

# STAND-UP PADDLE BOARD ITINERARY

**YOU CHOOSE TO MEET AT THE ADRIFT OFFICE EITHER  
AT 7:45 AM OR 1:45 PM.**



Experience paddle boarding in a new and fast-growing way! Paddle, swim, and relax as you travel down a calm stretch of the river. Transportation, board rental, instruction, guide, snacks and water are included. Approximate time on the river is 2 to 3 hours (time may vary based on water levels).

Experience one of the most scenic, relaxing and rewarding tours in Moab – stand-up paddle boarding on the Colorado River! Your journey begins at the Adrift Adventures, 378 North Main St., where you'll be fitted with a PFD (Personal Flotation Device) before an approx. 20-minute drive to a sandy beach along the river where we'll set off.

On the beach, your guide will fit you with a paddle and paddle board before providing some brief instruction both on the sand and in the water. With our paddle boards, most people generally get the hang of stand-up paddle boarding within just a few minutes. Once everyone is comfortable, we'll push off for a fantastic experience on the river.

You'll paddle past towering sandstone cliffs, catching the occasional glimpse of a great blue heron, a bighorn sheep, or a climber scaling the rock walls along the river's edge. Your guide will provide any needed assistance and instruction as well as insights about the fascinating geology that surrounds us. You'll have time to paddle, swim and just lie on your back in the sun as we drift down river.

Once we reach the takeout point along the river, we'll pack up all the paddleboards and supplies before heading back to our office.

**We Provide:** Stand-up paddleboard, paddle, Coast Guard approved PFD (Personal Flotation Device), water, snacks

**You Need:** Proper clothing – clothes & shoes that can get wet and are easy to move in, sun protection – sunscreen, sunglasses, camera (note that it may get wet so bring at your own risk)

**Restrictions:** An age limit depends on boarders' abilities.

**Note:** All trips are Rocky Mountain Time! Do not be caught off guard.

All trips meet and depart from the Adrift Adventures office at 378 North Main St. Be sure to at the correct location on time! There is a 48-hour cancellation policy on most trips, just in case something comes up and you are unable to make your reservation be sure to cancel before the 48-hour mark.

If you have scheduled a pick up from your hotel or campground, our van will pick you up at the designated time as well as return you at the conclusion of the trip. At our office you will meet your guide and receive a lifejacket and a small box to hold your camera and other small items such as sunscreen; along with instructions regarding your trip. You will then board the bus for the shuttle to the put-in.

Please feel free to contact our office if you have any questions. For updated weather please go to [www.weather.com](http://www.weather.com) and punch in our zip code of 84532.

For hotel, park and a list of things to do and see go to [www.discovermoab.com](http://www.discovermoab.com).

## **Stand Up Paddle Boarding Facts and History**

\*Please note that all itineraries are subject to change depending on: water levels, weather conditions, road conditions, time of year, and any other unforeseen factors that may affect the trip in any way.

- Stand up paddle boarding is also known as SUP, paddle surfing, “hoe he’e nalu” in Hawaiian, or as we like to call it in Moab, “pure awesome”.
- Stand up paddle boarding is considered by many to be the fastest growing watersport in the country.
- Unlike surfing or windsurfing, stand up paddle boarding is generally very easy to learn, especially with the long, stable paddleboards supplied by Moab Adventure Center. Most pick it up within a few minutes.
- In the early 1960’s the Waikiki natives, or “Beach boys,” would paddle out standing on long surfboards to take pictures of tourists and help them catch waves.
- More recently, surf instructors began to use stand up paddle boarding as a way to better instruct students from a higher viewpoint.
- Paddle boarding really began to take off when Laird Hamilton, one of the most famous surfers on earth, declared that he preferred stand-up paddle boarding over any water sport.
- A trend of long-distance paddle boarding is becoming popular with many paddling along remote coastal areas and across open ocean between islands.
- In some cities, new launching docks have been opened exclusively for paddle boarders. Physical Fitness Facts
- Stand up paddle boarding offers an excellent full-body workout for the abdomen, back, arms and legs. Top that off with a swim in the river and you’ll earn the relaxing sun-bathe on your paddleboard and a well-deserved meal back in town.
- A new trend of paddleboard fitness classes and even paddleboard yoga is emerging as many find the combination of balancing on the board while exercising helps train the body equally for strength, balance and power.
- SUP races have sprung up everywhere from New Zealand to the Netherlands

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