

Wellness Wave Surfing

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Jane Doe - 2025-11-20 - [Comments \(0\)](#) - [WellnessWave Knowledge Hub: Your Guide to Health and Wellness](#)



Surfers across the Caribbean were treated to an unexpected gift this week as an early season Atlantic swell rolled through the region, bringing clean, well-shaped waves to several islands ahead of schedule. While November usually marks the slow build-up to the winter surf season, this system produced conditions more typical of mid-January.

Local surf communities in Barbados, Puerto Rico and the Dominican Republic were some of the first to notice the change. In Bathsheba, Barbados, the famous Soup Bowl break saw steady head-high sets with long, peeling rights that attracted both local riders and travelling surfers who arrived earlier than usual hoping to beat the crowds. Many described the conditions as some of the best early season waves they had seen in years.

In Puerto Rico, breaks around Rincón lit up for most of the week. Domes and Maria's held consistent power and shape, with the swell direction lining up perfectly with the island's northern coastline. Surf schools in Aguadilla reported a noticeable uptick in last-minute bookings from visitors hoping to make the most of the unexpected surge in wave activity.

The Dominican Republic also benefited, with Encuentro Beach near Cabarete offering clean morning sessions and light offshore winds that helped maintain wave quality throughout the day. Local instructors said the swell created ideal conditions for intermediate surfers, offering enough size for progression without being overly challenging.

Meteorologists say the swell originated from an unusually strong low-pressure system far north in the Atlantic. While such systems are common in winter, its timing surprised forecasters. If similar patterns continue, the Caribbean could be in for a longer and more active surf season than usual.

Tourism officials in several islands welcomed the early boost. Many hotels and surf camps rely on the high-season surge between December and March, and an extended period of favourable conditions could provide a welcome lift to local businesses.

For now, surfers across the region are enjoying the bonus sessions while they last. With warm water, clear skies and steady waves arriving earlier than expected, this week has been a reminder of why the Caribbean remains one of the most enjoyable places in the world to chase waves.