

GLOVER'S SUP ADVENTURE & SKILLS CAMP WITH NORM HANN



Bring your SUP skills to another level at Glover's Atoll with a four day tropical SUP adventure

Duration: 4 days Activity level: 3/5 - no previous SUP experience
Starts: Dangriga
Finishes: Dangriga 2020 Departures:
Guides: 1-2 leaders Feb 2, 2020
Price: \$944 US + \$105 Taxes & Fees
\$1069CDN + \$130 Taxes & Fees

Habitats: Glover's Reef Atoll
Web address: www.islandexpeditions.com/our-belize-trips/belize-vacations/glovers-sup-adventure-and-skills-camp-norm-hann-4-day

Accommodations: Southwest Caye Glover's Basecamp

Activities: SUP skills such as paddling downwind, paddling in swells, surfing, strength training and sport nutrition. Snorkeling, fishing, optional Scuba diving.

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 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](#), a Cayo Caves & Temples or the [Maya World Extension](#).

Typical Daily Itinerary 4 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 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 to the water! Today, 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 have a chance to review the core strokes and board control, then our support boat takes us along the reef crest to the northern section of the atoll where we have a chance for a downwind paddle back to our base on Southwest Caye. This is a full day on the water with lots of variety of paddling and some great snorkeling. 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 focuses on gear choices, outfitting your SUP and introduces the concept of multi-day SUP trips.

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

Day 4: Early coffee and fruit and then join Norm for a paddle as the sun rises over the Caribbean. For your last morning on the reef you may choose to don a mask, snorkel, and fins for a final visit to your favorite coral reef, or enjoy a paddle before our 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.islandexpeditions.com/our-belize-trips/belize-vacations/glovers-sup-adventure-and-skills-camp-norm-hann-4-day for further trip details and images