

# STAND UP PADDLE

**Stand up paddle surfing (SUP), stand up paddle boarding**, or in the [Hawaiian language](#) **Hoe he'e nalu**, is an emerging global sport with a Hawaiian heritage. The sport is an ancient form of surfing, and reemerged as a way for [surfing](#) instructors to manage their large groups of students, as standing on the board gave them a higher viewpoint.

Stand up paddle is the fastest growing water activity because it allows a wider range of people to get involved. It is not necessary to be fit or super sportive to enjoy stand up paddle boarding on Lago Maggiore.

If you interested contact Bina



RENT	1 HOUR	2 HOURS
NAISH	CHF 20	CHF 35
BOARD		

PRIVAT LESSION ON REQUEST

INFO: BINA 079 278 5545 [binawave@hotmail.com](mailto:binawave@hotmail.com)

(We are not taking any responsibility / reliability for you or the rented equipment)