



## SUP Tour

**HK \$350 pp (4 pax or up)**

- 2 hours per session
- Participant need to knowledge for SUP and had experience
- It will be good for people who to learn SUP in a fun way (ie. Using SUP for surfing or tour).

The adventure tours will be good for people who have some SUP experience before, and we can take them to various destinations. Regarding our SUP tour, we do provide a few option you can choose to:

### **Turtle Island tour**

- Our instructor will take you to and do some rock hoppings there, and you will see some interesting rocks and the beautiful scenery of the South China Sea Land-based

Another popular tour is the **Surfing Tour**

- Our instructor will bring you to another beach (Pui O or Upper Sha Cheung), paddle to surfing sport and teach you how to using SUP for surfing. (Wave depending)

### **Please kindly noted:**

1. Requirement: can swim 50m without swimming aid
2. The fee already includes the instruction, the gear, LCS storage & shower facilities.
3. Please arrive at least 15 minutes prior the activity, the start time may change subject to weather conditions.
4. Prepayment shall be requested in order to confirm the lesson
5. Trainee need to bring along your protection shore and wear, and something you might consider to bring along: sun protection wear, sun cream, mosquito repellents, and shower amenities.
6. In case of dispute, Long Coast Seasports (LCS) reserves the rights for its final decision.