



A man with curly hair, seen from behind, is walking on a sandy beach towards the ocean. He is carrying a white surfboard with yellow and black graphics under his arm. The beach is wet, reflecting the sky. The ocean has small waves, and the sky is overcast with soft, grey clouds.

THE SURF SHACK

TOFO || MOZAMBIQUE

*good waves everyday.
we surf. we dream. we explore. we sleep.
you're welcome any time!*

SURF

We know everyone is at a different stage in their surfing career, so to ensure that we accommodate everyone's needs there are different board shapes and sizes. We carry stock ranging from soft tops and fiberglass boards in sizes 4'3 to 9'2. Take your pick and spread the stoke!



SURF LESSONS

A woman in a dark long-sleeved shirt and patterned shorts is surfing on a wave. She is standing on the surfboard, leaning forward with her arms outstretched for balance. The wave is breaking around her, creating white foam. The background shows a calm sea and a distant shoreline with trees under a cloudy sky.

THE NOVICE

ONE AND A HALF HOURS

The bay of Tofo is an amazing place to get your first surf experience with mellow waves and sand break. Your instructor will give you a brief theory introduction about surf safety, handling your board and standing up. Then you're ready to hit the water and catch your first waves!

THE SURF BOB

ONE HOUR FOR KIDS

This lesson especially designed for kids up to 10 years old. The theory is a bit shorter but will include all basics. After that we'll jump in the water and have a lot of fun!

THE CUSTOM

ONE HOUR or
ONE AND ONE HALF HOUR

Our instructors can teach surfers of any level! If you would like to improve specific aspects of your surfing talk to our instructor! He/she will provide you with the right tools to improve your surfing.

* All lesson prices according to lesson time and number of people

SURF PACKAGES



THE CRUISER

2X 1.5 hr.
1X 1 hr. + ½ hr. board use

Get the basics under control in the crystal clear Indian Ocean!

- Features of your equipment
- Surf safety / Surf etiquette
- Paddling technique
- Reading waves
- Catching waves
- Standing up

THE CARVER

4x 1.5 hr.
3x 1 hr. + ½ hr. board use

Do you want to be ready to get out there and surf on your own with enough knowledge to access breaks you haven't surfed before?

- Features of your equipment
- Introduction to surf equipment
- Surf safety / Surf etiquette
- Paddle technique
- Catching waves
- Reading waves
- Standing Up
- Turning
- Accessing new breaks

THE LEGEND

6X 1.5 hr..
4X 1 hr. + ½ hr. board use

This course offers all you need to get out there! Ride waves, turn your board, access and exit breaks. You'll be able to recognise currents and read waves. Buying yourself a new board is no problem as you have good knowledge about the equipment. And you'll be able to use the forecast sites to know if your home break will have waves coming up. There is an option for a final lesson with a video/photo coaching session – the best way to improve your surfing!

- Features of your equipment
- Surf equipment and materials
- Board knowledge and choosing a board
- Fin systems and fin setups
- Surf Safety / Surf etiquette
- Paddle technique
- Catching waves
- Reading waves
- Standing Up
- Turning your board
- Generating speed, bottom turning
- Accessing new breaks
- Different types of breaks
- Optional video/photo coach session.

A woman with curly hair, wearing a dark blue long-sleeved top and leggings, is performing a standing one-legged yoga pose (Urdhva Dhanurasana) on a rocky shore. She is holding her right foot with both hands, arching her back. The background features a cloudy sky, the ocean with waves, and a rocky coastline.

YOGA

Yoga is a the perfect compliment to surfing. After a day on the waves nothing is better than a good yoga session to stretch out your muscles and build your balance.

We offer a selection of yoga for all skill levels in both group sessions or one-on-one private lessons.

All necessary equipment provided.

KAYAK

Sea kayaking is an amazing way to discover the marine life of Tofo and go out on the Indian Ocean.

Take a different view of Tofo and venture around the dune landscape and sea cliffs. Keep your eyes open for dolphins, manta rays, turtles and if you're lucky a whale shark or two. For a completely different perspective take the kayak out into the mangrove forest for a high-tide adventure.

We offer a kayak for rent (2 person) or we are happy to join you.

All necessary equipment including life vests provided.



SUP

STAND UP PADDLE BOARDING

Stand up paddle boarding is a great way to explore the coastline or even mangrove areas! You can either use the board as a form of exercise, to catch and ride waves or just to enjoy the scenery. Your instructor will take you out and teach you:

- About your board and paddle
- Safety
- Entering the water
- Paddle technique
- Paddle postures
- Steering

* For customized lessons speak with your instructor!



A full-page background image showing a person body surfing on a large, curling wave. The wave is a vibrant green color, and the surfer is visible within the barrel of the wave. The sky above is filled with soft, white clouds. The overall scene conveys a sense of adventure and natural beauty.

BODY SURFING

Not to be confused with body boarding, body surfing is the purest form of gliding on a wave. With just yourself, a simple hand plane and some flippers you can feel like the dolphin you always wanted to be! We're lucky enough to have the very first Mozambican hand plane shaper in our midst. Come in and we'll teach you're the basics and take your out to experience the waves in a whole new way.

A full-page background image showing a person bodyboarding inside the barrel of a large, curling ocean wave. The water is a deep blue-green, and the wave's face is white with foam. The person is lying on their stomach on a dark board, wearing a dark wetsuit. The scene is dynamic and captures the thrill of the sport.

BODY BOARDING

Bodyboarding is exciting for kids and a thrilling adventure for the elderly or anyone looking to get experience riding the waves. We offer all the equipment to enjoy the waves no matter your skill level..

WAVESKI

As a fun alternative to traditional surfing, Waveski surfing combines the paddle power of a sit on top kayak with the maneuverability and performance of a surfboard.

We have 2 waveskis to rent with all necessary equipment included.



THE SHOP

The Surf Shack stocks all your surf supplies. Wax, leashes, tail pads, board bags, fins, sunscreen and boards. We sell locally made clothing and trinkets to encourage local economy and crafts. The shop stocks a range of second hand boards and we can arrange new boards if ordered ahead of time. Contact us for any inquiries!



PRICE LIST

SURF LESSONS + PACKAGES

LESSONS

PRIVATE 1,5 HOUR (1 ON 1)	2500 mzn
1 HOUR	1500 mzn
1,5 HOUR	1800 mzn

PACKAGES

THE CRUISER 2X 1,5 HR & 1X 1 HR + 1/2 HR BOARD USE	4500 mzn
THE CARVER 4X 1,5 HR & 3X 1 HR + 1/2 HR BOARD USE	10500 mzn
THE LEGEND 6X 1,5 HR & 4X 1 HR + 1/2 HR BOARD USE	14900 mzn

STAND-UP PADDLE

LESSON

PRIVATE 1 HOUR LESSON (1 ON 1)	3000 mzn
--------------------------------	----------

RENTALS

1 HOUR	700 mzn
HALF DAY (4 HOURS)	1400 mzn
DAY (8 HOURS)	2000 mzn
1 WEEK	8000 mzn

BOARD + WAVE SKI RENTALS (INCLUDING RASH VEST)

1 HOUR	400 mzn
HALF DAY (4 HOURS)	1000 mzn
1 DAY (8 HOURS)	1400 mzn
2 DAYS	2400 mzn
3 DAYS	3000 mzn
4 DAYS	3400 mzn
5 DAYS	3800 mzn
1 WEEK	4500 mzn
2 WEEKS	6500 mzn
3 WEEKS	8500 mzn
4 WEEKS	10000 mzn

BODY BOARD RENTALS

1 HOUR	200 mzn
HALF DAY (4 HOURS)	500 mzn
DAY (8 HOURS)	700 mzn
1 WEEK (FINS INCLUDED)	3000 mzn

KAYAK RENTALS (INCLUDING LIFE VEST)

1 HOUR	600 mzn
HALF DAY (4 HOURS)	1400 mzn
DAY (8 HOURS)	1800 mzn
1 HOUR WITH GUIDE (FOR KIDS AND ADULTS)	1000 mzn

OTHERS

BODY BOARD FINS (PER HOUR)	100 mzn
BODY SURFING (FINS AND HAND PLANE, PER HOUR)	200 mzn
THRUSTER/QUAD/SINGLE FIN /LEASH (PER DAY)	200 mzn