

A full-page background image of a surfer in a dark wetsuit riding a large, curling wave. The wave is a vibrant green color, and the surfer is positioned in the lower-middle part of the frame, riding the face of the wave. The sky is a clear, light blue.

Shoalhaven

SOUTH COAST - NSW

SURFING

Featuring
Tyler Wright
former world
champion
surfer

MANY BREAKS - ONE DESTINATION

Acknowledgement of Country

We acknowledge all Aboriginal people of the Shoalhaven, the Bhwerawerri, Budawang, Jerrinja, Murramarang, Tomikin, Wandiwandian, Wodiwodi, Yuin and associated clans of which many are Dhurga and Dharawal language speakers. We value their long rich, cultural and spiritual connections to the Shoalhaven area.

As you journey through the Shoalhaven, absorb the beauty of the land, its magnificent landscapes, spectacular waterways and abundance of native flora and fauna. Travel thoughtfully and respectfully, remembering the footsteps of the ancestors who walked this land before you, and those who will follow.

Contents

- 5 Forward by Tyler Wright
- 6 Family Surf Holidays
- 9 Breeding Ground of Champions
- 11 A Coast With Every Break
- 12 Stand Up Paddle Boarding
- 14 Kite Surfing
- 17 Road Trip
- 18 Map
- 20 Surf Spots
- 30 Surf Directory
- 32 Beach Safety
- 34 Surf Etiquette

#SURFSHOALHAVEN

"There's truly no place I
enjoy coming back to more
than the Shoalhaven region"



Foreword Tyler Wright

From Culburra Beach, Shoalhaven NSW | Former World Champion

In all my years of travel and all the places I've seen and experienced, there's truly no place I enjoy coming back to more than the Shoalhaven region.

Having spent the first 20 years of my life growing up surfing the beaches and reefs between Culburra and Bawley Point, I can say firsthand how much the Shoalhaven area contributed to my development as a professional surfer as well as countless others, like my brothers Owen and Mikey and the Watson brothers.

Some of my fondest memories are of daily surfing sessions with my brothers and my sister Kirby around Culburra. At the time, we couldn't comprehend that we'd all end up where we are now. We were just over the moon to be out there with everyone at our local beach.

These days, there's no other place I'd rather call home and whenever I'm in the country, I'm constantly searching for waves, experiencing the area and surfing in Culburra Boardriders Club Meets. No matter what time of year it is, or whatever swell and wind combinations are on hand, you can always be guaranteed to find some decent surf in the area. It will always be home to me.

So, if you're visiting the area – it doesn't matter what level your surfing skillset is – you can rest assured you'll find exactly what you need to learn, play and excel.

Tyler Wright

"To have your kids come home from school and all they want to do is go for a surf with you and catch a bunch of waves together, it really doesn't get any better."

Garth Dickenson, Pilgrim's Café

Family Surf Holidays

There's nothing quite like the rush of standing up on your first wave. Whether it's at surf school, a playful paddle on holidays, or a lifelong pursuit, there is something pure about the connection with the wave and mother nature that you'll want to share and make a family tradition.

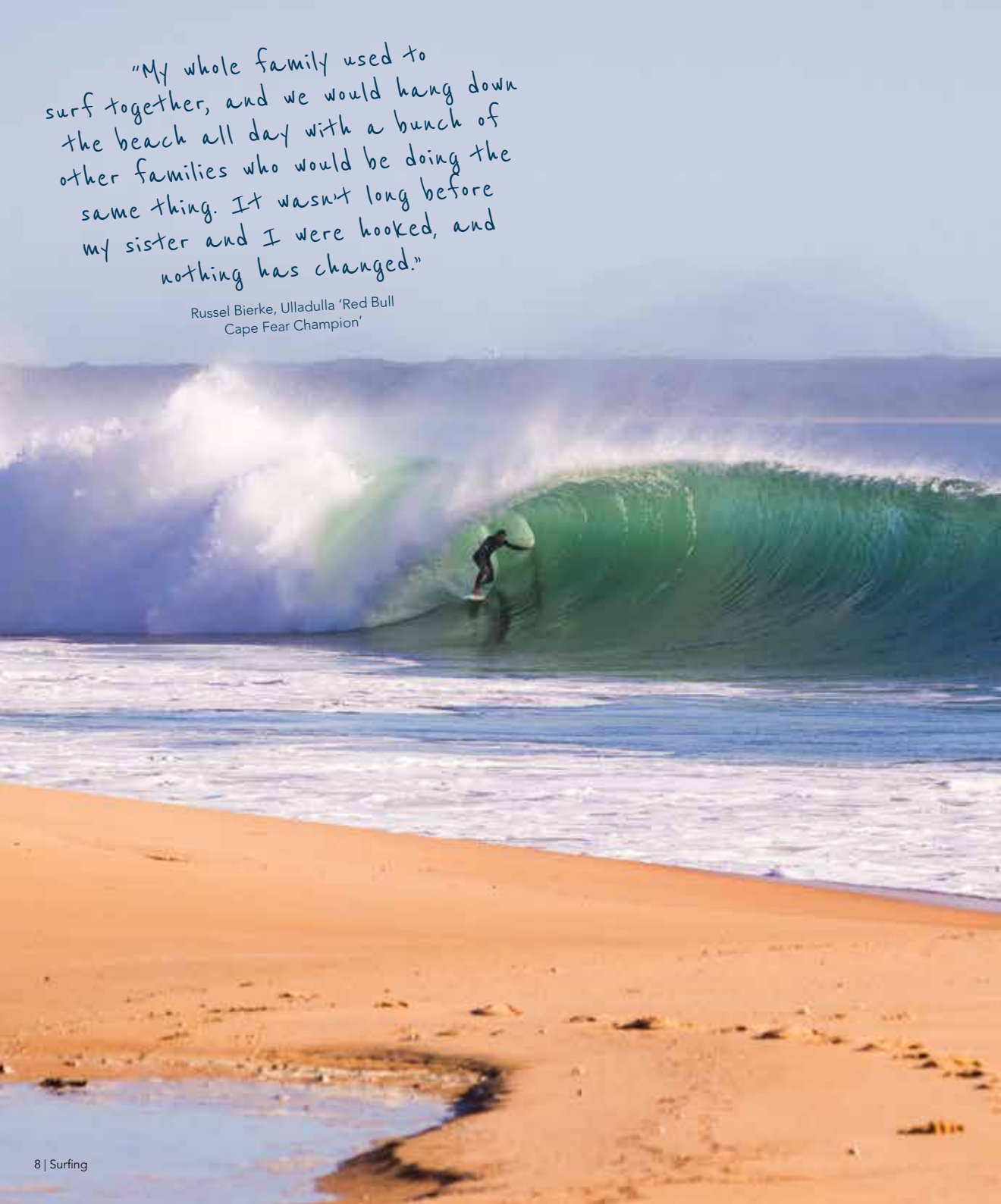
Surfing is a great way to spend meaningful time with your kids. Garth Dickenson, originator of Milton's iconic Pilgrims Vegetarian Café, is a former professional surfer and father of three. His family has enjoyed the same lifestyle and opportunities he was fortunate enough to have had as a kid, with all three of his children becoming keen surfers. Garth and his partner Martha enjoy quality time in the surf as a family. "It's hard to put into words, it's a feeling of pure joy and excitement" he says.

Shoalhaven is also a very popular destination for learning to surf. Lessons offer a fun and relaxed way to be safely introduced to surfing and the overall dynamics of the ocean. All Shoalhaven surf schools offer friendly, qualified instructors and a full range of equipment to cater for different needs and ability levels. Lessons are generally held in the most protected, user-friendly areas of the beach, allowing for an enjoyable and relaxed experience. You'll find classes available all year round, with school holiday package deals and surf safari tours available with local schools.



"My whole family used to surf together, and we would hang down the beach all day with a bunch of other families who would be doing the same thing. It wasn't long before my sister and I were hooked, and nothing has changed."

Russel Bierke, Ulladulla 'Red Bull Cape Fear Champion'



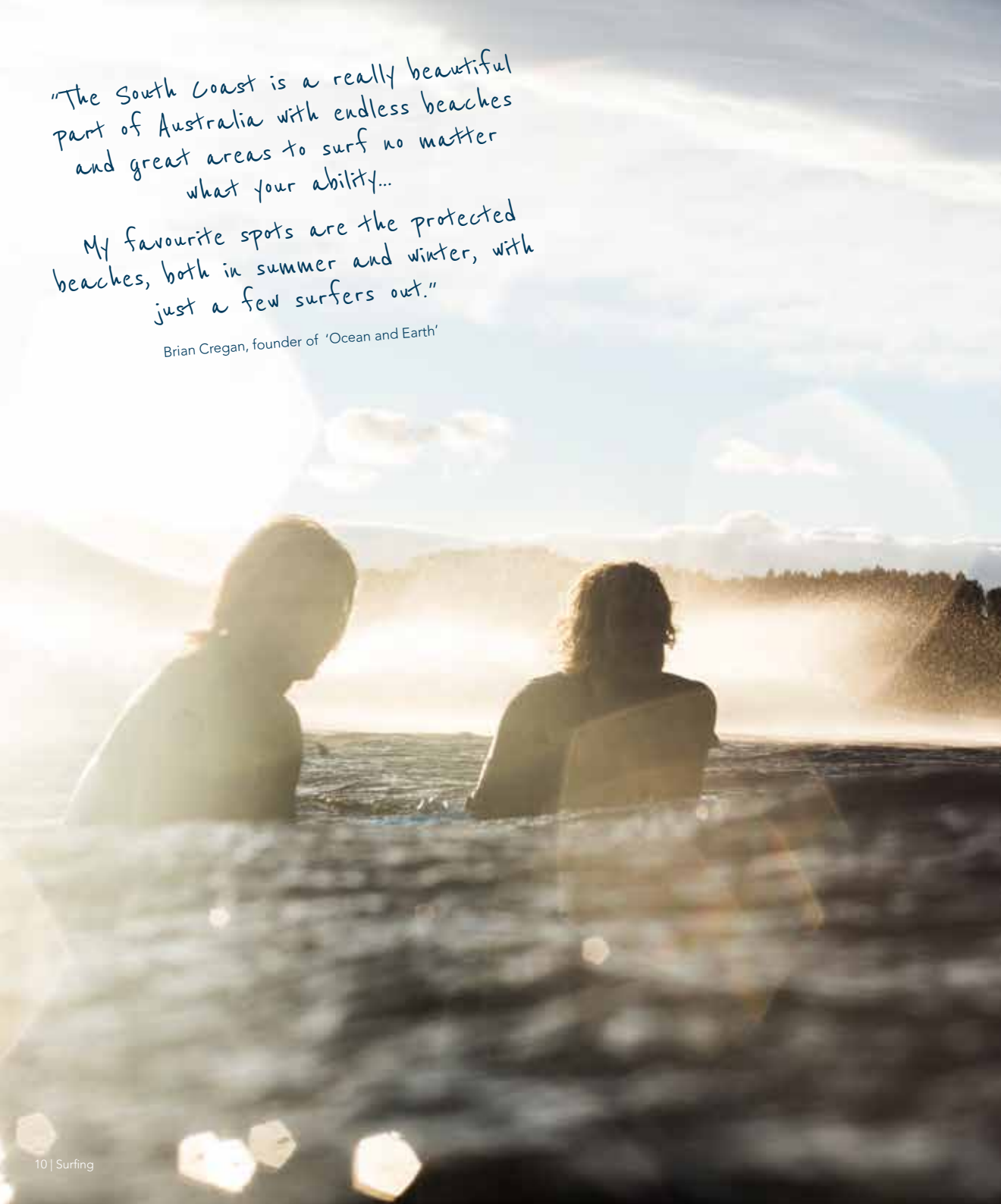
Breeding Ground of Champions

It's not by coincidence that a host of Shoalhaven surfers are labelled amongst the best, most versatile and fearless in the world.

The waves, environment and community support are all contributing factors to the growing level of talent. The emergence of world-class surfers from the area has rightfully put Shoalhaven on the surfing map. Two home grown surfing families currently flying the flag are the Wright and Bierke families.

The Wrights are a surfing prodigal family hailing from Culburra Beach, consisting of siblings Tim, Kirby, Owen, Tyler and Mikey. Like most who begin, they started out surfing together as a family unit on the nearby beaches and competing in the local boardriders club. Tyler is two times Women's World Champion (2016, 2017). The youngest, Mikey, has established himself as one of the most exciting and innovative freesurfers on the planet, now also competing on the world stage. Owen is an inspiring competitive veteran, having cemented his place on the World Championship Tour for many years, finishing an impressive third in 2011 and coming back in 2017 from a potential career ending injury. He went on to win a bronze medal at the 2020 Tokyo Olympics.

Residing in Ulladulla, the Bierke family moved to Australia from Hawaii in 2001. Lured by the waves and opportunities of the South Coast, they chose to stay put. In his twenties, Russell Bierke is one of Australia's leading big wave surfers and is a serious contender on the Big Wave World Tour. Riding a board shaped by his father, he took out the Red Bull Cape Fear Challenge in some of the scariest waves ever surfed in competition.



"The South Coast is a really beautiful part of Australia with endless beaches and great areas to surf no matter what your ability...

My favourite spots are the protected beaches, both in summer and winter, with just a few surfers out."

Brian Cregan, founder of 'Ocean and Earth'

A Coast With Every Break

With an abundance of isolated coastline, consisting of swell exposed beaches and protected coves, you are free to move at your own pace.

Although widely known for its reef breaks and bommies, there are endless options to suit all calibres of surfer. Beginner and intermediate level surfers have the opportunity to progress their skills while enjoying a range of slow paced, even breaking waves with the added safety of a channel.

Surf your days away whilst being surrounded by playful dolphins, untouched national park and breathtakingly beautiful landscapes. The lineups are generally shared by an assortment of friendly faces, ranging from frothing grommets, energetic teenagers, seasoned veterans to family duos. Surfing goes hand in hand with clean living, and both the waters and coastlines of Shoalhaven are no exception. Surrounded by unspoilt beaches and marine reserves, if you're up for adventure and exploration, you're bound to be rewarded. Trading waves with your friends and family with no one else in sight are some of the most pure moments you can possibly experience.

The heart of surf culture is alive and beating on the shores of the Shoalhaven. Being blessed with a rich history of exploration, hard work and passion, it helped form a sustainable and innovative surf scene with endless opportunities. Brian Cregan, founder of Ocean and Earth, began his now globally recognised company in the sleepy surf town of Sussex Inlet. True to their roots, Ocean and Earth now give back to the local surf community by hosting a number of annual surfing events and supporting nationwide talent.

"All you really need is a body of water - you don't need waves or anything to just have a go at it."

Stand Up Paddle Boarding

Stand up paddle boarding (affectionately known as SUP) is the latest craze in surfing and water sport.

Professional stand up paddle boarder (2017 Open Mens Australian SUP Surfing Champion) and Shoalhaven local, Kai Bates, told us the reason SUP is becoming so popular is because it is accessible and easy to learn.

"All you really need is a body of water – you don't need waves or anything to just have a go at it.

"Shoalhaven has so many pristine beaches and marine reserves. Jervis Bay is just one name off the top of my head that's so beautiful. For paddle boarding, there's a lot of rivers, estuaries and entrances that make it easy for people to access the water.

"One of my favourite SUP experiences was up north near Shoalhaven Heads where the wind was offshore, water really warm and no one around except me and my mates. Another great time was at Narrawallee river mouth with my family. The water was glassy that day and it was just good times with family, not having any worries, just being in the pristine water with no one else around."

SUP is easy to learn, with hire boards and lessons readily available. As an activity it is relaxing whilst providing a full body workout. Paddlers also love the great view into the water that the standing position provides. You can see fish, dolphins, stingrays, and even seals whilst gliding across the crystal clear waters of the Shoalhaven.



Narrawallee Inlet

"Consistent winds, clean beaches, a friendly vibe, and it's not too crowded. We have it all."

Kitesurfing

When the right wind is up, it's prime time for kitesurfing

Kitesurfing is another popular water activity here in the Shoalhaven for those who have their own gear. The most popular spot by far is Collingwood Beach, near the Moona Moona Creek entrance in Jervis Bay. The conditions there are fairly consistent after 10am when the nor'easter is up. You may also catch this wind on the northern side of Jervis Bay along the white sand of Callala Beach. It's stunning, and six kilometres long so there is room for everybody. Further south it's been told kitesurfers can have a bit of fun in the right conditions at Narrawallee Beach, Mollymook Beach and also at Lake Tabourie.





ROAD TRIP

Imagine this: you're driving down the Shoalhaven coast with surfboards on the roof, you've got your ultimate surf shack booked for the weekend, and the tunes are pumping. There's a few spots you have to check out to really start feeling the surf vibes and earn the respect of the local surfers.

DAY 1

10am: Surf check at Shoalhaven Heads. Nearby Comerong Island is pretty much uninhabited and you can walk/paddle there from the beach at Shoalhaven Heads. A truly unspoilt beach break!

1pm: Lunch at 'The Heads' pub, it's family friendly and they do a great schnitty!

3pm: Eat oysters at Greenwell Point. Down on Greens Rd, you can get them freshly shucked at Jim Wilds Oysters.

4pm: Surf check at Culburra Beach. The town that's raised surfing legends like Tyler and Owen Wright is definitely worth exploring.

5pm: Head to your ultimate surf shack! The best areas for accommodation a short walk from very decent surf are Culburra Beach, Mollymook, Bendalong or Bawley Point (especially if you are a body boarder who likes a fast, barrelling wave).

DAY 2

7am: Surf check at Mollymook, get in before the wind gets up!

9am: Brekkie in Milton. Make sure you check out Pilgrims Café where surfboards line the walls, the fresh juices are named after local surf breaks and the barista can recommend where the surf's pumping that day. If you're in a hurry grab a tasty pie from Hayden's Pies in Ulladulla.

12pm: Try stand up paddle boarding at Jervis Bay. The bay has some of the whitest sands and clearest water in the world, you're likely to get right up close to dolphins, seals and other beautiful sea creatures.

3pm: Surf check at Cudmirrah (near Sussex Inlet). Make sure you check out the views of Didthul Pigeon House Mountain (Balgan) from the beach.

5pm: Head back south to Harvest Bar in Milton or some pub grub in Milton or Ulladulla and have a beer while you plan the next day's activities!

Be sure to share
your surf road trip
adventures with us!
#surfshoalhaven



Shoalhaven

SOUTH COAST - NSW



"It's an awesome surf community here who are supportive towards its surfers, after travelling the globe I find this rare and unique... We are blessed with some fantastic cafés, my favourites are Pilgrims and Milk Haus."

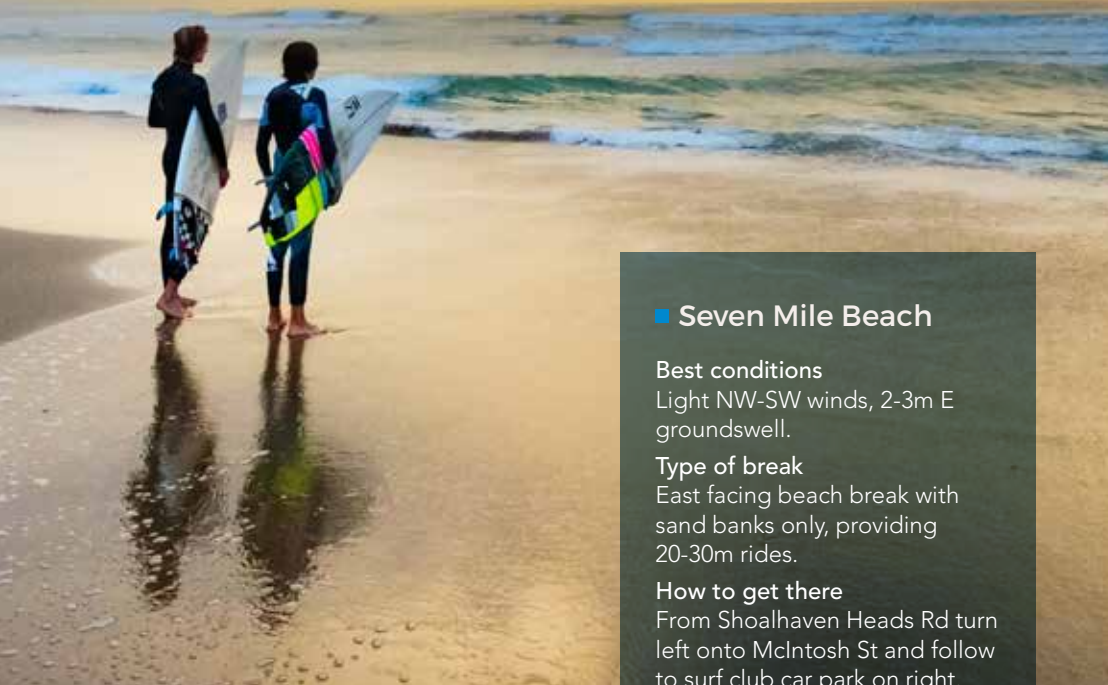
Rubie Reents, Aspiring Pro Surfer



For our online map of surf spots visit:
shoalhaven.com/surf

"When you're exploring on a road trip the best tip I can give is to drive down every dirt track you see, you never know what kind of wave could be at the end!"

Russel Bierke, Ulladulla 'Red Bull Cape Fear Champion'



■ Seven Mile Beach

Best conditions
Light NW-SW winds, 2-3m E groundswell.

Type of break
East facing beach break with sand banks only, providing 20-30m rides.

How to get there
From Shoalhaven Heads Rd turn left onto McIntosh St and follow to surf club car park on right.

From left:
Culburra Beach,
Crookhaven Heads,
Comerong Island



◆ Comerong Island (Commie)

Best conditions
Light to moderate S-SE winds, up to 3m NE groundswell.

Type of break
NE facing, breakwall, peaky take off with wide right hander barrel.

How to get there
From Nowra follow Moss St along the river then cross with the car ferry onto Comerong Island (\$11 EFTPOS only, ferry runs between 6am and 10pm), or paddle across from Seven Mile Beach.

■ Crookhaven Heads (Crooky)

Best conditions
Light W winds, 2-3m E groundswell.

Type of break
East facing, reef break with long left hander (30m rides).

How to get there
From Culburra Beach follow Prince Edward Ave and access from car park on your first right turn just before the headland.

KEY TO BREAKS

● Easiest ■ Intermediate ◆ Expert

● Culburra Beach

Best conditions
Light W winds, peaky 2-3m E-SE groundswell.

Type of break
NE facing, beach break with many sand bars.

How to get there
Take any street off Penguin Head Rd or Prince Edward Ave.

◆ Culburra Main/Warrain Beach (Culburra Surf Club)

Best conditions
Light W winds, up to 3m E-SE groundswell.

Type of break
East facing, three waves: solid shore break ideal for bodyboarders, reef break ideal for surfers and bodyboarders and further down from the Surf Lifesaving Club "The Lake" which has very good sand bars year-round. This beach can be protected from NE wind by the headland.

How to get there
From Duke St turn right onto Eastborne Ave then left onto Farrant Ave and park at the surf club.

■ Windy Gully (Currarong Road)

Best conditions

Light SW-S winds, solid 2-3m NE groundswell.

Type of break

NE facing, numerous beach breaks and a selection of hollow reef breaks.

How to get there

From Coonemia Rd turn left onto Currarong Rd. There are unsigned walking trails on the left that lead down to Windy Gully.

◆ Taboo (Sussex Inlet Point)

Best conditions

Light NW-W winds, peaky 3m E groundswell.

Type of break

SE facing, long, hollow left hander with shallow reef.

How to get there

From Sussex Inlet Rd turn right onto Government Rd. Before the surf club turn left onto unsigned dirt road, follow past first car park to next car park and walk down the track.

● Cave Beach (Booderee)

Best conditions

Light NW-NE winds, peaky SE swell.

Type of break

South facing, remote beach break with long right-hander off the point.

How to get there

Booderee National Park at Jervis Bay. Park entry fees apply. Turn right onto Cave Beach Road, follow to car park and walk 5 minutes to the beach. Booderee Visitors Centre (02) 4443 0977, opening times may apply to Caves Beach.

● Conneeleys (Sussex Surf Club)

Best conditions

Light NW-W winds, 2-3m E-SE groundswell.

Type of break

SE facing, 30m left hander over reef and beach with wide barrels.

How to get there

From Sussex Inlet Rd turn right onto Government Rd. Turn left onto unsigned dirt trail and park at first car park for reef break, or park at surf club further along Government Rd.

Aussie Pipe

Aussie Pipe is a well-known break accessed via Booderee National Park, however it is located on private land owned by the local Aboriginal Wreck Bay community. The area around the beach is of cultural significance to the community and access via the land is trespassing. For those hard core surfers who can't miss the spot, you can legally access the break from the water via boat or seek permission from the local community.



Huskisson
(Bay breaks during
NE winds)



From left: Cave
Beach, Sussex
Inlet SUP Festival,
Sussex Inlet



From left: Green Island, Fur Seal at Narrawallee, Bendalong - Red Point

■ Inyadda Beach (Bendalong)

Bendalong back beach is a beach break with quality sand banks known as a 'swell magnet'. The car park and lookout can be accessed at the end of Bendalong Rd on the right hand side.

Best conditions

Light NE-NW winds, E-SE groundswell.

Type of break

SE facing, beach breaks with range of waves.

How to get there

In Bendalong, park at entrance of Bendalong Tourist Park and walk to beach. You can also access the south end via Sunset Strip in Manyana.

● Narrawallee Beach

Best conditions

Light W-SW winds, 1-2m E groundswell & N swell.

Type of break

East facing, beach breaks. Good for beginners.

How to get there

Follow Matron Porter Dr to Surfers Ave for parking, or try Victor Ave.

◆ Green Island (Cunjurong Point)

Can be accessed from Conjola main beach or south of Manyana at Cunjurong Point. Easiest access is from Cunjurong Point where the car park has a lookout. The reef break on the south side of the island is a long left hander popular with longboarders. It is best on a midsize south swell and NW-NE winds.

Best conditions

Light NE-NW winds, 2-3m S-SE groundswell.

Type of break

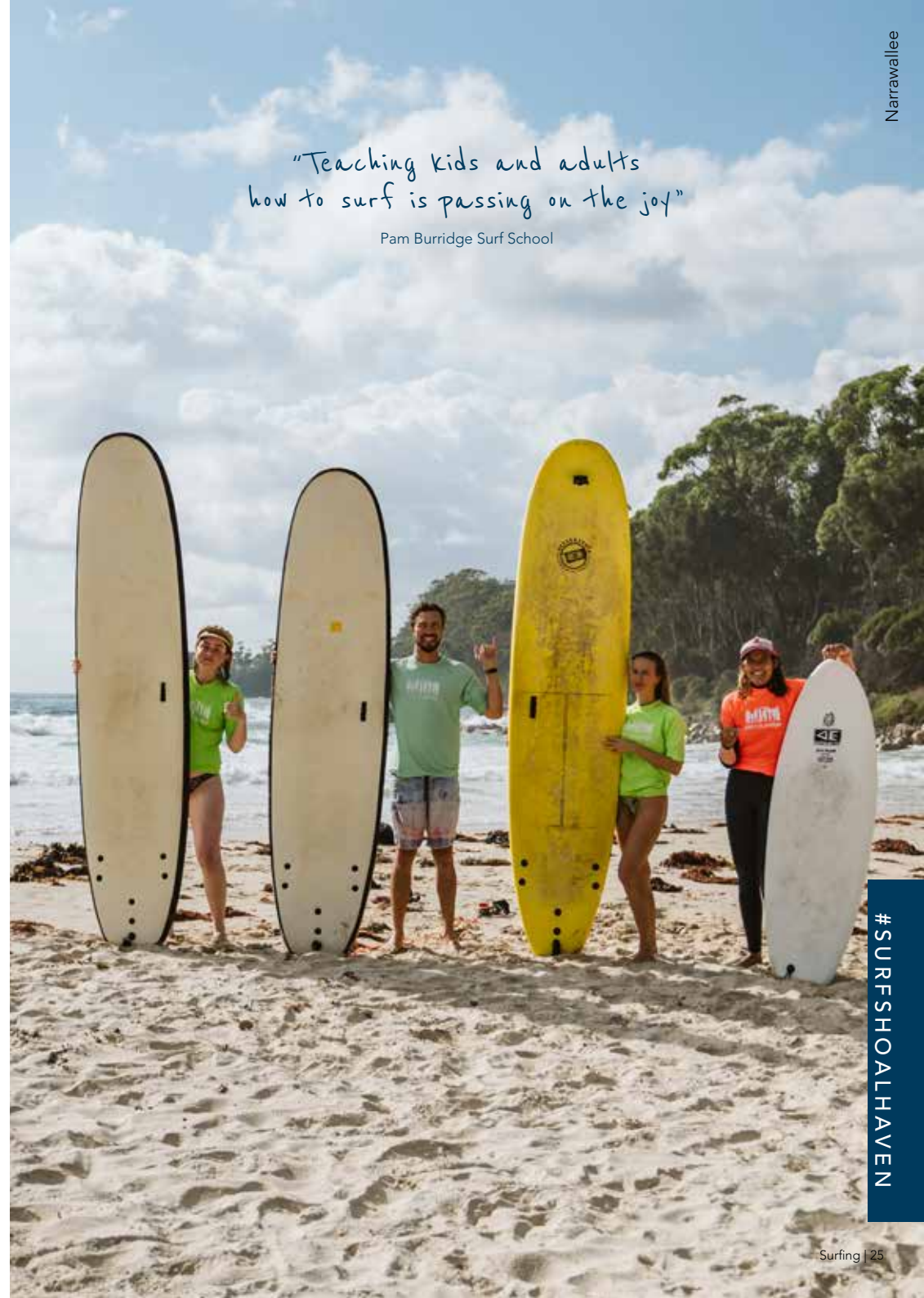
ESE facing, popular longboarder's wave, long 40-50m rides with the occasional barrel.

How to get there

From Bendalong Rd take Inyadda Dr, then Curver Dr, then Cunjurong Point Rd to Cunjurong Point. Park in the car park at the end of Ottawa St.

"Teaching kids and adults how to surf is passing on the joy"

Pam Burrige Surf School



"My favourite is waking up in the dark on winter mornings and getting to the spot where the waves are pumping... My dad taught me to surf when I was 9 years old in Mollymook."

Elliot Marshall, 'local ripper'

■ Mollymook Beach

Best conditions

Light NW-SW winds, 1-3m E groundswell.

Type of break

East facing, beach and reef breaks offering a range of good waves. Beginner to advanced.

How to get there

Turn off Princes Hwy onto Golf Ave. Continue onto Shepherd St then Mitchell Pde. Park at south end for flagged area or keep going to beachside parking for reef.

From left: Rennies, Mollymook, Rennies



◆ Golf Course Reef

Affectionately known as 'Golfy', the Golf Course reef break can be accessed via Riversdale Ave which goes through the middle of Mollymook golf course (watch out for golf balls!).

Best conditions

Light W-SW winds, peaky 2-3m S-SE groundswell.

Type of break

East facing, 2 popular reef breaks, one left hander and one right hander offering 30-50m rides with barrel sections.

How to get there

From Princes Hwy take Golf Ave turn onto Riversdale Ave and cross the golf course. Turn left into Burleigh Way and park at the water's edge. The reef breaks are just in front of and to the right of the car park.

◆ Ulladulla Bommie

Ulladulla Bommie breaks less often and is recommended for experienced surfers only as it breaks over shallow rocks and reef and can be heavy in large swell.

Best conditions

NW-NE winds, bigger S groundswell.

Type of break

Long, fast, right handed reef break.

How to get there

Accessed from Warden head Reserve car park off Deering St, Ulladulla 300m from the lighthouse.

■ Rennies

Rennies Beach in Ulladulla is a popular spot in smaller swell and is known for being good in a large range of conditions.

Best conditions


E-S swell and W-NE winds.

Type of break

Beach break, often has good sandbanks. Can get quite strong currents.

How to get there

Access down steep stairs from the car park on Rennies Beach Cl.



From left: Dolphin Point, Bawley Point Beach, Guillotines break

◆ Dolphin Point

Dolphin Point is a reef break recommended for advanced surfers as it can get quite heavy in bigger swells. It can be accessed from a car park on Seaside Pde, Dolphin Point, which also has a viewing platform for checking the surf before making the walk down.

Best conditions

S swell and W-SW winds.

Type of break

Left and right reef break.

How to get there

Accessed from a car park on Seaside Pde, Dolphin Point.

◆ Dum-Dums (Lake Tabourie)

Best conditions

Light NW-W winds, peaky 2-3m ESE groundswell.

Type of break

SE facing, shallow and hollow right hander reef break with 20-30m rides.

How to get there

Turn off Princes Hwy at Lake Tabourie onto River Road. Turn right onto Oak Ave, then Beach St. Continue until you reach the car park and walk 2 minutes to beach.

◆ Bawley Point (Guillotines)

Located on the southern end of Bawley Beach – a popular surf spot for learners. It has two breaks, Guillotines on the northern point is a fast, shallow, barrelling reef break popular with local bodyboarders and surfers in bigger swell. The southern point of the headland is a longer right handed point break.

Best conditions


W-SW winds, NE swell (Guillotines).

Type of break

Beach and reef breaks.

How to get there

From Princes Hwy follow Bawley Point Rd. Turn right on Murrarmarang Rd then left on Tingira Dr. Take first left for Bawley Beach/Guillotines, continue out to headland for Bawley Point.



"I just love finding some perfect little peaks at any of the beaches and hiding in barrels all day - it'll leave me with a smile for days."

Bradley Parsons - Local Surfing Legend

● Gannet Beach

Gannet Beach in Bawley Point has beginner's waves on the beach and more advanced waves breaking off the headlands at either end.

Best conditions

SW winds, E-NE swell.

How to get there

From Murramarang Rd in Bawley Point, turn left onto Lurnea Ave then park on Malibu Dr.

■ Pretty Beach

Located in the beautiful Murramarang National Park with great camping nearby.

Best conditions

SE swell, NE-W wind.

How to get there

From Bawley Point follow Murramarang Rd, slight left onto Merry Beach Rd, right onto Pretty Beach Rd and access via Pretty Beach campground. Fees apply.

■ North Durras

Consistent sand banks great for intermediate surfers.

Best conditions

SE swell, N-W winds.

How to get there

From Princes Hwy turn onto Mount Agony Rd then right onto North Durras Rd.

■ Depot Beach

Consistent sand banks and an advanced reef break which breaks in big swells.

Best conditions

N to SE swell, W - S winds.

How to get there

From Princes Hwy turn onto Mount Agony Rd then right onto North Durras Rd and left onto Depot Beach Rd.



Pretty Beach

SERVICE DIRECTORY

SURFING RETAIL

CULBURRA BEACH		
Busted Surf Co	facebook.com/BUSTEDSURF/	02 4402 9091
Entity Surfboards	entitysurfboards.com.au	0423 987 492
HUSKISSON		
Aquatique	aquatique.com.au	02 4441 5530
MILTON		
Akwa Surf Shop	akwasurf.com.au	02 4454 5222
NOWRA		
Aquatique Junction Street	aquatique.com.au	02 4421 8159
Bush Surf	bushsurf.com.au	02 4421 4088
SUSSEX INLET		
Ocean & Earth Factory Outlet	oceanearth.com	02 4441 2482
ULLADULLA		
Bush Surf	bushsurf.com.au	02 4454 4149
Kirk Bierke Surfboards	kbsurf.com	0401 085 262
Mick Mackie Surfboards	mackiesurfboards.com.au	0490 173 305
Rip Curl Ulladulla	ripcurl.com	02 4454 4904
Southern Man Surf Shop	southernman.com.au	02 4454 0343

SURF & SUP SCHOOLS

CULBURRA BEACH		
Busted Surf Co	facebook.com/BUSTEDSURF/	02 4402 9091
Culburra Beach Surf School	culburraeachsurfschool.com	0435 336 195
CURRARONG		
Currarong Surf School	currarongsurfschool.com.au	0423 454 722
HUSKISSON		
Jervis Bay Kayak & Paddlesports	jervisbaykayaks.com.au	02 4441 7157
Jervis Bay Sea Sports	jervisbayseasports.com.au	02 4441 5255
Jervis Bay Wild	jervisbaywild.com.au	02 4441 7002
JERVIS BAY		
JB Surf School	jbsurfschool.com.au	0449 266 994
MOLLYMOOK		
Coastal Paddle Surf	coastalpaddlesurf.com.au	0449 672 645
Mollymook Beach Surf School	mollymookbeachsurfschool.com	0411 392 221
Pam Burr ridge Surf School	pamburridge.com	0409 767 176
NARRAWALLEE		
Coastal Paddle Surf	coastalpaddle.com.au	0449 672 645
SUSSEX INLET		
Sussex Inlet Stand Up Paddle	sussexinletsup.com	0421 120 376
ULLADULLA		
Bush Surfaris Ulladulla	bushsurfaris.com	0411 392 221
Walking on Water and Ulladulla Surf School	wow-watersports.com.au	0417 360 791

Shoalhaven
100 BEACH
CHALLENGE

100BeachChallenge.com

With over 170km of coastline and 100 beaches, it's time to awaken your inner explorer and go on an adventure to the best beaches on Earth.



#100beachchallenge

#Shoalhaven

@visitshoalhaven

Beach Safety

To have as much fun as possible while you're in the water, it's important to understand these surf safety tips:

- ✓ In an emergency at the beach, ring triple zero (000)
- ✓ For information on beach conditions or to find a patrolled beach near you, check out beachsafe.com or download the mobile app.
- ✓ Wear sunscreen, seek shade and keep hydrated
- ✓ If you haven't surfed before, take a lesson
- ✓ Check the swell and wind conditions before you head out. A beginner friendly beach or even an ocean bay will sometimes still have big waves which are not suitable for beginners in big swells or strong winds
- ✓ Make sure you understand rips and currents before you head out
- ✓ Go with a friend
- ✓ Wear a leg-rope
- ✓ Look and take notice of the signs at the beach
- ✓ The surf is unpredictable and can change quickly, continue to monitor the conditions while you are out there
- ✓ Pick a spot on the beach as a reference point to make sure you aren't drifting too far
- ✓ If you need help, stay calm and attract attention by raising your arm above your head

Some beaches of the Shoalhaven are patrolled during peak periods.

Patrols are from 9am to 5pm at each location and includes public holidays. For lifeguard patrol times and locations, safety tips, swell, wind and weather reports at Shoalhaven beaches head to beachsafe.org.au.



Scan here for
Patrolled Beaches

SURF ETIQUETTE



1. START OFF IN THE WHITE WATER AND KNOW YOUR LIMITS

When you are ready to try green waves, go when the waves are small, gentle, slow spilling and where there are less crowds. We recommend taking a lesson with any of our wonderful surf schools.



2. DON'T DROP IN

The person who is on the 'inside' of the wave has right of way, this means the person closest to where the wave is breaking or the peak of the wave. 'Dropping in' is taking off on a wave that someone is already riding, and is a sure way to anger fellow surfers. Best to relax, enjoy the ocean and wait your turn.



3. PADDLE OUT WHERE IT'S CLEAR

When you are paddling out the back, try to stay out of the way of surfers by paddling wide where the waves aren't breaking. If you do get caught on the inside stay near the white water to avoid getting in the path of a surfer riding a wave (or getting run over).



4. DON'T LET GO OF YOUR BOARD

Surfboards are heavy and can be very dangerous if you let them go, especially around other people who aren't aware of what you're doing. Always wear a leg rope and take a lesson to learn how to Eskimo roll or duck dive.



5. WAIT YOUR TURN

The Shoalhaven has a friendly, relaxed surf culture. Paddle out and find your own space and wait for a few other surfers to go before paddling into position. It's a good way to earn the respect of local surfers as well as getting a feel for what the waves are doing and watching for the best spot to take off.



6. COMMIT TO THE WAVE

Once you have committed to catching a wave, paddle hard, because once you're off you're back to the end of the line-up, even if you don't successfully catch the wave. If you're on the inside of a wave but you think the person next to you is in a better spot, call them to go for the wave while you hang back and wait for the next one. You'll find that communicating like this with other surfers creates a good vibe in the water.



We treasure our beaches and crystal-clear bays, while you're here, join in with the 'take 3 for the sea' movement that locals are passionate about and help keep our waterways pristine.

Shoalhaven

SOUTH COAST - NSW



@visitshoalhaven
#surfshoalhaven
shoalhaven.com/surf

revised May 2023