



E Komo Mai

**ULTIMATE
GUIDE TO
SURFING IN
OAHU, HAWAII**



Hi Surf Camp

BY PATA SUDAKA

— HISURFCAMP.COM —



E Komo Mai

THE BEGINNER'S GUIDE TO SURFING

IN OAHU, HAWAII

WELCOME!

Oahu is one of the most incredible places in the world to surf. From gentle waves perfect for your first ride to world-famous breaks on the North Shore, this island offers something for every surfer.

This guide was created to help beginner and progressing surfers understand where to surf, where to paddle out, how to stay safe, and how to respect the ocean and the local lineup.



WHERE TO SURF

The best beginner-friendly beaches and what makes each one unique.



SAFETY FIRST

Learn how to read the ocean, avoid danger zones, and surf smart.



SURF ETIQUETTE

Simple rules that keep everyone safe and make the lineup more enjoyable.



LOCAL KNOWLEDGE

Tips from locals to help you have the best surf experience in Oahu.



RESPECT THE OCEAN. RESPECT THE LOCALS. HAVE FUN.

The ocean changes every day. When in doubt, ask a lifeguard or experienced surfer. Stay safe and enjoy your time in paradise!

Mahalo!



*Amazing
Surf Spots*


*Safety &
Ocean Awareness*


*Respect the Locals
& the Lineup*


*Local Knowledge
You Can Trust*



FOLLOW US
@HAWAIIISURFCAMP

For surf tips, conditions, safety education, and surf camp info!

**SURFING IN
OAHU**

Oahu provides a unique surfing experience with its varied wave conditions across different seasons:



 **NORTH SHORE:** Known for its big waves during the winter months, with swells reaching **20 feet or more.**

However, there are still spots with manageable **1 to 3-foot waves** for those not ready to tackle the giants.



 **SOUTH SHORE:** The best waves here come during the summer, typically ranging from **2 to 3 feet**, but sometimes reaching **12 to 14 feet.**

This makes it an excellent area for beginners and intermediate surfers.

*Know the spots.
Surf smart. Respect the lineup.*



RESPECT
THE OCEAN



SURF
WITH ALOHA



LEAVE ONLY
FOOTPRINTS



SOUTH SHORE

Summer vibes. Fun waves.
Perfect for all levels.



NORTH SHORE

Winter swells. Big waves.
Great for experienced surfers.

WAIKIKI

SURF SPOT GUIDE



Know the spots.
Surf smart.
Respect the lineup.

Waikiki offers waves for every skill level. These are the most popular beginner-friendly spots right in front of Waikiki.

LEGEND

- SURF SPOT
- HOTEL
- RESTAURANT
- SHOPPING



POPS (POPULARS)

INTERMEDIATE



Farther offshore – requires a longer paddle. Plan for 15–20+ minutes depending on your paddling ability and conditions.



Windier and more exposed – the wind can have a bigger impact back here.



Avoid paddling out too late in the day. It gets dark quickly, and the paddle back can be challenging.



Best for intermediate surfers who understand safety, priority, and lineup etiquette.

CANOES

BEGINNER FRIENDLY



One of the best places in Waikiki for beginners. Long, forgiving waves and a sandy bottom.



Beginner-friendly does NOT mean risk-free.

Canoes can be extremely crowded. Many surfers are still learning and may not have full control of their boards.



Know basic surf safety, stay aware of people around you, control your board, and never assume another beginner knows what they're doing.

QUEENS

EXPERIENCED / LOCAL LINEUP



Very close to Canoes, but a completely different lineup and vibe.



More experienced and local surfers. Requires better board control, a reliable pop-up, wave awareness, safety knowledge and proper etiquette.



Catch the shoulder when appropriate, understand priority, and never drop in on another surfer.



SAFETY FIRST



Check conditions before you paddle out.



Never paddle out alone.



Respect the locals and the lineup.



When in doubt, don't go out.



THREE BREAKS. THREE VERY DIFFERENT EXPERIENCES.

Aloha!





CANOES

Waikiki's Premier Beginner Wave



LOCATION:

Central Waikiki, in front of the 2 Hyatt Regency towers.



WHY IT'S GREAT FOR BEGINNERS:

Gentle, long-rolling waves and mostly a sandy bottom make it ideal for learning, but you still have to be careful with the reef.



CROWD:

Very crowded. Most people here are beginners, so be cautious of others who may not have full control of their boards.



TIPS:

- Be mindful of people in front of you when waves are coming. They may fall or get pushed towards you with their boards.
- If someone's board is coming at you, dive down to avoid getting hit.
- Surf more on the right side of Canoes (looking at the ocean) to avoid the busiest part.



CANOES ETIQUETTE

The etiquette rules here are a little different because a lot of beginners surf straight.



Most people go straight, which is perfectly fine.



You can do the same almost anywhere.



If you see someone surfing really well and coming through the line, don't drop in. Let them have the wave.

Respect, share, and enjoy!



CENTRAL WAIKIKI

Easy access, mellow waves, and the perfect spot to start your surfing journey!





CANOEES



IMPACT ZONE:

Get out of there, you want to paddle around the impact zone, through the channel in between Queens and Canoes



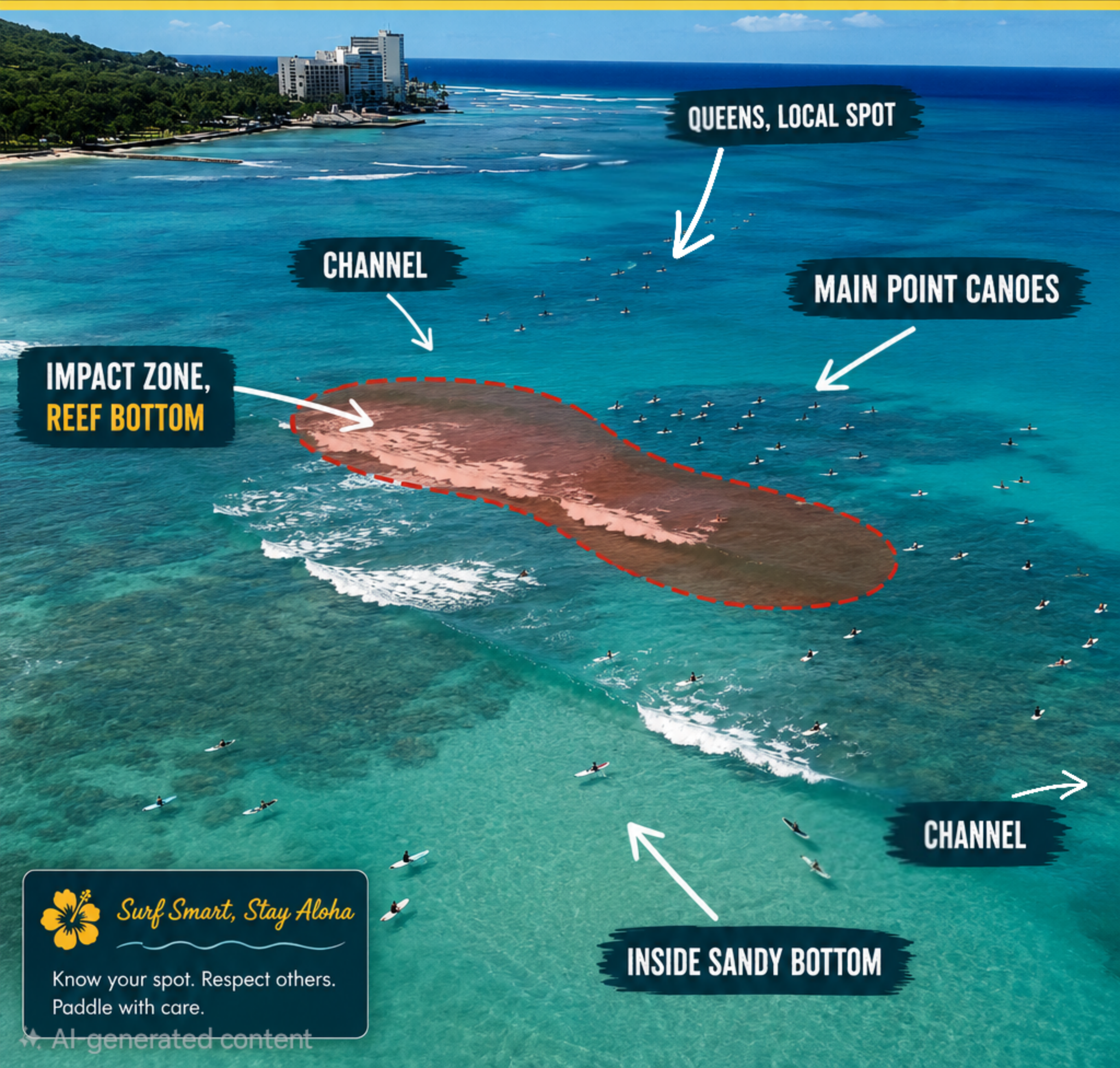
MAIN POINT CANOES:

If you are a total beginner you should NOT be here, set can come with big waves, mostly in Summertime, so stay on the inside or more to the right side close to the Royal Hawaiiin(Pink Hotel)



INSIDE SANDY BOTTOM:

The best place you can be as a beginner, with good waves and sand.



Surf Smart, Stay Aloha

Know your spot. Respect others.
Paddle with care.

AI generated content



QUEENS

Local's Left, Not for Beginners



LOCATION:

To the left of Canoes, in front of the ocean pools



WHY TO AVOID AS A BEGINNER:

Although it's still in Waikiki, Queens is frequented by experienced local surfers.



CROWD:

High level of local surfers who expect proper etiquette.



WARNING:

Beginners should avoid this spot. Dropping in on a local or not knowing the rules can lead to conflicts.



TIP:

One surfer per wave, Only one person per wave, do not drop in.



OTHER TIPS & ETIQUETTE



Stay way inside near the channel if you're not confident.



Queens is where many experienced surfers train and compete. Respect their lineup.



If you don't know what you're doing, you can cause a safety issue and injure someone.



Beautiful place — if you know the rules and you're an intermediate surfer, give it a try!



Be respectful, be cool, and take turns.

Know the rules. Respect the lineup.

ALOHA ALWAYS.



CHANNEL

MAIN POINT
QUEENS

CANOES

CHANNEL

IMPACT ZONE
REEF BOTTOM

INSIDE SANDY BOTTOM

Stay inside near the channel if you're not confident.



A BEAUTIFUL SPOT, WITH A SERIOUS LINEUP.

If you know the rules and you're an intermediate surfer, try it. Be respectful, be cool, and take turns. That's the aloha way.



RESPECT
THE LOCALS



KNOW THE
RULES



TAKE TURNS



ALOHA
ALWAYS

NORTH SHORE SURF SPOT GUIDE

Know the spots.
Surf smart.
Respect the lineup.



The North Shore is world-famous for big waves in the winter, but there are still beginner-friendly spots in the summer months.

LEGEND

- SURF SPOT
- CHANNEL (PADDLE OUT HERE)
- BEGINNER FRIENDLY
- INTERMEDIATE
- ADVANCED / EXPERT
- CAUTION / SHALLOW REEF



WAIMEA BAY

Famous big wave spot in winter.
Reference point before Pipeline
and the 7-Mile Miracle.



CHUNS REEF

A little more shallow.
Best in the summer for beginners.
In the winter, waves can be really
good (intermediate-advanced
depending on the swell).



PUAENA POINT

Best beginner spot on the
North Shore. The bay protects
from the main swell direction, so
it's smaller and more mellow
(3-4 ft when the North Shore
is 6-8 ft). Consistent inside
waves. You can go straight
many times, but stay out of
the main break in the back
if you're not experienced.
Currents can be strong—be
ready to paddle. Channel is
to the right.

NORTH SHORE TIPS

- ✓ Check the surf and weather before you go.
- ✓ Know your ability and surf within your limits.
- ✓ Paddle with a buddy when possible.
- ✓ Respect the locals, the ocean, and the lineup.
- ✓ When in doubt, don't go out.



THE NORTH SHORE OVERVIEW



The North Shore is legendary for its powerful winter swells and laid-back Hawaiian vibe.



From gentle summer days to massive winter surf, there's a spot for every surfer—if you know where to go.



The North Shore stretches about 7 miles and has a variety of breaks for all levels.



COMPETITIONS & EVENTS

- World Surf League (WSL) competitions are held every year between October and February.
- The Vans Triple Crown includes stops at Haleiwa, Sunset Beach, and the Banzai Pipeline.
- The Eddie Aikau Invitational at Waimea Bay only runs when waves are 40 feet or more – one of the most prestigious big wave events in the world.

BEFORE WAIMEA BAY (TOWARD HALEIWA)



TURTLE BEACH

Great beginner spot in the summer. Watch for turtles and give them space.



CHUN'S REEF

Fun lefts and rights.
Good for longboards and improvers in the summer.



HALEIWA TOWN

Local shops, restaurants, shave ice, and surf culture. A must-stop!

AROUND WAIMEA BAY



WAIMEA BAY

Big wave mecca in the winter.
Home of the Eddie Aikau.
Reference point for the
7-Mile Miracle.



VOLCOM HOUSE

Iconic surf venue with events, art, and a front-row seat to Pipeline.



FOOD & ATTRACTIONS

Food trucks, coffee shops, and the Waimea Valley tropical botanical garden are nearby.

AFTER WAIMEA BAY (TOWARD KAENA POINT)



EHUKAI BEACH (PIPELINE)

The most famous wave in the world. Heavy, hollow, and not for beginners.



SUNSET BEACH

Long, powerful waves.
Great for experienced surfers in the right conditions.



ROCKY POINT

Fast, hollow, and super fun on the right day. Local favorite.

DIFFERENT SPOTS. DIFFERENT CONDITIONS. DIFFERENT SKILLS. *Protect it. Enjoy it. Aloha!*

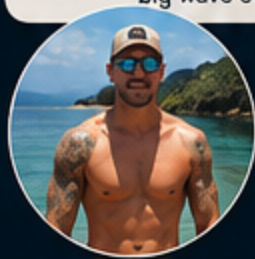
Check out our website for surf lessons, private coaching, and more options.

HISURFCAMP.COM

Good People. Good Waves. See You in the Water!



OAHU,
HAWAII



NORTH SHORE BEGINNER SPOTS



CHUN'S REEF

Great for Beginners, Fun All Summer Long!



LOCATION:

North Shore – after Laniakea (the turtle beach).



BEST SEASON:

The best season for beginners is summertime, when the waves are smaller.



TIPS:

- The inside is very shallow, so stay a bit in the channel to avoid shallow areas. Check the impact zone.
- Surf lessons are often held here in the summer, so go early in the morning or late afternoon to avoid crowds.



WINTER WARNING:

In the winter (roughly September–April), the North Shore can get big and dangerous. Even here at Chun's Reef, heavy swells can create strong waves and currents. Know your limits and surf within them.



GOOD TO KNOW



Gentle waves with long, rolling rides perfect for learning and improving.



Lots of sea turtles around – be respectful and enjoy the ocean life.



Surf lessons are common here in the summer.



Go early or late to avoid the crowds and enjoy better waves.



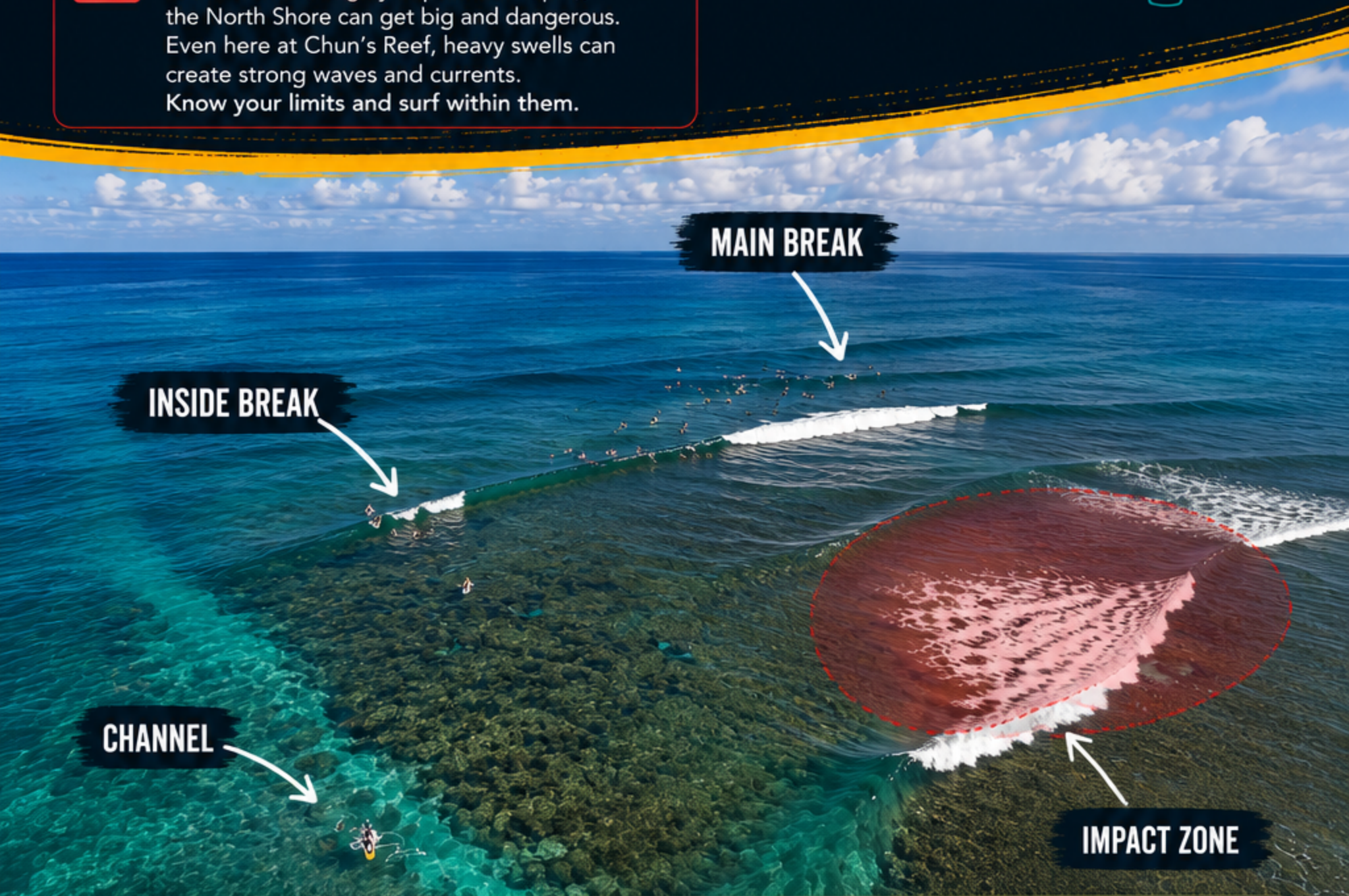
Inside is shallow – stay in the channel and check the impact zone.



Respect the lineup, the locals, and the rules.

Respect the ocean. Respect each other.

ALOHA ALWAYS.



Be Respectful & Have Good Vibes

Be respectful, be cool, and take turns. Good vibes in the water make everyone's day better. **ALOHA!**



RESPECT
THE LOCALS



KNOW THE
RULES



TAKE TURNS



ALOHA
ALWAYS

PUA'ENA POINT

Sheltered Waves, Perfect for Learning!



LOCATION:

Haleiwa



BEST SEASON:

Wintertime, when the waves are really big.



WHY IT'S GREAT FOR BEGINNERS:

The swell doesn't hit directly here, so the waves are not too big and are manageable.



TIPS:

Go very early in the morning (around 6 a.m.) or in the afternoon after the surf lessons are done, as it can get crowded in the morning.



HAZARDS:

- There is a big rock on the left side which can drag you if you're not careful.
- Stay clear of this rock to avoid injury.



GOOD TO KNOW



Sheltered spot that stays rideable even when the North Shore is big.



Best times: very early morning or late afternoon.



Can get crowded with lessons and local surfers.



Lots of sea life here – turtles are often around!



Be respectful, be cool, and take turns.



HAZARD ALERT

Big rock on the left side.
Stay clear to avoid injury.



Respect the Spot, Enjoy the Stoke!

Be respectful, be cool, and take turns.
Good vibes in the water make everyone's day better.



RESPECT
THE LOCALS



KNOW THE
RULES



TAKE TURNS



ALOHA
ALWAYS

Surf is Life

THERE'S NOTHING BETTER THAN
BEING IN THE WATER.



Learn.
Surf.
Live.



Good
Waves
Good
Vibes

I'd Rather
Be
Surfing



RESPECT THE OCEAN. RESPECT EACH OTHER.

ENJOY THE STROKE!



SURFING

TIPS FOR BEGINNERS

1 THE POP-UP

- ✓ **MAKE SURE THE WAVE HAS YOU:** Don't rush the pop-up. Wait until the wave has you and you feel it pushing you.
- ✓ **PUSH WITH YOUR ARMS:** Push yourself up strong with your arms. Keep your hands under your shoulders. Don't go to the front of the board.
- ✓ **LOOK UP:** Always keep your eyes looking forward, not down.
- ✓ **ONE MOVEMENT:** Do it in one smooth movement all the way from lying down to standing up.
- ✓ **STRAIGHT AGAINST THE BEACH:** When you pop up, make sure you are facing straight against the beach. In surfing, we talk about 12 o'clock (against the wave) and 6 o'clock (with the wave to catch it). Don't be sideways.
- ✓ **FIGHTING POSITION:** Land in a fighting position with one foot forward and one foot back. Stay low and balanced.
- ✓ **MIDDLE OF THE BOARD:** Land in the middle of the board, on the stringer (the center line). The stringer should pass between the middle of your feet, sideways.



2 STAY BALANCED

- ✓ **CENTER YOUR WEIGHT:** Don't lean too far front or too far back. Keep your weight centered over the middle of the board.
- ✓ **RELAX YOUR KNEES:** Bend your knees slightly and stay low to keep your balance.
- ✓ **STRONG STANCE:** Keep your feet shoulder-width apart and your body relaxed.
- ✓ **LOOK WHERE YOU'RE GOING:** Your eyes lead your body. Look ahead!



Keep Practicing. Stay Positive. Enjoy the Stoke!



3 SAFETY FIRST



AVOID THE IMPACT ZONE:

This is where the waves break most powerfully. Paddle out to the side through the channel to avoid getting caught here.



TAKE THE CHANNEL:

Paddle out using the channel, not straight through the breaking waves. It's safer and easier.



DON'T SIT INSIDE:

Avoid sitting too far inside (the white water). This is the most dangerous place to be.



BE AWARE OF OTHERS:

If you see a set coming from far away, move out of the way and let others catch the wave. Be patient and respectful.



GO STRAIGHT:

When paddling for a wave or passing someone, go straight against the wave (12 o'clock). Do not go sideways. The wave can tilt you, drag you, and you could hit someone else.



IF YOU FALL:

If you go against someone, jump off your board. Jump flat, not up—there is a lot of reef underneath.



Sunset Beach

Live

Forecast

Analysis

Charts

Guide

6 day forecast ⓘ

Historical Data

Today

1-2ft

Tomorrow

2-3ft

Mon, 7/8

2-3ft

4 RESPECT THE OCEAN



CHECK THE SURF REPORT:

Always check the surf report before heading out. It will tell you the wave size, wind, and conditions.



KNOW YOUR LIMITS:

Surf within your ability. Start small and progress as you gain experience. The ocean is powerful—respect it.



GO WITH SOMEONE:

Whenever possible, surf with a friend and let someone on land know where you're going.



*Respect others. Respect the ocean.
That's what keeps surfing fun for everyone.*

RESPECTING THE LOCALS

Surfing is more than catching waves—it's about respect. The ocean is for everyone. Follow these simple guidelines and help keep the lineup safe, fun, and friendly.



TAKE YOUR TURN

- There's nothing worse than someone who paddles for every wave.
- You just caught a good wave—now it's someone else's turn.
- Be patient and let others have their wave.
- Don't drop in. It's dangerous and disrespectful.



KNOW THE LINEUP

- Look before you paddle out and choose a spot on the side.
- This keeps the center open and avoids collisions.
- In spots like Queens and other crowded breaks, stay wide and respect the natural flow.
- In places like Canoes, you can often paddle straight out, but still be aware of others.



RESPECT EVERYONE

- Be respectful to elders (uncles and aunties), kids, locals, and visitors.
- We're all here to enjoy the ocean together.
- Don't be in the way. Watch, observe, and be aware of your surroundings.



LEAVE NO TRACE

- Keep the beaches clean.
- Pick up after yourself and respect the natural environment.



SUPPORT LOCAL BUSINESSES

- Rent your gear from local shops.
- Eat at local restaurants.
- Support the community that supports surfing.



SURFBOARD RENTALS

Quality Gear. Local Vibes.



MOKU SURF SHOP

- ✓ **Location:** South Shore.
- ✓ **Services:** Surfboard rentals, lessons, and accessories.



NORTH SHORE SURF SHOP

- ✓ **Location:** Haleiwa.
- ✓ **Services:** Wide range of surfboards for rent, from beginner to advanced.



**STUDENT
DISCOUNT**



**MILITARY
DISCOUNT**



**WIDE SELECTION
OF SURFBOARDS**



**LOCAL SURF SHOP
YOU CAN TRUST!**



 **ONE BLOCK
FROM WAIKIKI!**



*Great Gear. Great People. Great Waves.
See You in the Water!*



Proud to support the local surf community.

RECOMMENDED SURFBOARDS FOR BEGINNERS

The right surfboard makes learning easier, safer, and way more fun.
Here's what we recommend for beginners:



HARD TOP BOARDS

Durable, stable, and perfect for beginners.
Great for progressing and last longer.



SOFT-TOP BOARDS

Extra safe and forgiving.
Ideal for your first waves.
More affordable to start.
Different flotation and rubber fins, so it won't perform like a hard top.
Good option if that's all you can afford.



FOAM BOARDS

Affordable and super stable.
Best for total beginners.

HOW TO CHOOSE THE RIGHT SIZE



Go for a size that fits your level, your weight, and the kind of waves you'll be surfing.



A good general range for beginners:
9'6" – 11'0"



If you have to choose between narrower or wider, go wider for more stability and easier paddling.



If you have to choose between thicker or thinner, go thinner — it's easier to turn, lighter to carry, and still works well if it's wide enough.



The goal is balance: enough volume to catch waves and paddle easily, but not so much that it's hard to control.



READY TO GET STARTED?

You can book a surf lesson on our website with different schools and different languages depending on what you speak.

Or choose private coaching for a more personalized experience.



LEARN.
SURF.
ENJOY!



LOCAL SURF SHOP
ONE BLOCK FROM
WAIKIKI!



STUDENT
DISCOUNT



MILITARY
DISCOUNT



A LOT OF
SELECTION!



SUPPORT LOCAL.
RIDE LOCAL.



Check out our website for surf lessons, private coaching, and more options.



HISURFCAMP.COM



Good People. Good Waves. See You in the Water!





Hi Surf Camp

BY PATA SUDAKA

WE'RE HERE TO HELP YOU SURF

Our mission is simple:

to give you the knowledge, tools, and support to become a confident, safe, and respectful surfer.



hisurfcamp.com

WAYS WE CAN HELP YOU:



BOOKS & GUIDES

Learn everything you need to know with our 4 Surf Foundation books.



ONLINE SURF COURSE

Step-by-step video lessons you can follow anytime, anywhere.



PRIVATE SURF LESSONS

One-on-one coaching to improve your skills and take your surfing to the next level.



SURF FOUNDATION WEEKEND (LOCALS)

A weekend program for locals to build skills, confidence, and ocean knowledge.



SURF CAMPS

Join us in Hawaii for the ultimate week-long surfing and adventure experience.

OUR BOOKS



SURF FOUNDATION

The complete guide with everything you need to know.



SURF SAFETY ESSENTIALS

Stay safe in the ocean and make smart decisions.



SURF ETIQUETTE BASICS

Know the rules, respect the lineup, and surf with aloha.



POP-UP MASTERY

Master the pop-up step by step and stand up with confidence.



STAY SAFE. RESPECT THE OCEAN. ENJOY THE JOURNEY.

Follow local surf etiquette, be aware of others, and always take care of our ocean. That's what keeps surfing special for everyone.



10+
YEARS
IN BUSINESS

The best surf camp in Hawaii.

★★★★★
300+
5-STAR REVIEWS

on Google and other platforms.



DOZENS

OF SURFERS HELPED

We've helped dozens of students become better, safer, and more confident surfers.



GREAT RESULTS

Real people, real progress, and unforgettable experiences.

GET IN TOUCH



hisurfcamp.com



info@hisurfcamp.com



Oahu, Hawaii



Aloha!

I'm Daniel, your surf coach and founder of Hi Surf Camp. I'm here to help you surf better, stay safe, and enjoy every moment in the ocean. Let's make your surf journey amazing!

— Daniel



FOLLOW US & CONNECT



Instagram: @hawaiisurfcamp



TikTok: @hawaiisurfcamp



See daily surf tips, behind-the-scenes, and good vibes from the water!



If you need more information or support, we're just a message away! We can't wait to surf with you!

WE WISH YOU ALL THE BEST IN YOUR SURF JOURNEY!

Aloha & Good Waves!