# STAND UP PADDLEBOARD

Activity sheet · Adventurous



## Paddling a Stand Up Paddleboard, or SUP, is a whole new way of getting around on water.

Standing on an inflatable board, you paddle with a long paddle. During the tour you use all the muscles in your body, which makes it an all-round form of exercise. Our experienced instructors quickly teach you the technique, and of course we can combine the tour with a coffee stop at a suitable spot. We provide a complete kit with board, paddle, wetsuit and life jacket.

### Good to know

Clothes you don't mind getting wet, or swimwear. Board, paddle, wetsuit and life jacket included.

Location
**We come to you – all of Sweden**

Duration
**approx. 1 hour**

Participants
**Max 10 participants**

Price
**Start fee SEK 4 500**
**+ SEK 750/person**

Prices excl. 6% VAT.

Included

- Gold trophy for the winning team
- Activity leaders from Puls
- Mileage up to 200 km
- Rain ponchos

### Book or get a quote

**08-20 32 00**
**boka@puls.nu**

Scan for photos, prices and booking