



Südtiroler **SPORTFORUM** Mals
20. - 26. Juli | July | Luglio 2024

Stand Up Paddeling / SUP



We will take a shuttle from Malles/Mals to the Lake Plateau of the Resia Pass to start our SUP trip. The six-kilometer-long Resia Lake is the largest in South Tyrol. Stand-up paddleboarding (SUP) is becoming more popular worldwide, and today we'll paddle along Resia Lake. This activity is a great way to explore the lake and get a good core workout.



Departure all together:

Group 1 – 01:45 p.m. at the Meeting Point

Group 2 – 02:15 p.m. at the Meeting Point

Registration:

at the Info Point until Monday – 11:15 p.m.

Participants:

Group 1: 16 (45 min. each group)

Group 2: 16 (45 min. each group)

Tour guide:

Heinrich Chiusole

To Bring:

Sun Protection/Towel/Sunglasses/Swim wear/Change of Clothes/Water Bottle!