

Stand Up Paddle Boarding

Interested in trying something new this summer?

Rent a board & paddle and try this popular hot-weather water sport!

What is it?

Stand up paddle boarding is exactly what it sounds like—you stand up on a large board, and you use a long paddle to move around on the water. You've probably seen people doing it if you've walked along the seawall!

Who can do it?

It's suitable for people of all ages and fitness levels! No worries if you can't swim, because you'll get a lifejacket. It's pretty simple getting the basics on your own, but most locations have lessons available if you want to be a pro!

Benefits: It's a great workout your arms, as well as a fantastic exercise for balance. Plus, you can always just float in the cool water and relax if you get tired!

Where can you go?

Kitsilano Beach

Rental cost: \$30 for 2 hours

Lessons available: yes

<http://www.vancouverwateradventures.com/paddleboards>

English Bay

Rental cost: \$29 for 2 hours

Lessons available: yes

<http://www.ecomarine.com/rentals/stand-up-paddleboard/>

Rocky Point

Rental cost: \$28 for 2 hours

Lessons available: yes

<http://www.rockypointkayak.com/stand-up-paddleboards/>

Jericho Beach

Rental cost: \$19.65 for 1 hour

Lessons available: yes

<http://www.windsure.com/windsure-windsurfing-rentals/>

Deep Cove

Rental cost: \$35 for 2 hours

Lessons available: yes

<http://www.deepcovekayak.com/stand-up-paddleboard/stand-up-paddleboard-rentals/>



Images (top to bottom):

<http://www.bestwesternsandshotelvancouver.com/photo-gallery/>

<http://lmaclean.ca/tag/port-moody/>

<http://www.deepcoveoutdoors.com/kayakshop/>