



Imbok

SURF HOUSE INDONESIA

Information Guide 2024





In This Guide:

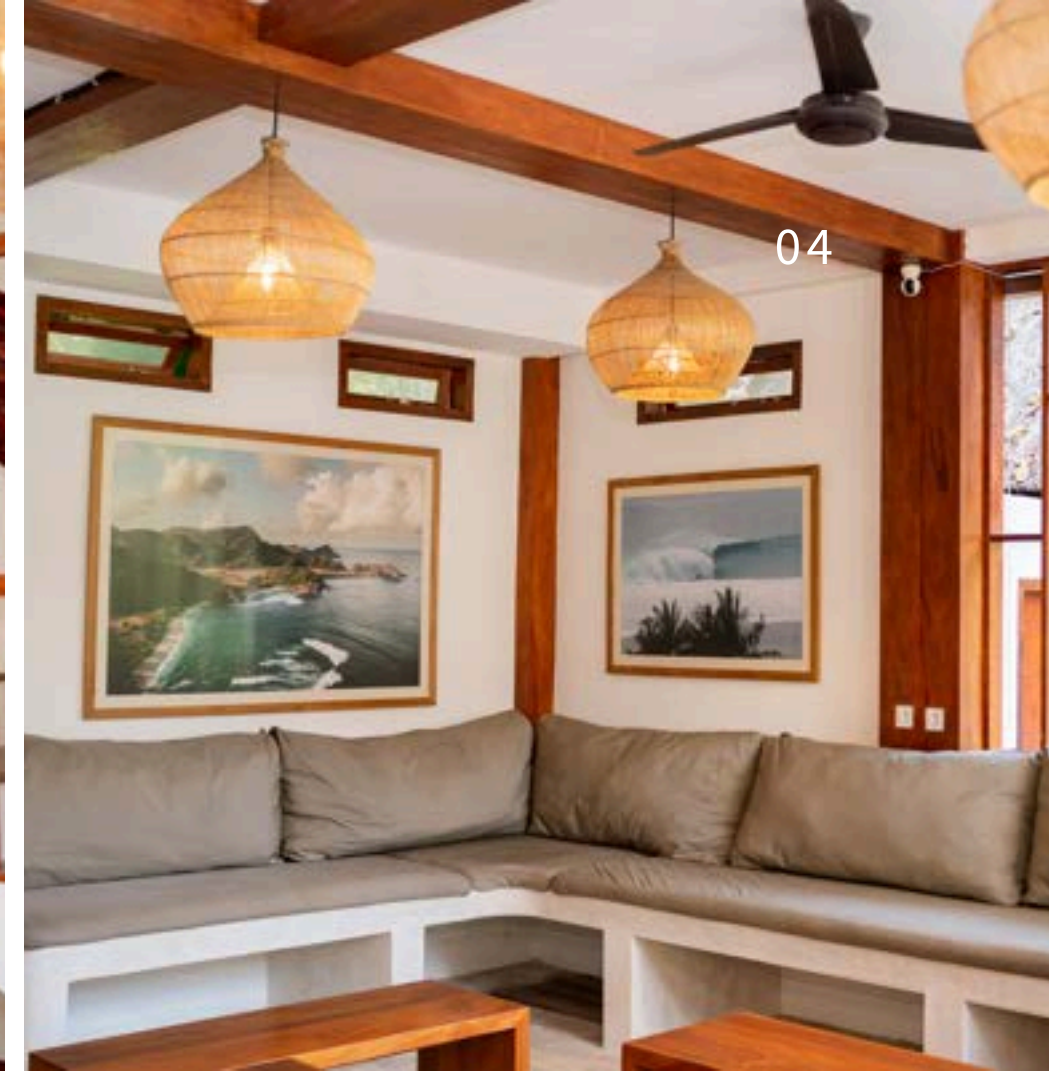
Your Home in Lombok.....	P. 4
What is included in a week.....	P.5
Weekly Schedule.....	P.6
A typical day at LMBK.....	P.7
Food and Drinks.....	P.8
Surfing Safety.....	P.10
Surfing Etiquette.....	P.11
Meet Some of the LMBK Family.....	P.12
Traveling to Lombok.....	P.15
Your Stay at LMBK.....	P.16
Policies to Note.....	P.17
Contact Details.....	P.18

Your Home in Lombok

Centrally located in Kuta, Lombok, our beautiful property is a calm oasis to recharge, relax and connect before a full week of surfing the best waves in Lombok.

Every day you will have the opportunity to surf with our world class instructors. There will never be more than two students per instructor and we create groups based on skill level, so you will always be surfing waves suitable for your skill level and surfing goals. Throughout the week, our guides will instruct you in and out of the water, with coaching, surf theory lessons, and photo analysis reviews. Whether you've been surfing for years or catching your first wave, our goal at LMBK is to set you up for future success and increase your overall confidence in surfing.

At LMBK we bring the community together to advance the sport of Surfing and make the experience better for all those who love the ocean.



What's Included in a week at LMBK?











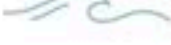























Included in the surf package is daily breakfast, guided surf instruction, daily coaching, photo analysis (twice per week), sunset trips, board rental and board insurance, transportation for surfing (boat and car), surf recovery yoga, surf theory, surf skate (twice per week), surf fit class, family dinner (twice per week), and a welcome bag. And each room type has wifi, air conditioning, terrace, and hot water. We also have parking and airport pick up.

Within the package, three days per week we surf twice a day and four days per week we surf once a day as we have other activities. There will be maximum two students per one surf coach in the water, and we create groups based on skill level, so you will always be surfing waves suitable for your skill level and surfing goals.

Please be aware that the activities included in the surf package are scheduled throughout the week. If you book for less than a week, we cannot guarantee participation in all activities. However, we will make every effort to ensure you have the best possible experience during your stay.

LMBK SURF HOUSE

WEEKLY SCHEDULE

MON	Breakfast 	Surf 	Second Surf 	Surf Theory 	Surf Briefing for New Guests 
TUE	Breakfast 	Surf 	Surf Fit Class 	Sunset Trip 	Surf Briefing for New Guests 
WED	Breakfast 	Surf 	Surf Skate 	Surf Briefing for New Guests 	Family Dinner 
THU	Breakfast 	Surf + Photos 	Second Surf 	Surf Briefing for New Guests 	Photo Analysis 
FRI	Breakfast 	Surf 	Surf Recovery Yoga 	Sunset Trip 	Surf Briefing for New Guests 
SAT	Breakfast 	Surf 	Surf Skate 	Surf Briefing for New Guests 	Family Dinner 
SUN	Breakfast 	Surf + Photos 	Second Surf 	Surf Briefing for New Guests 	Photo Analysis 

Also included in the surf and stay package:

- Airport pickup
- Board rentals for free surfs
- Transport for surfing (car and boat)

Not included, but we can also help you arrange (please see reception):

- Transportation such as scooter rental
- Laundry service
- Pick up at alternative locations (such as the harbor)
- Transport around Kuta and surrounding Lombok area
- Day trips (waterfalls, pink beach, etc)

A Typical Day at LMBK

The times that we surf in the morning and afternoon depend on the tides and conditions for the day, so each day is a little different. Surfing the best waves is our number one priority! We set up our surfing schedule the day before to get the most accurate forecast. We also have unique activities spread throughout the week as well as time to relax and explore Lombok.

Here's an example of a typical Monday at LMBK:

8:00 AM: Breakfast

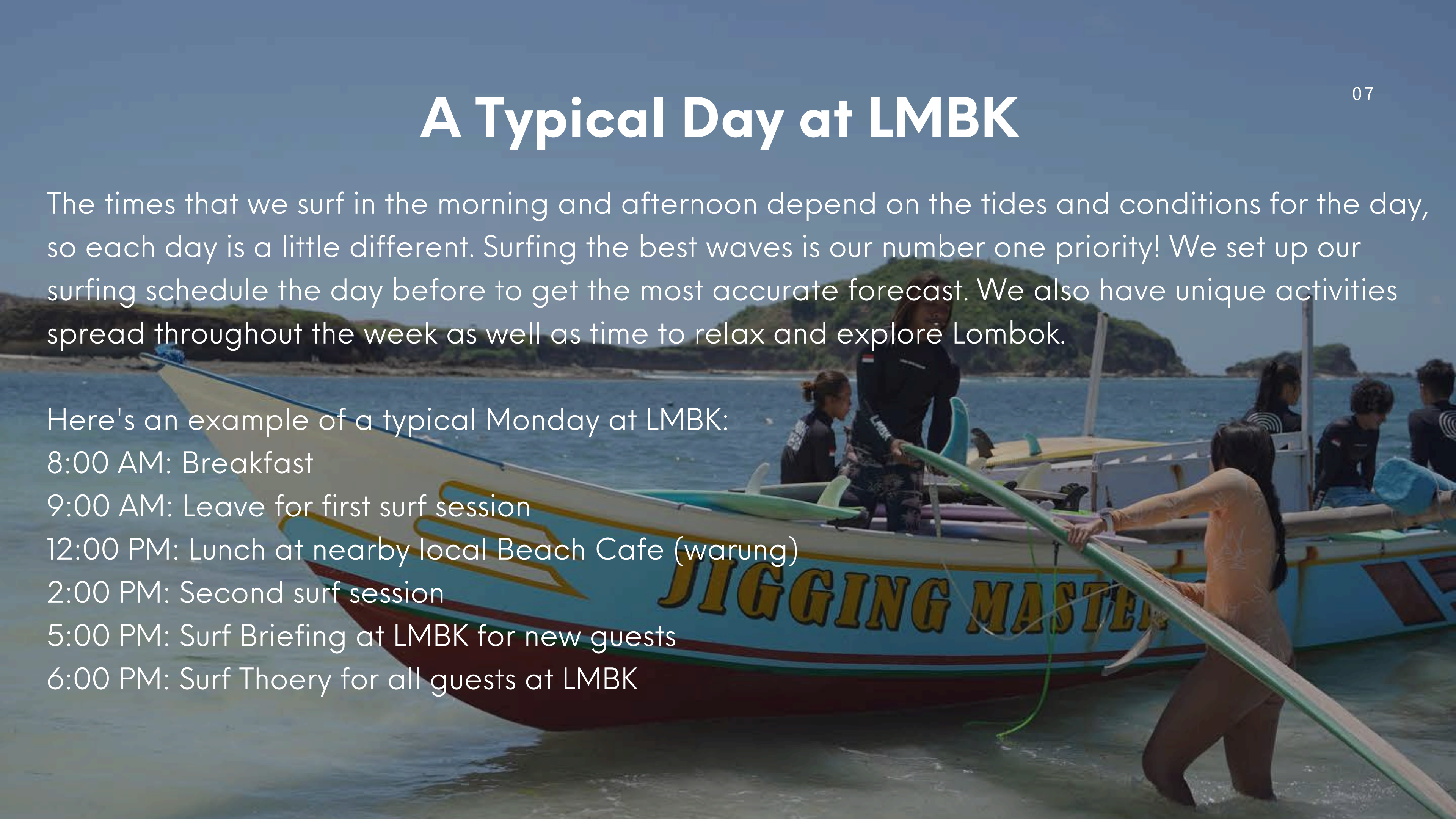
9:00 AM: Leave for first surf session

12:00 PM: Lunch at nearby local Beach Cafe (warung)

2:00 PM: Second surf session

5:00 PM: Surf Briefing at LMBK for new guests

6:00 PM: Surf Theory for all guests at LMBK





Food and Drink

08

At LMBK, we serve hearty and healthy breakfast made to order daily. Breakfasts include smoothie bowls, breakfast wraps, crepes, eggs your way, and more. Every Wednesday and Saturday LMBK hosts a family dinner for all guests.

At LMBK, we take pride in offering a full-service bar that operates daily. Guests can indulge in a variety of options, including barista-crafted coffee, refreshing cold beverages such as coconuts and kombucha, as well as an assortment of soft drinks. For those seeking a more spirited experience, our bar also serves up cold beers and expertly crafted cocktails.

Kindly be informed that these beverages are not included in your package, but will be added to your tab at the conclusion of your stay.

LMBK is also centrally located in Kuta, close to many popular cafes and restaurants just a short walk into town.

Please let us know if you have any dietary restrictions. We're happy to make adjustments as needed for our guests.







Surfing Safety

10

Your surf guides will review surfing safety with you as well as surfing etiquette. Here is a simplified list for you to refer back to. If you have any questions, please talk with your surf guide.

- It's very important to hold onto your board while in the surf.
 - Turtle roll or duck dive. This is the safest way to avoid hitting others or yourself with your board.
- Where to paddle - Always paddle towards the channel. Do not paddle through the middle of the surf to get back into the line up, this is harder for you and dangerous for yourself and others.
- If you see someone on a wave, please paddle 45 degrees to get over the wave, or 45 degrees into the wave. Do not go straight.
- If you're surfing a wave, going straight and avoiding someone is better than turning and hitting them
- Wipe out checklist:
 - Fall backwards
 - Remain calm
 - If you find yourself a little panicked underwater, grab your leash and follow to find the surface
 - Wait a few seconds before you surface or put hand above head
 - When you surface look around - be aware of other boards or surfers
 - If all clear, paddle to channel
- If it's shallow, fall flat and don't kick your feet down. Usually you won't be in super shallow conditions, but it's good to be aware for future surfing

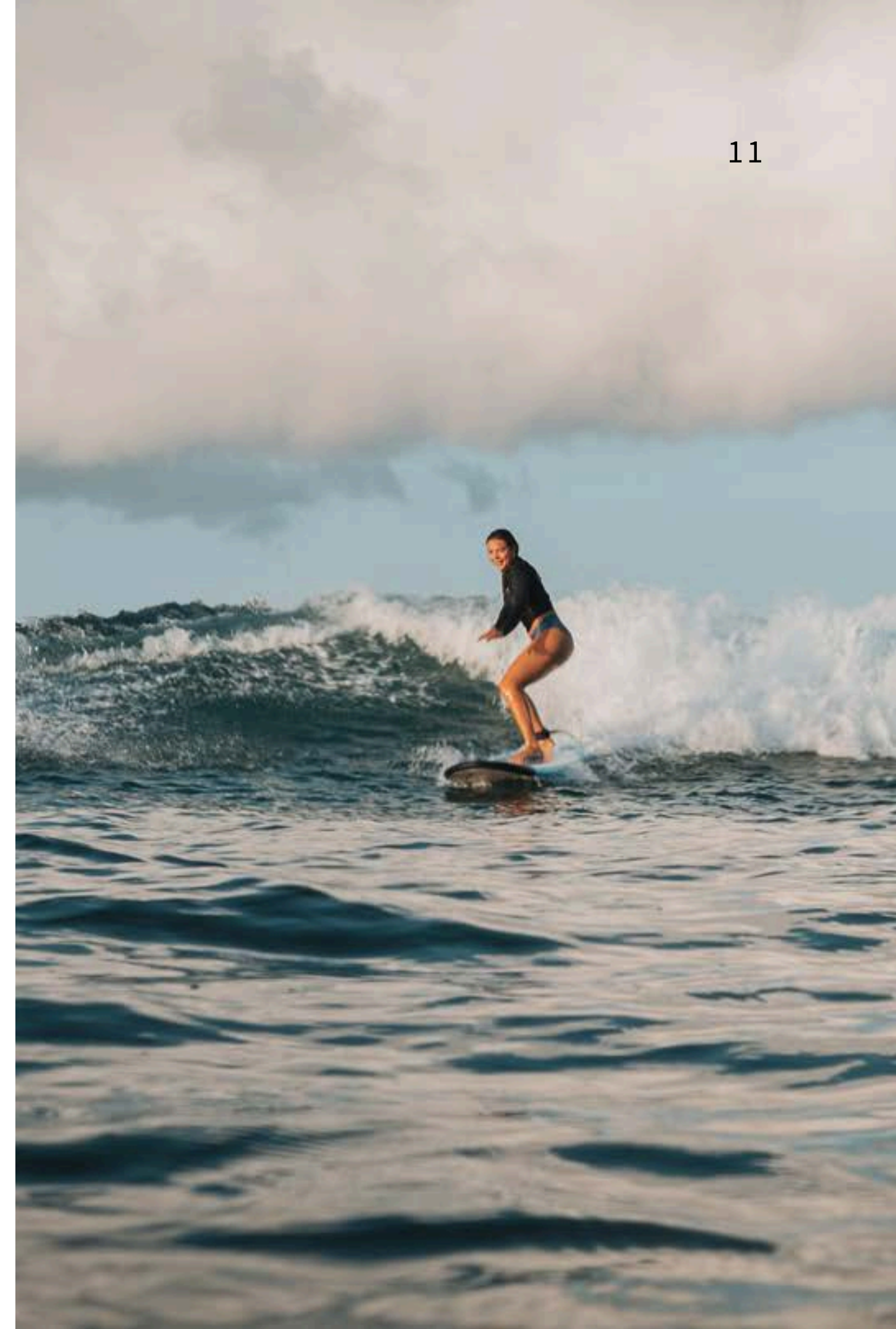
Surfing Etiquette

11

Surfing etiquette refers to the code of conduct and respect among surfers while in the water (it is essentially waiting in line). Following proper surfing etiquette helps maintain a safe and enjoyable experience for all surfers in the lineup. Here are some key principles of surfing etiquette:

- **Right of Way:** The surfer closest to the peak of the breaking wave has the right of way. This means that the surfer who is closest to where the wave is breaking has priority to catch the wave. Avoid "dropping in" on another surfer's wave, as it can be dangerous and disrespectful.
- **Wait Your Turn:** Respect the lineup and take turns. Don't constantly paddle to the front of the lineup or "snake" other surfers, as it disrupts the flow and can lead to conflicts.
- **Share Waves:** Be willing to share waves with other surfers. Avoid hogging all the waves and allow others to catch their fair share of waves. Surfing is a communal activity, and sharing waves promotes a positive and inclusive atmosphere in the water.
- **Paddle Around the Break:** When paddling out to the lineup, go around the breaking waves instead of paddling through them. This avoids collisions and maintains the integrity of the waves for other surfers.
- **Respect Locals and Local Rules:** If you're surfing at a new spot or in a different community, respect the local surfers, their customs, and any specific rules or regulations of the area. Some surf spots may have local rules or protocols that you should be aware of and follow.
- **Communicate:** Use clear communication with other surfers in the water. Use eye contact, hand signals, or simple verbal cues to communicate your intentions and avoid collisions. Smiling at other surfers is also a great way to maintain positive vibes!
- **Safety First:** Always prioritize safety in the water. Be aware of your surroundings, other surfers, and potential hazards. Respect the power of the ocean and be prepared for changing conditions.

Remember, surfing is a shared experience, and respecting others in the water creates a positive environment for everyone. By following proper surfing etiquette, you can enjoy a safer and more enjoyable surfing experience while showing respect for other surfers and the ocean environment.



Meet Some the LMBK Family

12



Andrew
Co - Owner



Maddy
General Manager



Wanwan
Assistant Manager



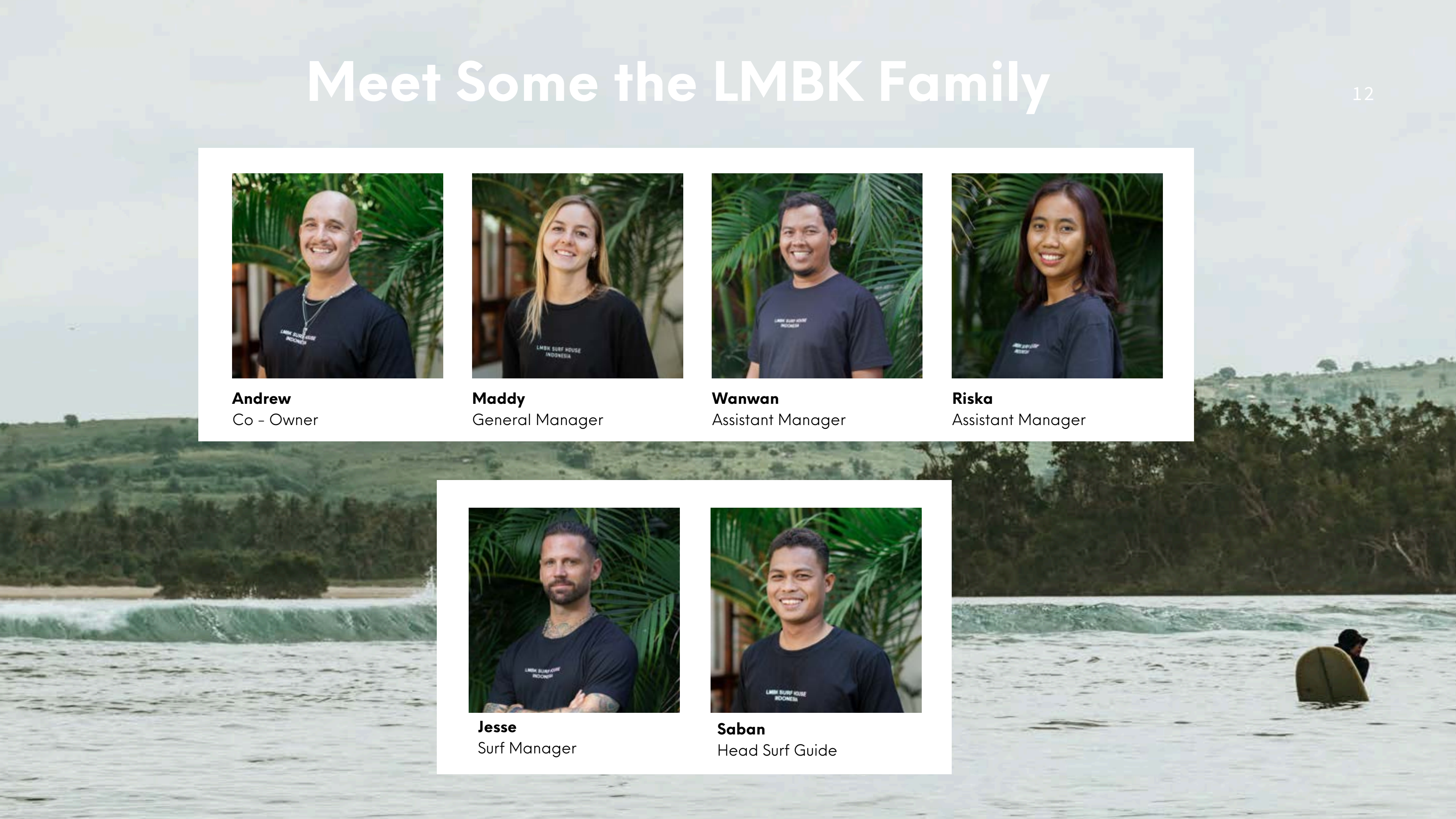
Riska
Assistant Manager



Jesse
Surf Manager



Saban
Head Surf Guide





Romi
Lead Surf Guide



Bahri
Lead Surf Guide



Lan
Lead Surf Guide



Jhon
Lead Surf Guide



Win
Lead Surf Guide



Pijay
Surf Guide



Ven
Surf Guide



Dola
Surf Guide



Hakim
Surf Guide



Ali
Surf Guide



Roni
Surf Guide



Badri
Surf Guide



Adul
Surf Guide



Kyan
Head of Bar



Adink
Barista



Haris
Bartender



Ojeng
Security



Pendi
Security



Tir
Chef



Yusuf
Gardener



O'Day
Head of Drivers



Angga
Driver



Haysin
Cook



Dion
Cook



Nuuk
Reception



Tommi
Reception



Mujib
Head of Housekeeping



Eno
Housekeeping



Raine
Housekeeping



Ramli
Housekeeping



Murdan
Housekeeping



Suzi
Reception



Traveling to Lombok

There are three options for you to travel from Bali to Lombok.

1. Fly! The flight is only 20 minutes from Bali to Lombok, and within the surf package we include airport pick up too. Please just let us know your flight times and flight number.
2. Take the fast boat (such as Eka Jaya) from Padangbai in Bali to Bangsal in Lombok. The boat ride is about 2 hours long. We can then help you arrange a car from Bangsal to us at LMBK (not included). The drive from Bangsal to Kuta is about 2 hours long.
3. Or take the slow ferry from Padangbai in Bali to Lembar in Lombok. This is a cheaper option, especially if you drive your own scooter across to us. However, the ferry takes about 8 hours. If you do not drive across with a scooter, we can also help you arrange a car from Lembar to us at LMBK (not included).



Your Stay at LMBK

Your booking includes the activities on your days booked. On the day of your check in, regardless of your level, we will have a short surf briefing for new guests in the evening at 5 PM (please note out policies on the next page). For beginners, this will include a surf theory lesson. For intermediate to advanced surfers, we will set goals and review board sizes and with you and your surfing experience.

The times that we surf in the morning and afternoon depend on the tides, conditions, and levels of our surfers. Therefore, the times that we surf differ, and we set up our surfing schedule the day before to get the most accurate forecast. Please see our daily surfing times and schedule posted in our group chat. Please join our WhatsApp group for daily reminders and scheduled times (QR code available upon check in).

If there are any issues that arise during your stay, please do not hesitate to talk to us! Please let one of the staff members know immediately so we can help work out a solution together.

We hope you have the best stay possible, and we look forward to having you surf and stay at LMBK Surf House!





Policies to Note

- **Check-In Day Surfing Restrictions (Effective January 2024): New Guest Surf Briefing:**
Surf briefing is scheduled at 5 PM daily for new guests. Guests can choose to either participate in activities or attend the briefing. The briefing will not be delayed to accommodate late arrivals, such as those returning from a sunset trip. While attendance is optional, we highly recommend guests join the briefing.
- **Policy Update Effective August 2024: No Surfing or Activities on Check-In Day, Only on Check-Out Day.**
 - Check-in day is designated for guests arriving and engaging in the surf briefing scheduled at 5 PM. It is important to note that guests are not permitted to commence surfing until they have successfully completed their surfing briefing. This ensures a comprehensive understanding of safety protocols and guidelines before venturing into the surfing activities.
 - As surfing is not scheduled on check-in days, guests are encouraged to take advantage of surfing on check-out days. However, it is essential to plan travel arrangements accordingly. Please be aware that the departure and return times for surfing activities are contingent upon tides and conditions, and they may not align with your preferred departure time. In situations where scheduling conflicts arise, LMBK cannot be held responsible, and pricing remains unchanged. We appreciate your understanding and cooperation in adapting to the dynamic nature of surfing schedules.

Please also kindly note our cancellation policy, holiday policies, and our other terms and conditions here: <https://lmbksurfhouse.com/terms-conditions>



If you have any questions

Please contact us at:

Imbksurfhouse@gmail.com

Phone/Whats app: +62 821 4591 3335



Imbok

SURF HOUSE INDONESIA