

# STAND UP PADLE



**DIFFICULTY** ●●●●●

**CONFORT** ●●●●●

**DURATION** 2 HOURS

**IDEAL FOR** COUPLE

FAMILY

**MIN.** 1 PEOPLE

**MAX.** 5 PEOPLE

**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

## OPTION

RENT ONLY THE NECESSARY EQUIPMENT

DISCOVERY HOTEL  
MANAGEMENT



A MEMBER OF  
DESIGN HOTELS™

+351 252 240 420 INFO@VILLACBOUTIQUEHOTEL.COM WWW.VILLACBOUTIQUEHOTEL.COM

VILLA C  
BOUTIQUE HOTEL