

## Your Holiday.

Out of the seven days, five will be SUP activity days, which will be a mixture of guided paddle tours both coastal and river, SUP surfing lessons (optional for the whole group), and even SUP fitness. If surfing is not your thing then not to worry this can be replaced with a tour and vice versa, its your holiday and we want you to enjoy it, so are totally flexible with you. The remaining two days can be used at your leisure to go and explore the beautiful countryside and landmarks that Cornwall has to offer, with the iconic St Michaels Mount right on your doorstep.

The itinerary for the guided tours is flexible as we will select the best location and conditions for you on that day. Water safety is always our priority, we have over 40 years experience of the surrounding coastline and its conditions so you can be assured you are in safe hands.

The dates have been selected to optimise the best tides and suitable locations for your holiday. The tours / surf lessons will require 3-4hrs of paddling per day, depending on location and time set off if lunch is required you can either pack a lunch or stop at a beach cafe / pub en route, we also aim to have one of the coastal tours late afternoon / early evening to hopefully catch a sunset paddle with beach BBQ.

## Accommodation.

Situated in Marazion, your accommodation is a detached modern 2 bedroom house, with a twin room and a double room (a camp bed can be arranged if you require 4 single beds for your trip). The house has all the mod cons with wifi, smart TV etc, and a fully equipped kitchen. Outside is a drive for 2 vehicles and a decking area for alfresco dining. All bedding and bathroom linen is provided but not beach towels, so please bring your own. There is a shop just opposite the house where any supplies and food can be purchased for your stay.

## What we supply.

We will supply the boards, leashes, paddles and buoyancy aids (if you wish to bring your own paddle or any other equipment then please do so) Your Instructors / guides are BSUPA Level 2 qualified.

## What should you Bring.

You will need to bring your own SUP attire, i.e wetsuit, boots (if required), or other paddling attire you are comfortable with and beach towels. June is a relatively warm month, and hopefully we will be paddling in shorts etc, but please bring warmer clothing / attire for paddling as a back up. A vehicle is necessary for getting yourselves to selected launch sites. If you are not traveling by car then we can book a hire car for you (extra cost).

## Adverse weather guarantee.

As we all know, we cannot control the weather, if we cannot deliver more than 3 days of SUP activities due to adverse weather conditions within your seven day stay, we will issue a £400 refund (£100 per person.)