**SUP Taster Session at Ellerton Lake**

On arrival, you will be meet your instructor and be shown the facilities.

After that you:

* Get kitted up ready for stand up paddle boarding
* Be given a safety brief with some basic instruction on land
* Look at launching safely
* Have a go at paddling kneeling down
* Have a go at paddling standing up
* Have a journey on the lake practicing paddling forwards, backwards and turning your board
* Self-rescue techniques

Stand Up Paddle Boarding is fairly simple; all it takes is some persistence and a good sense of humour!

**Location and Postcode:**

Ellerton Park is situated near to the A1 just off the B6271 (if coming from Richmond direction take 1st exit, coming from Northallerton take the second exit and the entrance is on the right) near the village of Bolton-on-Swale. DL10 6AP

**What to Bring:** Please bring your Personal Information Form with you and see our recommended kit list.

We may take photos on the day which we post on our social media sites if you rather we didn’t please do let us know in advance and we will not take any.

Want to know what the weather is likely to be like on your alfresco adventure? Visit [www.alfrescoadventures.co.uk/weather](http://www.alfrescoadventures.co.uk/weather)

We hope you have a lovely day!