

WATER ACTIVITY, BIELERSEE | LAC DE BIENNE

# STAND UP PADDLING

The boards are similar to surf boards with the exception that you don't lay on them paddling with your hands. Instead you stand up and use a long paddle to push yourself across the surface of the water. SUP is suitable on lakes, rivers and the sea. SUP (Stand Up Paddling) originates from Polynesia, here, the fishermen stood up on canoes instead and paddled across the water.

## GOOD TO KNOW

- Stand Up Paddling is suitable for all age groups.
- The Sunset Shop in Nidau organizes SUP races during the summer.
- Available: Rental, courses, guided tours and sale of equipment.



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