



The surf scene in Nova Scotia is a complete year-round deal. With the extensive and varied coastline, you'll find the waves you want somewhere in the province on any given day. September, with its moderate temperatures and juicy hurricane-season swell is prime time, but the hardcore thrill riders love those wicked waves of winter. The local surfers will welcome you warmly especially at popular spots like White Point, Martinique and Lawrencetown Beach. There are many charted breaks particularly in and around Halifax, and yet there are still plenty of opportunities to explore your own secret sites.

Find top quality surf shops with the big names you love along with lessons and rentals if you need them. Learn-to-surf packages are available from surf outfitters and from some accommodations operators. And summer surf camps and events like the September Storm Classic featuring international competitors and serious corporate sponsorship.

Nova Scotia is gaining international recognition as a great surfing destination. The province possesses thousands of kilometers of coastline, and a topography that gives up everything the ocean needs to form sweet breaks (drumlins from the last Ice Age, long peninsulas, curving bays, and rugged mountains). Whether you are a tow-in surfer looking for hurricane-generated twelve-foot Tahitian-style barrels or an average surf hound seeking one of those fabled breaks that peel for nigh onto a kilometer, you are going to be glad you brought your board to Nova Scotia.

“FREE” Things To Do in Nova Scotia ...

- * Watch the tidal bore come in and experience the highest tides in the world
- * Comb our beaches for sanddollars, clam shells, periwinkles and more!
- * Pick your own apples ... Cortlands, MacIntosh, Honey-crisp, Jonagold ...
- * Climb the rocks at Peggy's Cove to the only post office in Canada operating in a lighthouse!
- * Join in a family square dance in Glencoe Mills!

One Life Surf School is Eastern Canada's first women's surf school offering instruction for both groups and individuals. Inspired by the ocean, One Life Surf School has been spearheaded by a collective of women who love surfing. Services include environmental workshops, surf camps, apparel, professional development, leadership training, and self-care such as massage therapy, yoga, and reiki therapy. The sky is the limit! One Life Surf School is about unity, empowerment, education, respect, laughter, salty hair, sand between your toes, happiness, creativity, and so much more!