



**NORM HANN**  
EXPEDITIONS

**Island**  
Expeditions.com



## CORAL ISLANDS - SUP

Norm Hann Paddle Sessions - Stand Up Paddleboard Touring 1 Certification  
A Stand Up Paddleboard journey in Belize's Southwater Caye Marine Reserve

**Duration:** 6 Nights  
**Starts:** Belize City  
**Finishes:** Dangriga  
**Guides:** 1-2 Leaders  
**Instructor:** Norm Hann

**Habitats:** Barrier Reef & Tropical Savannah  
**Activity level:** ●●●○ [4] Paddling experience required

**Accommodations:** Tropical Education Center, Tobacco Caye Paradise, IZE Belize

**Activities:** SUP skills (Advanced Flatwater SUP, Stand Up Paddleboard Touring 1) Snorkeling, Fishing, Birding, Photography, Natural History Interpretation.  
(Optional: cost not included in trip price - Nocturnal Zoo Tour & Scuba Diving.)

**\$2559 USD / \$2999 CDN**

(Includes taxes & fees)

Price per Person based on Double Occupancy  
**\*Single & Will-Share Supplement Available\***

**Web:** [www.ie-coralislands.com](http://www.ie-coralislands.com)

**Visit our website for departure dates**

**Package includes:** Accommodations, meals, transfers, guided activities and equipment (as per itinerary). Paddle Canada Certification. All government taxes and park fees

**Package does not include:** Int'l airfare, gratuities, medical/travel insurance, snorkel/fishing/scuba gear, additional activities, costs incurred by flight delays



Our **Coral Islands SUP** journeys between local island lodges in the South Water Caye Marine Reserve on the Southern Barrier Reef... **it is the only lodge to lodge Stand Up Paddleboard and snorkel trip in Belize!** Stand Up Paddleboarding is one of North America's hottest new sports, and the sheltered lagoons and turquoise waters of the Southern Barrier Reef are ideal for paddlers of varying abilities. **Norm Hann Expeditions®: SUP expert Norm Hann joins select departures as Guest Instructor and Trip Coordinator ([www.normhann.com](http://www.normhann.com)).**

You will discover South Water Caye Marine Reserve by day, and spend nights in small, family run island lodges. At your lodge you will dine family-style on fresh Belizean fare, and enjoy breathtaking sunsets from the hammock on your deck. This trip also includes an inland overnight adventure to the Tropical Education Center and an optional night tour of the Belize Zoo. This specially arranged zoo tour is by donation, and is a great introduction to native wildlife and Belizean ecology.

**Norm Hann** brings his lifetime of coaching, teaching and guiding experience to help you build a strong instructional and teaching foundation. Our Paddle Canada Flatwater Instructor course is an enriching, informative one evening, two day program for aspiring standup paddleboard instructors, retail and rental staff, fitness professionals and those interested in becoming effective teachers. Candidates will be assessed on their ability to organize, implement and safely run a standup paddleboard flatwater skills course.

This course delivers teaching the basic skills, **Advanced Flatwater SUP**, and then to **Stand Up Paddleboard Touring 1**. The aim of this program is to introduce participants to paddling and navigating in a coastal environment. The emphasis is on knowledge, navigation, and safety skills. Norm Hann is part of the SUP Development Committee since its inception in 2008. He is an instructor trainer for Paddle Canada at the highest levels in all disciplines of standup paddle boarding.

**Paddle Canada** sets national standards for instruction and certification for recreational paddling: canoe, kayak and stand up paddleboard (SUP). Every year, nearly 2,200 Paddle Canada certified instructors deliver sanctioned courses to more than 10,000 paddlers across Canada. Paddle Canada certifications are nationally accredited and internationally recognized.

## Typical Daily Itinerary:

**Day 1:** You arrive at the Belize International Airport where an Island Expeditions' representative will meet you and welcome you to the country. You will be taken to the Tropical Education Center, which is adjacent to the Belize Zoo. The accommodations are Forest Cabanas situated in the midst of idyllic tropical pine forest. There are a network of interpretative trails and wildlife viewing platforms at your doorstep. The Tropical Education Center has an Interpretive Center where you can explore the diverse ecology of Belize, and is the ideal starting point for the adventure that awaits you.

After checking into your accommodations, you'll have the opportunity to enjoy a 'Welcome to Belize' dinner with your fellow travelers. As the evening unfolds, you can participate in a specially arranged nocturnal tour of the Belize Zoo. The zoo tour is optional by donation, and is a great introduction to the jaguars, ocelots, tapirs and other animals native to Belize.

**Accommodation: Tropical Education Center**

**Meals: Dinner**

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.**

*"Five Plus Stars! I am so grateful to have had the opportunity to participate in Norm Hann and Island Expeditions Belize Coral Island SUP trip. The paddling locations were beautiful and accommodations were excellent. Norm's outstanding instruction teaches you proper paddling form, improves your skills and really builds paddling confidence. This is an incredible opportunity to visit and experience Belize while improving your SUP skills with a phenomenal and enthusiastic instructor. Escape winter and head to Belize with Norm for a truly memorable paddling experience."*

Heather - BC Canada  
Coral Island SUP

### **Itinerary Con't:**

**Day 2:** Waking up to the sounds of the tropics is a pure delight with the chatter of parrots and parakeets flying overhead. The fresh morning air scented with tropical blossoms adds to the expectation of an exciting adventure-filled day. After breakfast you will travel the Hummingbird Route through the Maya Mountains to your motorboat charter. You'll travel to Tobacco Caye, your first island on the Southern Barrier Reef and your home for the next two nights. Once you have settled into your accommodations, Norm and our certified staff will offer an introduction to tropical marine safety, and you will be led through the first snorkeling session. Thorough instruction and demonstration are provided, and beginner to advanced snorkeling skills are reviewed. These lessons take place at the Tobacco Caye cut and outer reef walls.

Following a tasty Belizean lunch, Hann will review the fundamental skills of paddleboarding and help you fine tune your existing skills. Safety, efficient forward stroke development and touring techniques are typically covered. Once you've been shown the skills needed to use the equipment confidently, you'll have the opportunity to practice and play in the calm turquoise waters near Tobacco Caye.

**Accommodation: Tobacco Caye Paradise**

**Meals: Breakfast, Lunch, Dinner**

**Day 3:** Situated on the Barrier Reef in the heart of the South Water Caye Marine Reserve, our lodge is ideally positioned to explore the surrounding reefs and cayes. Starting with a steaming mug of coffee and fresh tropical fruits, you can enjoy an early morning swim or island walk before breakfast. Today's focus will be on discovering this amazing area by paddleboard. Conditions permitting, you and your group will journey into the Tobacco Range - a cluster of mangrove islands and protected waterways teeming with pelicans, manatees, and frigate birds. You'll have the opportunity to paddle to nearby cayes and explore turtle grass beds, sheltered lagoons, and narrow mangrove channels. After an exciting day of exploration and learning, you'll return in the evening to Tobacco Caye.

**Accommodation: Tobacco Caye Paradise**

**Meals: Breakfast, Lunch, Dinner**

**Day 4:** Gazing south, (following the line of breaking waves along the Barrier Reef crest), you will be able to see the next island we will be travelling to today – South Water Caye. After bidding fond farewells to our hosts, you will paddle along the protected waters of one of the most beautiful sections of the entire reef system. The waters are shallow and clear and you will see a tremendous variety of marine life, including southern stingrays, eagle rays, grouper, nurse sharks, and more.

You will enjoy a leisurely paddle, snorkel, and picnic lunch as we travel towards tonight's destination. We cross Tobacco Caye cut, stopping to snorkel along the reef wall. One of today's highlights is a visit to the renowned Smithsonian Carrie Bow Caye Field Station, where scientists and their collaborators conduct research on the biology, ecology, and geology of coral reef ecosystems.

As we make our way to South Water Caye, with its coconut palms swaying in the wind - this is a day you will wish would never end. You will paddle your board right up to the beach beside the lodge. After settling into your room, you can enjoy an ice cold drink or explore the island before we meet for a delicious Belizean dinner. Watching the tropical sunset from an open-air bar is an experience that should not be missed! During your time on the island you may even be able to do a night snorkel on Southwater cut.

**Accommodation: IZE at South Water Caye**

**Meals: Breakfast, Lunch, Dinner**



### **Itinerary Con't:**

**Day 5:** You will have plenty of time to snorkel, paddle and enjoy the scenery and marine life of Belize. You'll explore different regions of the Barrier Reef including the inner and outer walls, patch and fringing reefs, mangrove ranges, and protected lagoons. As we explore by paddleboard, it is not uncommon for our routes to cross those of the fishermen who make their living from the sea. These candid interactions with the locals can be fun, and provide us with great insight into a way of life very different from our own.

**Accommodation:** IZE at South Water Caye

**Meals:** Breakfast, Lunch, Dinner

**Day 6:** Your last day on the cayes is usually spent paddling to Billy Hawk Caye in the Blue Ground Range. We will enjoy a specially prepared lunch at the island's Garifuna fishing camp. Weather and wind permitting, Hann will lead you on a fun downwind paddle as we challenge your developing SUP skills. In the afternoon we return to Southwater Caye by motorboat and enroute we stop for a final snorkel. At sunset we will celebrate our last night together with a local Belizean meal and various island festivities.

**Accommodation:** IZE at South Water Caye

**Meals:** Breakfast, Lunch, Dinner

**Day 7:** After an early breakfast, our water taxi carries us back to the mainland and the town of Dangriga where the trip finishes. Any extra luggage that was stored at our Operations Base will be returned to you to repack. Taxis can be arranged for transfers to the Belize International Airport, or to local bus stations to continue exploring Belize on your own.

**Accommodation:** N/A

**Meals:** Breakfast

**Travel Notes:** For travelers who will be leaving Belize on Day 7, international connections out of the country require a departure after 11:30 am. To connect with Friday afternoon departures from Belize, a short domestic flight is required. This flight is from Dangriga to the Belize International Airport. Please call for details - our office can confirm pricing and book your domestic flight.

This is one of our most adventurous trips. Weather conditions can greatly affect paddling conditions and may increase the level of difficulty. Because of the distances traveled on this trip, previous paddleboarding experience is recommended. We also believe that variability of conditions are what make this trip the best of its kind in Belize.

This itinerary is a 'guide' and must remain flexible and open to changes at the trip leaders' discretion. We hope you bring a spirit of adventure with you, we cannot direct the winds but we can adjust our sails.

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**Flexibility as our guest and as an international traveler is the key to an awesome experience.**