

# SUP Stand Up Paddling

SUP (Stand Up Paddling) is the new trend in the surfing family. It reminds quite a lot about wave surfing, but the boards are generally a bit bigger and you stand up and paddle ahead instead. This makes the sport very versatile. You can paddle in virtually any water: rivers, lakes and seas, with or without waves. Flatwater paddling provides a very good workout while paddling in waves gives you that extra kick. If you dare why not try yoga on top of the board.

## FACTS

Price: 995SEK/ person

Minimiprice: 12.500 SEK

Participants: 2 - 20 persons

Recommended time: 1 - 2 hours

Prices are valued excluding Swedish VAT



PLAYFUL



OUTDOOR EXPERIENCE



INGENIOUS



COMPETITION

