



## **STAND UP PADDLE (SUP) LESSON**

ROUTE:	N/A
SEASON:	All year
GROUP SIZE:	2 to 8 people
DISTANCE:	0-2 km approx
AGE:	From 12 years (under 16 to be with adult)
FITNESS LEVEL:	Low – Must be able to Swim
LOCATION:	Moraira
DURATION:	1.5 hrs approx
RESERVATIONS:	Minimum 12 hours before the excursion
CANCELLATIONS:	See Cancellation Policy below

### **INFORMATION**

This is an introduction lesson to SUP. You will be taught how to hold and use the paddle, how to get up onto your feet on the board and where to stand for best stability etc. We will not travel far from the shore or for a long distance it is a teaching session.

### **INCLUDED**

Paddleboard and Paddle

Life Jackets

Qualified Instructor

Activity Insurance

Digital photos of your experience

Wetsuit if needed

### **RECOMENDATIONS**

Swimwear plus a tshirt & shorts that can get wet (no denim or heavy fabrics)

Sunscreen

Leave sunglasses behind, you won't want to lose them in the sea.

Towel

Dry clothes

## **IMPORTANT – PLEASE READ**

**You should arrive at least 15mins before the start time of the excursion.**

**For all water based activities, you MUST BE ABLE TO SWIM.**

**All valuable items should be left at our activities centre for safety.**

**If you are late for your booking and have not informed us of any problems, we will assume you are not attending and you will therefore forfeit your booking as per cancellation policy below.**

**You must inform us of any food allergies when booking your activity.**

**You must inform us of any medical conditions when booking your activity.**

## **CANCELLATION POLICY**

Full payment is due upon booking to guarantee your place on each excursion. Places are limited to small numbers and fill up quickly.

In the event that you wish to cancel you will receive the following refunds.

Up to 2 weeks before the activity – 100% refund

Up to 1 week before the activity – 60% refund

Up to 1 day before the activity – 20% refund

On the day of the activity – no refund given