



**NORM HANN**  
EXPEDITIONS

**Island**  
Expeditions.com



## GLOVER'S SUP ADVENTURE 4N

Bring your SUP skills to another level at Glover's Atoll with a tropical adventure with guest instructor : Norm Hann

**Duration:** 4 Nights  
**Starts:** Dangriga  
**Finishes:** Dangriga  
**Guides:** 1-4 Leaders

**Habitats:** Glover's Reef Atoll  
**Activity level:** ●●●○ [3.5] Previous SUP experience required

**Accommodations:** Southwest Caye Glover's Basecamp

**Activities:** SUP skills; downwind, swell and surf, strength training and sport nutrition. Snorkeling, Fishing, Scuba Diving (optional, cost not included in trip price).  
\*Yoga on select departures

**\$1359 USD / \$1559 CDN**  
(Includes taxes & fees)

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

**Web:** [www.ie-gloversgetaway4.com](http://www.ie-gloversgetaway4.com)

**Visit our website for departure dates**

**Package includes:** Accommodations, meals, transfers, guided activities and equipment (as per itinerary). 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



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, a UNESCO World Heritage Site and one of Belize's most pristine and wild marine habitats. These coral reefs and islands are located thirty-six miles offshore 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.

**"Basecamping": sleeping in wall tented cabanas. These spacious safari style tents have ample headroom to walk around and are on raised wooden floors, with real wood-framed beds (6 inch foam mattress) configured with either double or single beds. All bed linen is provided.**

**Norm Hann Expeditions®: SUP expert Norm Hann joins select departures as Guest Instructor and Trip Coordinator ([www.normhann.com](http://www.normhann.com)).** Norm Hann brings his lifetime of coaching, teaching and guiding experience to help you build a strong instructional and teaching foundation.

## Typical Daily Itinerary:

**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 10 am and typically arrive at Southwest Caye before 12 pm. 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. An evening talk will follow.

**Accommodation: Glover's Reef Basecamp**

**Meals: Lunch & Dinner**

**Day 2:** The Caribbean Sea is just steps from your tent cabana. Why not start your day with an early swim? Then before heading out on the water we begin with a warm up stretch and movement session. Once on the water our route parallels the inside reef crest. It features shallow waters that are rich in coral reefs and teeming with 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 Reef Basecamp**

**Meals: Breakfast, Lunch & Dinner**

*"You know you have had a great trip when you come home filled with gratitude. Norm was a very attentive instructor, dedicated to your education and progress as a paddler, the environments best interest, and safety. I wanted to learn specific things to improve my skills; and I definitely accomplished that, while also having lots of laughter and memorable experiences in a beautiful place. I am already saving for the next one!"*

*Trish - BC Canada  
Glover's SUP Adventure*

## **Itinerary Con't**

**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 might be on the menu if you get lucky. 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 for paddling options and difficulty. 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 distance paddling, expedition or race training.

**Accommodation: Glover's Reef 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, we'll unwind and take in the Belizean culture with a fun beach BBQ, traditional foods, and Garifuna music and dance.

**Accommodation: Glover's Reef Basecamp**

**Meals: Breakfast, Lunch & Dinner**

**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 to Dangriga is approximately between 10:30 and 11:30 am.

**Accommodations: N/A**

**Meals: Breakfast, Packed Lunch**

**Travel Notes:** Due to the early morning check-in time, we suggest that you arrive in Dangriga the day prior. For travelers who will be leaving Belize on Day 5, international connections out of the country require a departure after 3:00 pm. To connect with Sunday afternoon departures from Belize a short domestic flight is required from Dangriga to Belize International Airport (BZE). Our office can confirm current pricing and book your arrangements. Flight & Hotel Packages are also available.

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.

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.**