# Amazon Amazing Tours - Amazon River Stand Up Paddling Tour

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| **Location:** Manaus, Brazil  **Language:** English  **Duration:** 2.0 hours | **Magpie Product Code:** GYOZNF  **Company Website:** manausjungletours.com  **Primary Contact:** Amazon Amazing Tours |

**Description Summary:**
Stand up paddle surfing (SUP), is a fairly new sport with a Hawaiian heritage. It is an old form of surfing, and has reemerged as a way for surfers to paddle longer distances. The sport is gaining in popularity even in calm coastal waters and lakes. The sport benefits athletes with a strong “core” workout. SUP’ing is popular at warm coastal climates . Another reason for its popularity is that, unlike surfing, paddle boarding is very easy to learn. Within one hour you will find yourself paddling around, confident and very comfortable in the water. Stand up paddle boarding is also popular among girls, specially because an average adult woman’s lower center of gravity can give them a balance advantage.
Stand Up Paddling Tour in Manaus – Program
Stand Up Paddling Tour in Amazon, is practiced on the River Tarumã negro water Near by Setur. Our lessons take about two hour, including a short briefing. The Tarumã has shallow waters, so people who do not feel very comfortable swimming, have nothing to fear. This activity is recommended to people at all ages, who have no history of knees or back problems. This activity requires that you maintain your body on a straight and rigid position, with the knees bent a little bit. The beach where the lesson will be given it is it self in Tarumã is picked by the instructor, according to the water conditions. When you travel to Manaus, SUPing is a must do thing!

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**Inclusions:**

Bottled water

Driver/guide

Local guide

Professional guide

Hotel pickup and drop-off

**Exclusions:**

Drinks

Alcoholic drinks (available to purchase)

Food and drinks

**Know Before You Book:**

- Duration: 2h

- Mobile tickets accepted

- Instant confirmation

**Health items:**

Regular temperature checks for staff, Regularly sanitized high-traffic areas,

### Locations:

**Pickup:**
none

**Starts Notes:**
Traveler pickup is offered.<br>Guests must inform hotels name.<br>Manaus, Manaus, Amazon River, State of Amazonas

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing