

Paddleboarding with Sara

Whatsapp, call or email for booking details
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SUNSET PADDLES.

Accompanied 1 hr paddle winding down the day. Previous paddling experience. Bring your own board. Free to WSC members.

£8 (own board) £12 (borrow board)



'GET STARTED'

Have a go at Stand up Paddleboarding.

Ever wanted to have a go but not sure where to start and would like some tips before hiring a board and heading off out onto the water?

'Get Started' sessions give you the basics to get up and paddling ready to start your adventures.

2-2.5hrs - Equipment provided – 1:1 £55 - Group (min 2 max 4) £40

'STARTER TO CONFIDENT PADDLER'

Series of three 1.5hr sessions to build and develop the skills from starter to confident paddler. Gain confidence in the equipment, paddling and embarking on your own adventures. Can be tailored to own requirements

Evening and/or weekend options available.

1:1 £140 - Small group sessions (min 2-max 4) £110/person

Quiet and sheltered location.

Unique opportunity to access a beautiful lake, where you don't have to worry about motorboats or overcrowded waterways.

Enjoy the peace, calm and connecting to nature whilst getting physically active developing your stand up paddling skills.

10% discount for all current WSC members

All sessions are subject to terms and conditions and weather permitting

Paddling and beyond



SPLASH AND PADDLE

Improve your skills, confidence and paddle fitness

Want to take your skills to the next stage, practice with confidence with an instructor through a variety of exercises, games and activities.

Pick up tips and tricks to become more confident to get on and off your board from the water, and aid others to do the same.

Build balance and skill to paddle in different environments and manage your board effortlessly.

WARNING: Fun unavoidable and bring a change of clothes you will be getting wet!

1.5hr small group sessions (max 6) with qualified instructor
Bring your own board £20 or borrow one £25.



PEACE AND CONNECTION

Take time out for a mindful paddle

Bring your own board or borrow one and take the opportunity to take a break and reset and refresh. Sessions are sprinkled with guided mindfulness moments and time to gently paddle and absorb the beauty, nature and presence of likeminded people.

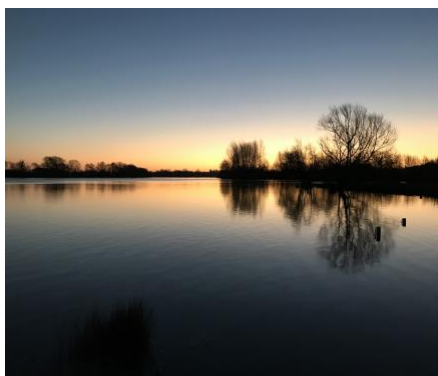
Paddling experience preferred, or a have completed a starter session.

Finish the time with an optional refreshment and friendly chat.

Up to 1.5hr including refreshment

Wednesday sessions – get your day off to a calm start or pop along in your lunch break. Some evening sessions available.

Small groups of up to 6 - £15 (min 2 people) £18 including a board



SUNRISE PADDLE

A unique way to start your day and experience the joy of sunrise, the birds awakening and the energy of a new day.

Join a small group for a Sunrise paddle. Have breakfast on the lake side and head off feeling alive and fresh ready for whatever your day or week will bring. Start times will vary but frequently be around 5am.

Accompanied group (max 6) up to 1 hr paddle plus optional 30mins for breakfast/coffee

£15 (own board) £20 (borrowed board)