

# STAND UP PADDLING



GOSUP.NO

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## 1. STAND UP PADDLE INTRODUCTION COURSE.

### DESCRIPTION

For those who are fascinated by this now hugely popular sport, this is the first step.

We take you through the basics of paddle boarding and introduce you to the safety aspects and local regulations regarding SUP, as well as give you some useful information regarding the different boards available on the market and their uses.

Once out in the water we take a short paddle getting used to the SUP and learning critical skills including self rescue, paddle strokes, turning strokes, and correct posture and technique.

This is a fun and informative SUP session with no pressure to perform but will give you a good taste for what stand up paddle boarding is about and what to expect on one of our Courses.

### FIGURES & FACTS

Duration: 1,5 hours

Capacity: min. 3 pax, max. 8 pax

Season: all year (except November, December, January, February)

What is Included: Qualified Instructor, stand up paddle board, paddle, leash, wet/dry suit by need.

Note:

Equipment is provided.

What to bring according weather conditions: water, snacks, hat, swimming clothing, sunglasses, water shoes, wool socks, wool underwear's.

Sun cream in summer is recommended.

Price: 600,- per person.

Private lesson 750,-



Our instructors are qualified and accredited professionals ready to help you to discover the fastest growing water sport in the world. It is the first School in Norway accredited by ASI- is the world's leading stand up paddle accreditation and training organisation.organisatio

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## 2. STAND UP PADDLING TOUR DOWN THE NIDELVEN

Looking for something new and exciting? Try stand-up-paddling on a huge board down the Nid river! While standing on the board with your paddle you will get to know Trondheim in a very exciting way.

### DESCRIPTION

Paddle on a huge SUP board down the river and enjoy the beautiful views while experiencing a feeling as if you were surfing! It is a very fun activity for families and friends and at the same time you will get to see the most important parts of Trondheim.

The instructor provides basic instructions prior to departure and leads the group. No prior experience needed.

### FIGURES & FACTS

Duration: 2 hours

Capacity: min. 4 pax, max. 20 pax

Season: all year (except November, December, January, February)

Note: Equipment is provided. Wear suitable clothes and light shoes. What to bring according weather conditions: water, snacks, hat, swimming clothing, sunglasses, water shoes, wool socks, wool underwear's.

Sun cream in summer is recommended.

Price 400,- per person

## 3. SUP-YOGA

Practicing yoga on a surface that is moving – like the paddleboard – engages the core muscles and strengthens other muscles which wouldn't otherwise be used in earth-bound practice. SUP yoga also requires intense focus because transitioning between poses requires concentration to keep the board steady.

### FIGURES & FACTS

Duration: 1,5 hours

Capacity: min. 4 pax., max. 10 pax.

Season: all year (except November, December, January, February)

Note: Equipment is provided. Wear suitable clothes and light shoes. What to bring according weather conditions: water, snacks, hat, swimming clothing, yoga clothes, sunglasses, water shoes, wool socks, wool underwear's.

Price 600,- per person

