

THE ISLAND HOPPER

SURF, SNORKEL & SISTERHOOD IN BALI, GILI & LOMBOK

BEGINNERS – ADVANCED BEGINNER – LOWER ENTRY INTERMEDIATE SURF LEVEL RETREAT

14TH MAY - 21ST MAY 2026



The Island Hopper Retreat

For the sister who's ready to explore our favourite parts of Indonesia.

We begin our adventure in Uluwatu, Bali at 12pm with a SOS workshop followed by a golden hour sunset surf with our favourite local surf coaches. The next morning, we journey across the islands, breaking up our trip with a stop at Gili Trawangan for 1 night — where you'll snorkel crystal-clear waters, wander the markets, cycle at sunrise, enjoy beachfront yoga, and soak up island life.

Next, we make our way to Kuta, Lombok, where over the next 5 nights, we'll surf our hearts out on stunning crystal blue waves. Learn Lombok culture and how to cook with women from a local village. Craft our own silver jewellery, and dive into daily movement and meditation practices to reset physically and mentally. Between massages, sisterhood circles, and exploring some of the prettiest beaches you've ever seen.

SOS covers everything! From drivers, food, experiences and working with people we trust! Making your travel stress free and a lifetime experience. All you need to cover is your flights, your lunch when you're out and about and your insurance. This is more than a surf trip — it's an island-hopping journey of connection, adventure, and soul.

7 Nights, 8 Days with Sisterhood of Surf INCLUSIONS

Surf Coaching & Education

- A week full of surf lessons tailored to your level, plus on-land surf education and video analysis. 6 Surf 2hr surf sessions & 1 full day surf trip
- Learn from local surf coaches and feel confident in the water.

♀ Daily Movement & Surf Fitness

- Sessions that will help with mobility, progress and recovery
- Pre-recorded surf fitness workouts to get you surf-ready before your trip.

Week Workshop of Surf Apnea Training with Angie

Experiences

- Connect with Lombok's culture and people through story telling from local friends & their businesses.
- Learn to cook traditional dishes at Nine Nine and support local women in their cause.
- 3hr Gili Sunset Snorkel Tour – Explore and snorkel the islands

Boutique Accommodations

- 1 night in Uluwatu
- 1 night in Gili Trawangan
- 5 nights in Lombok — close to shops, cafes, and wellness amenities

Giving Back

- \$50 from each package goes directly to Shelter for Lombok Dogs.
- SOS works & supports local Lombok businesses and pays properly!

Everything looked after

- Airport to Uluwatu transfer
- All transport to Lombok – Boats / cars / entry fees
- All transport to surfbreaks & to SOS activities
- All equipment. Surf, Snorkel Gear!
- Breakfast & Dinners at our favourite spots

Extras You'll Love

- Drone photos and videos from our talented friends to take home.
- 1 60 Minute Massage
- A pre-retreat WhatsApp group to connect with your new sisters and make travel plans.
- An exclusive SOS goodie bag – Merch & Gifts from our friends

Your Hosts

- 8 days of guided experiences with your host Angie and our dedicated team — from surf coaching to cultural adventures — making this a retreat you'll never forget.

Not Included in Package

Flights

Alcohol

Food not listed in inclusions

Extra Transport not listed

Insurance

Return home transport

EXTRAS WE CAN ORGANISE FOR YOU

Transports

Surf Skate lesson

Jewellery making workshop

Surf Retreat for Beginner Level – Lower Entry Intermediate

This means:

Little to no experience

You need help from scratch – assistance catching and coaching to stand up on a wave.

Experienced Beginner

You know the basics & you can stand up on a wave. But you still need help getting onto the wave.

You ride a soft top and want to transition to a hard top or shorter wave.

Lower Entry Intermediate

You now ride a hard board and have entered the green waves but want help with knowing how to drop into a wave, turn and read when to catch a wave with confidence.



FAQS FOR RETREATS



"What if people judge me?"

Judgement not welcome here —
just cheers, high-fives, and belly laughs.
We're learning too, and your wins are our
wins.



"What if surfing for a whole week is too much for me?"

Have you seen where
we go?

Think warm tropical
water, beaches to laze
around, massages,
This is your retreat —
skip a session or two
and soak up your
destination



"It's probably too late for me to start now"

SAYS WHO?

We've had women of all ages join
us — one of our besties, Claire,
picked up surfing in her 60s and
it's brought her so much joy



"What if I'm more intermediate"

This particular retreat is suited for
Beginners - lower level intermediates

We now offer intermediate trips if you want
to check them out.

We want surfing to be a positive experience,
so we plan each trip around surf level
depending on location, group size and end
goals.

But... we have had intermediate sisters want
to join our beginner trips, we just you will
still enjoy it and can cater for your level



"Im nervous to travel overseas"



We make travel simple and stress free. You'll get our travel
bibles, added to a private forum with fellow retreat sisters,
our contacts and you'll have us to answer any questions

"Can I pay my trip off"

Yes, book your trip with a 30day risk free deposit,
than pay your trip off up until 40days departure



"I don't know anyone else coming"

Perfect! Majority come alone, because
they need this trip for themselves.
Plus that's how lifelong surf sisters are
made. You'll leave with new friends



Jenny's Feedback

Zero surf skills, zero arm strength but 100% determination to do it ALL and throw myself into the deep end physically, mentally and socially. This is how I would describe my thoughts coming into the SOS retreat. I've never experienced an overseas retreat before nor have I travelled without my family in tow, so this trip was massive for me. From day one we were welcomed with open arms by Tayla and Ofriani and I started to make connections with the rest of the girl gang, who I found, like me had similar fears coming into this retreat. Over the first few days these fears washed away. The support and encouragement provided by the girls, SOS team and surf trainers truly made the experience fun.

Day one in Lombok was spent attempting to catch atleast one wave - i just couldn't get it. This didn't mean I was failing, it showed I was still learning and this is what the trip is all about! Having lessons every day in beautiful locations allowed me to build confidence and skills and before you know it I was actually riding waves and having my 'blue crush' moment!

We sang around the beach bonfire, ate local food with our hands, danced at a beach club, cried together with happiness - all while becoming the surfer girls we had envisioned coming into this trip.

This trip was a massive reset for me, I've come home feeling like a calmer mother and wife and like I have a new hobby I never thought possible 🏄♀️

PRIVATE ROOM & SOS PACKAGE

7 Nights in your own queen room
+ 8 Day SOS Package Inclusions

\$3500

6 spots available

\$499 Deposit

Pay off until April 2026



BOOK NOW TO SECURE YOUR SPOT!

