

# Wellness Wave Surfing

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## Surfers Ride Record Swell on Portugal's Nazaré Coast

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Surfers from around the world gathered this week at Nazaré, Portugal, to take on what may be some of the largest waves of the year. The Atlantic storm system produced waves reportedly topping 80 feet, drawing elite big wave surfers to the iconic break. Among them was Brazilian surfer Lucas Chianca, who called conditions "chaotic but unforgettable." Local authorities worked alongside safety teams to monitor the area, with jet ski rescues on standby throughout the day.