


Paddleboarding Adventure @ Love2Stay

Contact Details

 Love2Stay
Emstrey Bank
Shrewsbury
SY5 6QS

 01743 583124

Fed up of dragging yourself along to boring gym sessions? Would you like to experience aqua based fitness fun?

Well, SUP, that's stand-up paddle boarding, might be just the thing for you. Not only a way to keep fit you'll have a great laugh when you fall in! SUP is somewhat easier to master than other water sports but still provides a full-body workout in a fun and relaxed way in the outdoors.

These are just some of the reasons it is becoming the water sport of choice. Standing on something bearing resemblance to a surfboard, but much bigger (so harder to fall off!), you balance and propel yourself along with a paddle. SUP has been steadily growing in popularity and although it originated on the sunny shores of Hawaii, you can now enjoy the activity at the Love2Stay adventure centre.



Journey Planner

[View SY5 6QSon a map](#)
[Get directions to SY5 6QS](#)

If you have experienced any joint injuries, SUP is often recommended by physiotherapists and other health practitioners for quicker recovery. If strength and core stability is your thing, then try SUP yoga or SUP Pilates. Essentially a yoga or Pilates class on the water!

Who to Contact

Telephone 01743 583124
Website [Love2Stay Event Webpage](#)

Opening Times

All Year. Duration of 45 minutes.

Other information

Cost(s) £10 per ticket
Referral and availability notes Please book online
- <https://www.love2stay.co.uk/activities/PADDLEBOARDING/KqsXEyn3Vd>

Age Range Over 8 years
Notes **Included**

- Changing room
- Safety Briefing
- Stand-up board
- Buoyance Aid
- Helmet

Not Included

- Towels
- Wet/dry suits
- Aqua Shoes

Related Links [Love2Stay Website](#)
[Love2Stay Facebook Page](#)