

Wellness Wave Surfing

[Nieuws](#) > [All news](#) > [The Best Waves in the Caribbean for Surfing](#)

The Best Waves in the Caribbean for Surfing

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The Caribbean might be known first for calm turquoise waters and white sand beaches, but for surfers it also offers some of the most rewarding breaks in the Atlantic. While the region is not as consistently powerful as the Pacific, certain islands catch the right swells at the right time, producing excellent waves for beginners and experienced surfers alike. Whether you are looking for a long, peeling ride or something more challenging, the Caribbean has a spot to match your style.

Barbados

Barbados is widely considered the most reliable surfing island in the Caribbean. The east coast, especially around Bathsheba, is shaped in a way that channels Atlantic swells straight onto the reef. Soup Bowl is the standout spot here. It provides fast, hollow waves that can be world class in the right conditions and has been a favourite of professional surfers for years.

Puerto Rico

Often called the surf capital of the Caribbean, Puerto Rico offers a wide selection of breaks. Rincón is the main hub, with beaches such as Tres Palmas, Domes and Maria's producing strong, well formed waves from winter swells. The island offers good variety too, with gentler conditions for learners around Aguadilla.

Dominican Republic

On the north coast of the Dominican Republic, Cabarete is one of the most accessible surfing towns in the region. Encuentro Beach is the main spot, with different peaks suitable for different abilities. The area enjoys consistent surf during the winter months and has a relaxed community atmosphere that attracts both locals and travelling surfers.

Jamaica

Although not the first country that comes to mind for surfing, Jamaica has several uncrowded and enjoyable breaks. The waves are strongest on the north and east coasts. Boston Bay, considered the heart of Jamaican surf culture, offers fun, manageable breaks, while more experienced surfers sometimes head to Lighthouse in Portland when conditions are right.

Martinique

Martinique combines reliable trade winds with various breaks across the island. Tartane in particular is known for its reef breaks that deliver clean, powerful waves. The island's volcanic landscape creates interesting coastal shapes, giving surfers a mix of lefts and rights to explore.

The best season to go

While there can be surf year round, the most reliable swells arrive between November and March when winter systems in the Atlantic push energy southwards. During this period, islands on the eastern and northern edges of the Caribbean catch consistent waves.

A region worth exploring

Surfing in the Caribbean is a blend of warm water, scenic coastlines and a relaxed culture that makes time in the ocean feel unhurried and enjoyable. Each island has its own character and preferred swell direction, meaning you can often find a wave that suits your ability and the experience you want. Whether you are packing a board or renting one on arrival, the region offers plenty of memorable sessions.