

GLOVER'S SUP ADVENTURE & SKILLS CAMP WITH NORM HANN



Bring your SUP skills to another level at Glover's Atoll with a 5 day Tropical SUP Adventure

Duration:	5 days	Activity level:	3.5/5 - previous SUP experience required
Starts:	Dangriga		
Finishes:	Dangriga	Departure:	Jan 30, 2019
Guides:	1-2 leaders		
Price:	\$1219 US + \$140 Taxes & Fees \$1389 CDN + \$170 Taxes & Fees		
Habitats:	Glover's Reef Atoll		
Web address:	www.gloversgetaway.travel		

Accommodations: Southwest Caye Glover's Basecamp

Activities: SUP skills, downwind, swell and surf, strength training and sport nutrition. Snorkeling, fishing, optional Scuba diving available.

Discover the magic of Stand Up Paddling in tropical waters. Take a break from winter and elevate your SUP paddling to an exciting new level with accomplished coach, SUP instructor and expedition paddler Norm Hann. Glover's Reef is a protected marine park and a UN World Heritage Site and one of Belize's most pristine and wild marine habitats. These coral reefs and islands are located thirty-six miles off shore of mainland Belize. For this special departure our focus will be on SUP. Learn, explore, and snorkel amongst the turquoise lagoons and rich coral reefs. Stay at Southwest Caye Basecamp, where you will sleep in comfortable, safari-style tent cabanas and dine on fresh fish and local cuisine. Continue the adventure in Belize with a Rainforest Canopy Extension, a Cayo Caves & Temples or the Maya World Extension.

Typical Daily Itinerary 5 days:

Day 1: We travel by water taxi beyond the main Barrier Reef to our private Basecamp on Southwest Caye within Glover's Reef Marine Reserve. We depart from Dangriga at approximately 8 am and typically arrive at Southwest Caye before 10 am. Guides introduce you to your new environment and you'll have time to settle into your tent cabana and enjoy a swim before lunch. After lunch, Norm conducts a flatwater skills workshop followed by an intro from your Belizean guides to snorkeling the coral reefs. Enjoy an evening paddle around Southwest Caye before dinner. Our talk this evening is with Jen Segger and focuses on hydration and nutrition for paddling.

Accommodation: Glover's Basecamp **Meals:** Lunch, Dinner

Days 2: With the Caribbean Sea just steps from your tent cabana, why not start your day with an early swim. Before heading out on the water we begin with a warm up stretch and movement then on the water our route parallels the inside reef crest, shallow waters that are rich in coral reefs and marine life. Return to camp for a delicious lunch and chill time before we get back on the water. In the afternoon we focus on board control in different conditions and downwind techniques. At some point in the day, either from the boards or the support boat we have the chance to snorkel amongst the coral reefs.

Accommodation: Glover's Basecamp **Meals:** Breakfast, Lunch, Dinner

Day 3: For those that like to rise early we have a first-light fishing mission in the skiff where you can try your hand at Belizean Style hand line fishing. Snapper, barracuda, jacks or grouper can be on the menu. After our warm up stretch we'll work on our strokes and techniques, then our support boat takes us to the northern section of the atoll where we paddle a surf break and then downwind paddle back to our base on Southwest Caye. This is a full day on the water with lots of variety of paddling and challenge. You'll come back to base tired and satisfied. Enjoy a cold beer, relax in a hammock or have a nap before dinner. Our after dinner session with Jen focuses on distance paddling, expedition or race training.

Accommodation: Glover's Basecamp **Meals:** Breakfast, Lunch, Dinner

Day 4: Another awesome day on the water with lots of variety. This is the day everything you've been learning comes together – efficient and powerful forward stroke, downwind riding, board stance, confidence riding waves and swells. We'll paddle to some amazing snorkeling locations and take you to one of the most incredible lunch spots on the planet. For our last evening, it's time to unwind and take in the Belizean culture with a fun beach BBQ, traditional foods and Garifuna music and dance.

Day 5: For your last morning on Glover's Reef the choice is yours. You may choose to don a mask, snorkel, and fins for a final visit to your favorite coral reef before a motor charter arrives to transport you back to the mainland. Arrival back in Dangriga is approximately 1:30 to 2:30 pm.

Accommodation: N/A **Meals:** Breakfast

Please note all itineraries are subject to change depending on weather or safety considerations. Flexibility as our guest and as an international traveler is the key to an awesome experience.

Please visit www.gloversgetaway.travel for further trip details and images