

Day 1 & 2: Arrival in Padang & Setting Sail

Your adventure begins as you touch down at Minangkabau International Airport in Padang. You'll be greeted and transferred to Santika Hotel Padang, where you can unwind and meet your fellow travellers before the journey ahead.

In the evening, grab some dinner and enjoy a trip briefing with your Woman Explore guide and Surf Coach to go over the exciting days to come.

The next day, after breakfast and a relaxed morning, we'll transfer to the harbor at 2:00pm and board our private charter. At 5:00 pm, we set sail, leaving the city behind and heading into the stunning Mentawai Islands.

Enjoy a welcome dinner under the stars as we cruise toward our first surf destination.

Accommodation: Night 1 at Santika Hotel Padang / Night 2 onboard Private Charter

Meals Included

- Breakfast
- Lunch
- Welcome dinner

Included Activities

- Airport to hotel transfers
- Hotel to boat transfers

Day 3 & 4: Settling In & First Surf Sessions

Wake up to your first Mentawai sunrise, surrounded by palm-fringed islands and crystal-clear waters. Start each morning with breathwork and stretch sessions, preparing your body and mind for the waves ahead.

Over these first two days, we'll ease into the surf, selecting waves suited to your ability. Your Woman Explore Surf Coach / Guides will guide you through in-water coaching, helping you refine your positioning, wave selection, and technique.

Between surf sessions, relax on deck, enjoy a snorkel in the turquoise lagoons, or even try your hand at some fishing.

Accommodation: Private Charter

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Breathwork sessions
- Surfing sessions
- Snorkelling
- Fishing

Day 5 & 6: Progression & Video Analysis

With your confidence growing, we'll step up the coaching with surf video analysis sessions, where we break down your technique and pinpoint areas for improvement. The mornings will start with goal-setting breathwork, followed by coached surf sessions in some of the Mentawais' best breaks.

In the afternoons, video analysis sessions will give you a clearer understanding of how to progress, followed by a second free surf session or snorkelling adventure. As always, evenings will be spent relaxing on deck, sharing meals and enjoying the magic of the open ocean.

Accommodation: Private Charter

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Breathwork sessions
- Surfing coaching
- Video analysis
- Snorkelling
- Fishing

Day 7 & 8: Exploring New Breaks & Mentawai Magic

By now, you'll be fully settled into the rhythm of boat life, and we'll venture deeper into the Mentawais, chasing the best waves for the conditions. These days will be all about surfing new breaks, improving consistency and pushing yourself in perfect waves.

Afternoons will be spent free surfing, exploring the reef by snorkel, or unwinding on the boat. Evenings will include goal-setting and reflection sessions, helping you fine-tune your mindset for the final stretch of the trip.

Accommodation: Private Charter

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Surfing sessions & coaching
- Free surfing
- Snorkelling
- Evening reflection

Day 9 & 10: Surf, Snorkel & Sunset Sessions

With newfound skills and confidence, these days are about enjoying everything the Mentawais have to offer. Your morning breathwork and surf sessions will continue, but the focus will shift toward consolidating your progression and truly enjoying the waves.

Afternoons will include surf video reviews, snorkelling in stunning lagoons, and optional sunset fishing trips. As we move toward the final days of the retreat, you'll feel stronger, more connected to your surfing and fully immersed in the magic of the Mentawais.

Accommodation: Private Charter

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Breathwork sessions
- Surfing sessions
- Video analysis
- Snorkelling
- Sunset fishing

Day 11 & 12: Final Surf Sessions & Reflection

The last two full days of surfing will be spent fine-tuning everything you've learned, with a mix of guided coaching and free surf time. You'll have the chance to revisit your favourite breaks, catch your best waves yet, and enjoy the beauty of your surroundings.

Evenings will include final goal-reflection sessions, celebrating progress, sharing highlights, and soaking up the last moments of boat life.

Accommodation: Private Charter

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Breathwork sessions
- Surfing coaching
- Free surfing sessions
- Final goal reflection sessions

Day 13: Departure & Farewell

Wake up for one last morning on the boat, enjoying a final breakfast as we begin our journey back to Padang. As we cruise back, soak in the last views of the Mentawai Islands, reflect on your incredible surf progression, and enjoy the company of your Woman Explore crew one last time.

Upon arrival in Padang, you'll be transferred to the airport for your onward journey, leaving with newfound confidence, unforgettable memories, and deep connections with your fellow travellers.

Meals Included

- Breakfast

Included Activities

- Final surf session (if time allows)
- Airport Transfers