



# Stand-Up Paddleboarding



# STAND-UP PADDLEBOARDING

## Personalise Your Adventure.

If you're looking for an activity that combines the physical with the beauty of nature, then our stand-up paddleboarding (SUP) excursions are the perfect way to personalise your Antarctic adventure.

## Catering to all levels

In addition to the thrill of stand-up paddleboarding, these excursions offer the opportunity to witness some of the most spectacular views Antarctica offers. From breathtaking glacial landscapes to the fascinating wildlife that inhabits the region, these excursions provide a truly unforgettable experience.

Our inflatable SUPs provide a stable and comfortable experience, ensuring that you can fully immerse yourself in the beauty of the surroundings. Whether you're a seasoned paddleboarder or a beginner, our excursions cater to all levels and are led by our experienced guides who prioritise your safety and enjoyment.

## What to expect

Our SUP excursions are designed to provide an unforgettable and intimate experience on the water. Each excursion typically lasts 1.5 to 2 hours, giving you ample time to explore the surrounding landscapes and wildlife. These excursions are offered once per voyage.

Our experienced guide will lead a small group of 10 paddlers during these excursions, accompanied by one safety Zodiac. This allows us to ensure the safety of our guests and provide a personalised experience.

## Safety precautions

You will be guided by a minimum of one experienced guide and one safety Zodiac.

You must be an efficient swimmer and join a briefing and sign a waiver before participation. The wind, weather, and water conditions will determine the timing and location of excursions.

## Minimum age

As stand-up paddleboarding is an independent activity, passengers under 16 years cannot participate.

## Equipment provision

On the Ocean Endeavour, we will provide you with instructions and equipment, including dry suits, neoprene booties, waterproof gloves, and a PFD (a personal flotation device). You will be guided as to what to wear under your drysuit before your excursion.

## Secure your place

We offer a limited number of SUP excursion spaces per voyage, which can be pre-booked. We recommend you book early to avoid disappointment. Additional spaces may be available for booking via our Expedition Team, subject to itinerary and weather conditions.