

# OCEAN RIVER ADVENTURES



## STAND UP PADDLING (SUP) INSTRUCTIONAL TOUR

**(3 hours)** *The perfect combination: learn to SUP and also experience beautiful Victoria Harbour*

Looking for the best view of Victoria's picturesque harbour waterways? All you have to do is jump on the water with us on a SUP. During this unique, fun, and inspiring tour, you'll get a chance to feel confident and learn how to SUP. You'll also see the city up close. Seals, seaplanes, eagles, and all sorts of interesting activity—this tour has it all! From this unique perspective, the guides describe Victoria's historic waterways by pointing out the locations and buildings that make up the downtown. By the end of this SUP Guided instructional tour, you will want to get out and use your new skills.

**Prerequisites:** None

### Itinerary

Arrive at Ocean River Sports approximately 15 minutes early for your tour to meet your guide(s) and other participants. Our safety-conscience guides are among the most highly trained and versatile on the coast—what is more, they really know Victoria. On the water, groups larger than 6 are led by two guides. Our paddling area encompasses the scenic 7 km stretch of calm protected water known locally as the Gorge, as well as the world's most photographed harbour, Victoria's Inner Harbour.

### What You Will Experience

After meeting and greeting all, you will be provided with a paddling orientation, which will include the features of the SUP, personal paddling equipment, group safety protocol, and the strokes that will make paddling and maneuvering more enjoyable.

The tour will make several stops at fascinating landmarks, with the guide detailing the storied history of each stop.

**Ocean River Adventures**

## **Weather**

Weather in southern Vancouver Island is classified as sub-Mediterranean, and this area boasts the mildest climate in Canada. This means our weather is warm, but not too warm, and surprisingly dry. In spring and fall, we often get a mix of sun and cloud—certainly reasonable weather for sea kayaking, as your spraydeck covers the bottom part of your body and can keep it dry even during some rain. Combine this with a light raincoat and hat and you should be comfortable. If you are concerned about being outdoors in cooler weather with the possibility of rain, consider registering in a program that takes place during the summer, rather than the spring or fall. Summer is comfortable paddling weather, with temperatures from 18° to 32°C (65° to 90°F). The average monthly rainfall in summer is less than 2.5 cm (1"). Actually, this particular region is in a rain shadow. However, while this region is in a rain shadow, we're very close to the rainforest, which dominates the northern pacific coast. This means that neighbouring areas experience plenty of rain. As such, you must be prepared for the possibility of rain by bringing adequate clothing. Usually, rain doesn't last very long. We take this all in stride in the great outdoors! Programs run rain or shine.

## **Equipment List**

### What You Provide for Your Program

Please read the following equipment list carefully, as it indicates what you will need to bring with you on the tour. Cotton keeps you cold when it's wet, and takes a long time to dry. If possible, bring clothing designed for outdoor wear and made from Merino (wool), silk, or synthetic materials, such as Capilene™, polyester, polypropylene, or nylon.

Ocean River Sports stocks many of the items listed below. If you need advice or would like to purchase gear, check out our website at [www.oceanriver.com](http://www.oceanriver.com) or call us!

- Eyeglass retainer strap if you wear glasses
- Sunglasses, sunscreen
- A broad-brimmed sun/rain hat
- Clothing like you might wear for a short hike (dress in appropriate layers depending, on the weather). Bring a light rain jacket on days when there is a chance of rain. If you don't have one, we can provide you with a waterproof paddling jacket.
- Footwear for paddling that can get wet. Sport sandals are fine. Wetsuit booties, reef shoes and running shoes also work. (or you can go barefoot).
- Water and snack (optional)
- A watertight plastic bag for electronics (optional)
- A camera (optional)

If you have an extra bag with you that you would like to store, we have a small storage room located close to the waterfront. Your guides can help you access this room so that you can store extras not needed for your tour. You can pick these up again after your tour.

### **Preparing for Your Program**

SUPing requires some upper body strength and endurance. If you are lacking this, it is rarely a problem as we don't paddle huge distances, and usually folks get by quite well with only occasional minor muscle aches. However, if you feel you could use some upper body conditioning before your trip, exercising with light weights can be quite helpful. Concentrate mainly on shoulder strengthening exercises, focusing on endurance rather than strength.

**Gratuities**

Please let our guide staff know if they have done a good job—tips are accepted and appreciated.

**How to Register**

Reservations are easy! Simply choose your departure time and date online at [www.oceanriveradventures.com](http://www.oceanriveradventures.com). Already in the city? Give us a call and we would be happy to get you out there on our next tour.

**Contact Us**

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