

# Stand Up Paddling



## A walk on Lake Constance

As a guest at one of the most beautiful places in the world, the HÖri peninsula on Lake Constance, you have the opportunity to end your busy day with a special team event - Stand Up Paddling! Stand Up Paddling is an ideal whole body workout. Paddling strengthens the upper body, abdomen and back. By standing and balancing on the board, the sense of balance is trained.

### Topic / Methaphor:

- Agility
- Team

### Group Size:

- up to 10 pers.
- 10-20

### Duration:

two hours

### Season:

- Summer
- Outdoor

### Price Per Person Up

€ 49,00