

Summary:

Our Stand Up Paddle (SUP) boards are suitable for all skill levels, from beginners to more advanced paddlers. Practice on SUP's in our bay or make a short trip along the coast to the wonderful cliffs.

Info

Level: easy - hard <u>Duration</u>: 1 - 8 hours (please contact us for rentals longer than 1 day) <u>Distance</u>: 1 - 20 km <u>Group size</u>: 1 - 15 people <u>Where</u>: Kayak & SUP Hvar, Bonj Beach (in front of Amfora hotel) <u>When</u>: Every day from 10:00 AM to 06:00 PM

Prices:

- SUP (per hour): 100 HRK (13 EUR)
- SUP (full day): 300 HRK (40 EUR)

Highlights

- Practice first steps on the SUP in a protected bay, away from the wind and strong waves
- Discover and explore the bays and beaches away from crowded areas with many tourists, at your own pace
- Determine the time and duration of your activity that best suits your needs
- Get detailed information about safety, how to use equipment, where to go, and what to see
- We'll show you the way to the best spots, depending on the weather conditions and individual preferences
- Take advantage of our special prices for a full day rental

What is included:

- Stand Up Paddle board with adjustable paddle
- Life jackets (not mandatory for good swimmers)
- Dry bags (3L or 30L)
- Snorkeling masks
- Map of Hvar and the Pakleni Islands
- Detailed instructions about safety, how to use equipment, where to go, and what to see

- 10% discount in "Tri Grede" restaurant on the Pakleni Islands
- Free storage for all your belongings (backpacks, bags etc.) that you don't take with you during your activity
- Accident insurance
- Sun hat and water-resistant watch (if needed)

Description:

Did you know that Stand Up Paddle boarding (SUP), originated many years ago in Hawaii as an off-shoot of surfing? As bigger and more stable boards were constructed, SUP became very popular over the last few years and grew as a world phenomenon, gaining all kinds of followers. Today people paddle not only on the waves but also on seas, lakes and rivers. SUP can be a good core workout or just a meditation in movement. It can be also a beautiful trip from island to island, a long cruise along the coast, or just a simple exploration of bays and beaches.

Our center is situated in a bay which is protected from strong winds and waves, providing excellent conditions for all beginners to practice their first steps on SUP. Depending on the weather conditions, the duration of the SUP rental, and your personal preferences, our staff will give you detailed instructions on where to go and what the best places to visit are. We will also give you some instructions on how to use the equipment, or you can try our SUP school.

If you are familiar with SUP (intermediate or advanced level), you can also take a short trip along the coast to the wonderful cliffs located only 20 - 30 min away from our location (one way). Additionally, if you aren't afraid to cross Hvar Channel with a SUP (800 meters) and you are able to paddle for one hour or more, you can paddle to Zdrilca Channel on the Pakleni Islands and experience one of the most attractive places for paddling. We'll also provide you with a dry bag (100% waterproof, 3L or 30L) so that you can take a mobile phone, camera, wallet, or anything else that has to stay dry during your trip.

If you reach the Pakleni Islands, there are several options (pebble beaches) where you can pull your SUP up onto the coast and explore the island, swim, snorkel, eat and drink something in the nearby restaurant, or just relax. Take advantage of our special prices for a full day rental to practice and explore Hvar coast at your own pace, for up to 8 hours.

What to take:

- Sunscreen
- Swimsuit
- Bottled water (or any liquid)
- Cap or hat
- Towel