

STAND UP PADLE



DURATION

2 hours

IDEAL FOR

Family, Couple

👤 MÍN. 1 👤 MAX. 5

RESERVATION

2 days in advance

LANGUAGES

Portuguese, English, Spanish

SCHEDULE

On request

PRICE

€15 per person

VAT included

Stand Up Paddle (SUP) is the aquatic sport of the moment in Portugal with strong growth worldwide. One of the main reasons lies in the ease of sliding on the water with a fairly stable board, where you can use the paddle to boost the movement. The body posture in the practice of this sport is very ergonomic becoming so in an excellent workout for body and mind!

SLIDE ON THE WATER

INCLUDES

Surfboard, Paddle, SUP suit, Life Jacket, monitoring by certified instructors, insurance and pick up.

NOTE

Rent only the necessary equipment

VILLA C
BOUTIQUE HOTEL