# Virgin Islands Ecotours - Stand Up Paddling Mangrove Lagoon Tour

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| **Location:** St. Thomas, Caribbean  **Language:** English  **Duration:** 1.5 hours | **Magpie Product Code:** XGMLTC  **Company Website:** viecotours.com  **Primary Contact:** Virgin Islands Ecotours |

**Description Summary:**
Find your way to the marina at the St. Thomas Mangrove Lagoon, where you'll meet your stand up paddle instructor. Get a short lesson on this easy sport, or tips on improving your form if you've done SUP before. 
Hop on the board, paddle in hand, and follow your guide out of the marina and into the Mangrove Lagoon Wildlife Sanctuary and Marine Reserve. Pass secluded, deserted cays that not many visitors get to see. The way the mangroves grow create tunnels and waterways that make for leisurely, interesting paddling. As you glide over the calm waters, look below you for marine life such as tarpon, upside-down jellyfish, and stingrays. Many species use the protection of the mangrove roots as nurseries for their young. SUP is a simple, accessible sport that anyone can learn, but rest assured that your instructor will be with you the whole way in case you have any issues.
At the end of your outing, return to the marina.

**Description:**
This Stand Up Paddling (SUP) & Snorkeling Adventure is unparalleled as you weave your way through the mangrove tunnels in the lagoon. Discover why stand up paddling has quickly become one of the most fun water activities to do on the island—it’s like walking on water. With the Mangrove Lagoon as your backdrop, look up and you can see nesting birds overhead or look down and see the marine life swimming below you. You will paddle to a protected clear and calm lagoon where you will snorkel in shallow waters. Perfect for beginners and experts alike, this is one tour you won’t want to miss.

**Inclusions:**

Professional guide

Use of Stand Up Paddle and paddle

Life jackets

Bottled water

**Exclusions:**

Gratuities

Hotel pickup and drop-off

**Know Before You Book:**

- Duration: 1h 30m

- Mobile tickets accepted

- Instant confirmation

**Health:**

Face masks required for check-in. Not required for kayaking or snorkeling. Additional sanitation procedures in place. Adhering to social distancing guidelines.

**Health items:**

Regular temperature checks for staff, Regularly sanitized high-traffic areas, Guides required to regularly wash hands

### Locations:

**Pickup:**
none

**Starts Notes:**
Virgin Islands Ecotours ~ Cas Cay Kayak, Hike & Snorkel, Kayak Rentals, Night and Sunset Kayak Tours, 6526 Estate Nadir, St. Thomas Mangrove Lagoon Wildlife Sanctuary & Marine Reserve, St. Thomas, VI 00802, USVI

**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